RANCH VOICE

Magazine for friends and donors of Dakota Boys and Girls Ranch.

Summer 2017





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Message from our President/CEO



Joy Ryan

President

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Dear Friends of the Ranch,

What happens at your home when you are expecting visitors? Is it a hurried scramble to clean, put away laundry, bathe the pets? Do you put flowers where the visitors are going to sleep? Do you plan outings and other ways to spend time together? Does the lawn get mowed?

When I was growing up, and now in my own home, you can tell when company is on the way by the smells coming from the kitchen. I smile when I hear, from Genesis 18:6, "So Abraham hurried into the tent to Sarah, and said, 'Quickly, prepare three measures of fine flour, knead it and make bread cakes," because that is the way my mother and father prepared for guests. Now it is my greatest pleasure to cook and serve food for loved ones and visitors—food that fills their bodies with strength and their spirits with love.

Food means so much more than simply a means to survive. It is a symbol of nurturance. Its preparation is a gesture of love. The simple act of serving says to others, "You are worthy of my time and best efforts. You matter."

I eat many meals here at Dakota Boys and Girls Ranch. I watch our dedicated food service staff greet each child and staff member, almost always by name. The kids with food allergies or special dietary needs get what they need without much fuss or "singling out." Sometimes there is a special treat for a special celebration. Sometimes we serve something new… like pickled okra…and sometimes the kids like it.

Many of the children here at the Ranch have had a complicated experience with food. Food may have been withheld as "punishment." Poverty may have made food scarce, or the quality low. Some, who had to "fend for themselves," ate whatever food they could find. And for some, food brought solace or protection from the pain of their emotions, leading to obesity and related health issues.

Here at the Ranch, we work to create a new framework for how our kids think about food. A framework of health, celebration, kindness, and love. It is a lot like what I hope most of us experienced in our own families. Food, prepared with care, that meets our special needs and yet touches our soul. Food that we share with friends, co-workers and visitors... because food can represent hospitality, kindness, and health, and is one of the ways we create an environment of hope and healing.

I hope you have time this week to break bread with those you love.

God bless, Joy

In the last issue of the Ranch Voice, we mistakenly put the wrong name under a photo of Ed Pohland, one of our dear donors. We apologize for this mistake and want to be sure everyone knows he is NOT "Art Pohland," but "Ed Pohland!"



Understanding Our Kids

By Christy Wilkie, LICSW Clinical Supervisor/Therapist



Have you ever heard the old saying, "When you look good, you feel good?" In many cases, the inverted version of that sentence is also true, "When you feel good, you look good." Sometimes, the kids at Dakota Boys and Girls Ranch don't feel good OR look good. The reasons vary by child, but commonly fall into a few different categories.

Mental illness. Many of the children who come the Ranch are experiencing a mental illness. They are so focused on battling their overpowering emotions, they have no energy left to devote to hygiene and self-care.

Lack of appropriate role models.

In some instances, kids come to us without appropriate role modeling—they just don't know what makes up good hygiene. No one has told them how often they should wash their

clothes or their hair, or taught them how to use basic toiletry and cleaning products.

The absence of appropriate role models also shows up in the clothes they wear. No one cared or took the time to explain appropriate attire. Most teenagers push the boundaries regarding the clothes they wear—with parents telling them to go back to their rooms to change. Without parental guidance, kids don't learn what is appropriate.

In other cases, children have moved from place to place with nothing but the clothes on their back. They come to us with their worldly belongings in plastic garbage bags. They wear what is available, what they can afford, or what they can find.

Abuse, neglect and other trauma. In yet another set of circumstances, children have been abused, neglected, or otherwise traumatized and they don't want to look presentable. They use poor hygiene and self care to keep people away—because they don't trust

people away—because they don't trust the intentions of people who want to get close to them.

Without understanding the reasons for their lack of hygiene, it would be easy to judge our kids and demean them for wearing dirty clothes or refusing to bathe. It seems so simple. But it's really quite a complex, confusing, and difficult issue for our kids to work through. It's our job to help them work through the trauma, identify their roadblocks, and help them begin and maintain healthy hygiene and self-care habits.

At the Ranch, we work with these kids one-by-one to assess their needs,

and help them work through the issues contributing to improper hygiene. For some kids, that might mean a trip to the salon to have their hair washed and styled so they experience what it feels like to have clean hair.

Other kids work with occupational therapy and direct care staff to learn how to care for themselves, and to come up with a hygiene plan that addresses their specific area of need.

We work hard to give all of our kids a sense of pride in their appearance; and a sense of ownership of their personal items. We purchase duffel bags and suitcases so they don't have to leave the building with their belongings in garbage bags; we teach them how to properly care for and store their personal items; we provide shampoo, toothpaste, soap, and other hygiene items; and we teach appropriate hygiene and self-care skills.

In the end, when you look good, you feel good, and when you feel good, you look good. Both are true. Both are important. Both are what we strive to achieve for our kids.

Dakota Boys and Girls
Ranch is a place of hope
and healing unlike any
you've known, a place where
troubled kids and their
families find professional
care, compassionate expertise,
and new possibilities. In
short, we help the kids no one
else can—we help them find
and become who they really
are.

Volunteers

Servant Teams on Campus

Kids Helping Kids

Each summer, young men and women from churches across the country come to the Ranch to give of their time and talent. This year, we were blessed with three Servant Teams. The Messiah Lutheran Church, Lakeville, MN, repainted sheds at the Fargo Youth Home, and helped sort donated items at the thrift stores.

Cindy Schwartz, the warehouse employee who supervised the group at the thrift store, said they stumbled through the door in the morning looking a little bleary-eyed, but that didn't last long. Chaplain Rick Jones got them started with a devotion and a fun activity, Cindy gave them a tour of the warehouse, and then they got to work sorting Christmas trees.

"All in all, about 125 trees were checked for parts, lights tested, and repackaged," Schwartz said, "They also completed a couple grungy cleaning jobs we never seem to find the time to complete. There was NO grumbling and they attacked each task with vigor."

The Servant Teams also had a meal with the Dakota Boys and Girls Ranch residents, and played volleyball and basketball with them. Chaplain Rick asked them what they thought about the Ranch kids, and the Servant Team members all agreed they were just normal kids who wanted to talk and have some fun.

We have two more Servant Teams arriving in late July—too late to make this issue of the Ranch Voice. Watch for stories and photos of Servant Teams from Columbia, MO, and Wayne, NE, in our Winter issue.



Students from Messiah Lutheran Church, Lakeville, MN, repainted the sheds at the Fargo Youth Home.





FARMERS AND RANCHERS

Please consider how you can make a significant difference in the lives of children at Dakota Boys and Girls Ranch.



As a farmer or rancher, you know the value of cultivating your resources. Your assets place you in a unique position to accomplish your financial, tax and charitable goals.

Please contact us to learn about gift strategies that can help you make the most of your resources, while leaving a legacy to continue the work of Dakota Boys and Girls Ranch. You can make a major gift with livestock and grain. Your land, farm, and other resources can fund the following gift options:

- charitable life estate
- · gift and sale
- charitable remainder trust
- charitable remainder trust and sale

For more information about ways you can leave a legacy, call the Dakota Boys and Girls Ranch Foundation at 1-800-344-0957.





6301 19th Ave. NW, Minot DakotaRanch.org



"At the Ranch, we focus on all aspects of our kids' health, including nutrition," says Dr. Wayne Martinsen, Ranch Medical Director and Psychiatrist.

Full-time nurses and regular checkups with a physician are part of the treatment mix. Youth care workers are trained to watch the kids' eating habits closely to make sure they get the nutrition they need. Full-time cooks prepare meals and snacks that meet all state and federal nutrition guidelines, and find new ways to introduce healthy foods.

And if food is a big issue, Ranch therapists address it in therapy.

Healthy food is crucial for brain development—certain foods like omega-3 fatty acids and zinc, are linked to changes in a brain protein that helps increase connections between brain cells. And obesity, a growing problem in Ranch children, can be linked to higher rates of depression and anxiety.

Martinsen says, "Unfortunately, our kids come to us with dismal eating habits, and although the correlation between nutrition and mental health in research has not been shown to be strong, it's definitely connected."

"The kids at the Ranch come from families that are disorganized," he says. "They don't even eat together, much less eat nutritional meals. They eat prepared foods and lots of carbs because they are quick and easy and cheap."

When children live at the Ranch 24/7, they depend on us to feed them three meals a day and snacks. Our cooks see that as an

opportunity to introduce healthy eating habits they can take with them when they go home.

Tracy Justice, Head Cook on the Minot campus, believes good nutrition helps Ranch children's mental state and attitude.

"If they are getting good food," she says, "it makes it easier for them to work on other things."

But it's not easy to introduce healthy foods into the diets of children who may have lived on peanut butter and jelly sandwiches, fast food, and sugary sodas.

Kim Uffelman, Cook on the Ranch's Bismarck campus, is surprised by the foods some kids haven't eaten.

"Working with the kids here is such an eye-opener," she says.

"Some of the kids here don't even know what toast is—they never had a toaster in their house. Others have never eaten mashed potatoes. I served pulled pork the other day and one of the kids said, 'I don't like this. I don't know what it is."

Uffelman, Justice, and Fargo Cook, Judy Gibbons-Long, all encourage the kids to try a variety of foods by putting a small spoonful of everything on their plate ("Sometimes they even come back for more," Uffelman said.). They serve lots of fruits and vegetables; give them after school snacks like fruit, graham crackers, and a cheese stick; and have fruit out all the time so if the kids are walking past and it's OK with their Youth Care Worker, they can grab a banana or an orange.

They also pay attention to the kid's likes and dislikes and try to serve things the kids will eat.

"You have to listen to the kids," Gibbons-Long says. "They are here 24/7. They don't get to go home after school and have a peanut butter and jelly sandwich or a burger and fries. The last time I served sweet and sour chicken, I noticed a lot of it went into the garbage. So I switched it out with Chef salads."

Uffelman goes around the dining room and asks kids what they liked and didn't like, so she can adjust her menus.

It's a lot to balance—healthy food, foods the kids will eat, new foods to expand their palates, federal and state guidelines—all things Ranch cooks must consider while staying focused on getting the kids to eat enough of the right things so their brains get the nutrients they need.

But, the cooks at the Ranch are up

for the challenge and delight in their successes. They mix things up and serve a variety of foods, so when kids leave here they won't just go back to peanut butter and jelly. They make mealtime fun, don't punish or degrade kids for not eating what's on their plates, they introduce the kids to the joys of eating together.

"In society, families don't eat together so much anymore," says Justice. "People are running in all different directions. Getting them to eat meals together is a good family trait our kids can take home with them."

Food plays a big role in the work we do at the Ranch, and we take it very seriously.

As Ranch President/CEO, Joy Ryan, says in her letter on page two, "We work to create a new framework for how our kids think about food. A framework of health, celebration, kindness and love."

Judy Gibbon-Long, Cook, Fargo

Judy's favorite recipe is Fiesta Hot Dish. She said, "The kids love it! I put the black olives on the salad bar as not everyone likes them."

Fiesta Hot Dish (makes two 6"x24" pans)

- 15 pounds ground beef
- 1 large onion, chopped garlic, salt and pepper to taste
- 3 cups taco seasoning (add to ground beef after cooked and drained).
- 2—2 ½ pound bags of frozen corn
- 1—10 pound can of black beans (drained and rinsed well)
- 3 cups shredded cheese per pan
- 3—5 pound bags of tater tots
- 1—8 ounce bottle of enchilada sauce
- 2 cups chopped jalapeno if you like it spicy

Cook ground beef with onion and spices. Drain well.

Add taco seasoning, corn and black beans. Mix well.

Add 4 cups of the shredded cheese. Mix well.

Pour enough enchilada sauce in the bottom of the 6"x24" pan to cover the bottom.

Add the ground beef mixture and sprinkle with the remaining shredded cheese.

Top with tater tots, and pour the remaining enchilada sauce over the top.

Bake at 350 degrees, 45 minutes to an hour, or until 165 degrees for at least 15 seconds.

During the last few minutes, you can top with a sprinkling of cheese and black olives.



Tracy Justice, Cook, Minot

Tracy said, "The kids and staff love my Lasagna Soup! I love to give them new and exciting things to try for meals."

Lasagna Soup

2 Tbsp extra virgin olive oil, divided

1 pound lean ground beef

1 large yellow onion, diced

3-5 garlic cloves, minced

4 cups low sodium chicken broth

1—14.5 ounce can petite diced tomatoes

1—14.5 ounce can crushed tomatoes

2 ½ Tbsp tomato paste

1 ¾ tsp dried basil

3/4 tsp dried oregano

½ tsp dried rosemary, crushed

½ tsp fennel seeds, crushed

½ tsp dried thyme

1 tsp granulated sugar

1 ½ Tbsp chopped fresh parsley, plus more for garnish

Salt and pepper to taste

8 lasagna noodles, broken into bite size pieces

1 1/4 cups shredded mozzarella cheese

½ cup finely shredded parmesan cheese

8 ounces ricotta cheese

Heat one tablespoon olive oil in a large pot over medium-high heat.

Once hot, crumble beef into pot, season with salt and pepper to taste.

Cook, stirring occasionally, until browned. Drain fat and set beef aside.

Heat remaining tablespoon of olive oil in pot.

Add chopped yellow onion and saute until it begins to soften (about three minutes).

Add garlic and saute 30 seconds longer.

Add chicken broth, diced tomatoes, crushed tomatoes, tomato paste, basil, oregano, rosemary, fennel seeds, thyme, sugar, parsley, and the cooked ground beef, and season with salt and pepper to taste.

Bring to a boil, then reduce to medium-low heat. Cover and simmer for 20 minutes.

Meanwhile, prepare lasagna noodles according to directions on package. Reserve one cup of pasta water before draining pasta. Add cooked pasta to soup, along with ½-1 cup pasta water as desired.

In mixing bowl, use a fork to stir together mozzarella, parmesan, and ricotta.

Ladle soup into bowls, dollop with a large scoop of the cheese mixture and sprinkle with chopped parsley.

Source: Cooking Classy



Kim Uffelman, Cook, Bismarck

Kim says, "I chose a recipe for summer time. This is delicious. The kids and staff enjoy it."



Cauliflower Broccoli Salad

(serves 10-15 people)

- 1 head Cauliflower/ break into flowerettes
- 1 head Broccoli/break into flowerettes
- 2 cups Red Grapes (seedless)
- 1 onion, diced
- 2 cups shredded Mozzarella Cheese
- 2 cups Mayonnaise

1/4 cup Parmesan Cheese

2 Tbsp Sugar

2 Tbsp White Vinegar

1/2-1 cup crumbled Bacon (add before serving) Romaine Lettuce (optional)

Combine cauliflower, broccoli, grapes, onions and mozzarella cheese, set aside.

Combine mayonnaise, parmesan cheese, sugar and vinegar, pour over veggies and toss well.

Refrigerate.

Before serving, add crumbled bacon.

Serve over a large leaf of romaine, or alone.



BLT Day 2017

Thank You to everyone who joined us for BLT Day 2017, and who purchased plants seeded, grown and nurtured by kids and staff at Dakota Boys and Girls Ranch. Dollars raised through BLT Day fund our Horticulture and Greenhouse Program.







In addition to the plants, this year our kids made and sold wooden flower bouquets, birdhouses, and painted ladybugs.



Jodi Iglesias, Human Resources Director, takes a break from BLT Day setup to smell the flowers.



Development Officers, Amanda Mosser and Laurie Dannewitz, take charge of putting up the signs.

Celebrations

Sunday School Students Choose Ranch as Mission Project

The Sunday School class of Holy Cross Lutheran Church in Lidgerwood, ND, donated the offering from their 2016 Christmas Program to Dakota Boys and Girls Ranch. Their donation will be directed toward our Spiritual Life Program.

In the note that accompanied a check for \$335.25, they wrote, "Please use this where you need it



most. It's great there is a place like Dakota Boys and Girls Ranch to help youth who are struggling in life. God's richest blessings to all of you."

First Lutheran Church Foundation

First

Lutheran Church
FIRST LUTHERAN CHURCH
Foundation
donated \$6,175 to support traumainformed care at Dakota Boys and
Girls Ranch. The Ranch used the
dollars to purchase equipment for the
sensory rooms on the Fargo campus.

Because of the trauma our kids have experienced, many have never learned to self-regulate their bodies and emotions. At the Ranch, we provide sensory equipment and tools to help children calm themselves and focus. Sensory tools range from small to large; and include swings, rocking chairs, lights, stress balls, Thera-putty, weighted blankets, and hand-held stretchy items. Our Occupational Therapists work with each child individually to discover the sensory tools that work best for them.

A Child Learns to Fish

While living at the Fargo Youth Home, Ranch staff taught Klarrisa Lopez how to fish—and she loved it. When it came time for her to go home, she expressed interest in continuing her new hobby, but her family didn't have fishing supplies.

Thanks to funds raised by the Fargo Marathon Charity Team, we were able to purchase her a fishing pole, tackle box, and tackle so she could take her hobby home with her.

One of our goals for children at the Ranch is to teach them healthy habits that will benefit them their entire lives. To ensure our kids have the tools they need to continue these new habits when they go home, the Fargo Marathon

Charity team developed an Activity Fund. The Activity Fund will be used to pay for gym memberships, tennis shoes, and other things kids need to maintain an active lifestyle after they have left our care.



Klarrisa goes home with a new hobby, and the pole and tackle she needs to go fishing.

Miss North Dakota Shares Powerful Message with Ranch Kids

Miss North Dakota, Macy Christianson, shared a powerful message about decision-making with Dakota Memorial School students in Minot. She told them they have the power to decide who they want to be, and encouraged them to take action now to make good decisions that will get them there.

"One mistake, one decision, can change the rest of your life," Christianson said. And then she told about her brother, who suffered a traumatic brain injury after a car accident where he was driving while intoxicated. Instead of turning to his family to help him recover after his accident, Christianson's brother turned to drugs and alcohol, which eventually put him behind bars.

Christianson is spending her time as Miss North Dakota sharing her story, with the hope of inspiring young people to make good decisions and be the best they can be.



Miss North Dakota shares her story with Ranch kids.

Kids at the Fargo Youth Home Get a "New" Pool Table

One day this spring, Tom Kopp, Treatment Manager at the Fargo Youth Home, took a call from a woman who wanted to donate a pool table. Sheri Champ and her family were moving out of their home, and rather than storing their pool table until their new home was ready, they wanted to donate it to someone who would appreciate it and use it. When it came time to move, the family paid for the movers to disassemble it, deliver it to the Youth Home,

and put it back together.

The Youth Home's old pool table was in really rough shape and the kids were thrilled to have a pool table that not only looked great, but was level and didn't have the pockets falling off! They definitely appreciate and use their new pool table!

Pool table donated by Fargo family takes center stage in the Recreation room at the Fargo Youth Home

Thrift Store Donates Wedding Dress

A Sanford nurse recently contacted the North Fargo Thrift Store. She was looking for a wedding dress for a young bride. The bride's father only had days to live, and they wanted to marry quickly so he could be there to give her away.

The bride-to-be wore a Size 12. Coincidentally, the store had JUST received a donated Size 12 wedding dress—brand new with tags still attached! "Or," as Glenda Krueger, manager of the thrift store said, "WAS it a coincidence?"

When the nurse picked up the dress, she offered to pay for it, but Krueger and her staff wanted to donate it to the family instead. The young couple was married that same day and sadly, the bride's father died two days later.

In addition to providing income for Dakota Boys and Girls Ranch, the thrift stores are committed to being compassionate in the community. This is one example of how they carry out that mission of compassion.



Celebrations

Oscar's Ice Cream Truck Visits Minot Campus

At 2 p.m., every other Friday all summer, Ranch kids hear the sound of ice cream truck music, and then see the truck drive onto the Minot campus. Just like every other kid in every other neighborhood in America, they run up to the truck, money in hand, to purchase tasty ice cream treats!



Ice cream truck brings "normal" summertime experience to our Ranch kids.

Great Plains Harmony Chooses Ranch as Favorite Charity

The Fargo-Moorhead-based barbershop chorus, Great Plains Harmony (GPH), chose Dakota Boys and Girls Ranch as its favorite charity. In addition to singing at the Ranch and being available to perform at special events, the group plans to donate a portion of

its concert and fundraiser proceeds to support the hope and healing of Ranch kids.

In February, GPH sold Singing Valentine's and donated over \$300 to the Ranch.

Great Plains Harmony holds two annual concerts in Fargo, a fall variety show and a spring Gospel show. Watch GreatPlainsHarmony. org for the date, time and location of their fall "Hee Haw" concert.



The Good Fourtune barbershop quartet, made up of Great Plains Harmony members, Ryan Brehmer, Stan Andrist, Tim Noteboom, and Rick Lindquist, performed at the Easter service on the Fargo campus.

Two Tons of Donations

This spring, NDSU Residence Life and the Residence Hall Association (RHA) hosted a program called Donate, Don't Dispose, where students could donate gently used clothing, other unwanted belongings, and food as they moved out of the residence halls. They collected 3,980 pounds of donations for Dakota Boys and Girls Ranch Thrift Stores!

They also collected 929 pounds of nonperishable food items for the Emergency Food Bank.



NDSU students collected thousands of pounds of donations for Ranch thrift stores.

Ranch Moves Forward with Young Adult Living Program

The Ranch is moving forward with a Young Adult Living Program to provide support and permanence for young men and women aging out of the foster care system, with a launch date goal of July 1, 2018.

Between now and then, Ranch staff will be developing the policies and procedures of the program, hiring staff, and securing grants and individual donations to support the program until it is self-sustaining. To donate to this start-up project, contact Kris Ryan, Mission Advancement Officer, Dakota Boys and Girls Ranch Foundation, at 701-893-8305.

President/CEO Joy Ryan, Fargo Youth Home Treatment Manager Tom Kopp, and cohort partner Vincent Madera from Children's Village, NY, successfully completed their work with the Annie E. Casey Foundation Cohort on Permanence.





MIDCO Keeps us Safe

Mr. Cliff Frothinger, Minot Field Service Manager for MIDCO, delivered a check for \$2,000 to Development Associate Vicki Reiner. The check is for a recently received grant to purchase Automatic External Defibrillator (AED) devices for the Ranch. Thanks MIDCO!

Minot Kids Build Giant Jenga® Game

As a part of their summer programming activities, the kids in Minot learned how to use woodworking tools. They built a giant Jenga game, and voted to donate it to the pediatrics department at Trinity Hospital.

Summer Programming classes teach kids life skills and introduce them to new activities, while making sure they have lots of fun in the process.



Andrew Meier, summer programming instructor, delivered the Giant Jenga® game to Trinity Hospital's pediatrics department.

Celebrations

Bismarck Thrift Store Assists with Mass Casualty Training

The Bismarck Dakota Boys and Girls Ranch Thrift Store partnered with the State of North Dakota in an unusual way.

Alan Aarhus, Emergency Preparedness and Response Training Coordinator for the North Dakota Department of Health, asked us to assist them with a Mass



Casualty training event he was hosting later in April. He needed around 200 personal effects that

would be strewn across a football field and processed/identified via a grid and bag/tag method. The items did not need to be in good condition, so we agreed to assemble non-salable items that people may have with them on a plane.

Bismarck staff gathered clothing, shoes, purses, wallets, phones, sunglasses, books, makeup, suitcases, backpacks, magazines, puzzle books, electronics, toys and even a pet carrier complete with stuffed animal pet.

We are grateful for the folks who are called to assist in large scale disaster events, and happy to have been a small part of making the training exercise successful.

Balanced Learning Environments Create Spaces Conducive to Learning



Tim Beaton, Lexi Oestreich, and Greg Diehl, from F-M Area Foundation, tried out some of the balanced learning equipment the Ranch will purchase with the grant. The Fargo-Moorhead Area Foundation gave a \$6,000 grant to the Ranch to outfit a balanced learning environment classroom in Fargo's Dakota Memorial School. Dakota Memorial School is the on-campus school of Dakota Boys and Girls Ranch.

Balanced learning environments in classrooms let kids choose the best environment for their learning style. These include specialized work stations, special lighting, and specially trained staff. If students feel restless or unable to focus, they are encouraged to move around to find the space that works best for them at that time.

Mindfulness in the Arena



Ranch kids learn to be mindful and relaxed as they paint their horses.

Painting on their horses is one of our kids' favorite projects, a project designed to help them practice mindfulness. While they are painting (with paint that is safe for the horses) we ask them to think about how their horse makes them feel, or how they feel about their horse.

Often times, the horses stand perfectly still because our kids are so calm and relaxed while painting. We have one young boy who can't stay on task for more than ten minutes, and he spent an hour with his horse. What a great exercise for our horses and kids!

Royal Neighbors Make a Difference

The Minot chapter of the Royal Neighbors of America volunteered at BLT Day, and donated \$2,000 in matching funds for the Ranch's greenhouse and horticulture program.

Royal Neighbors of America has supported BLT Day at the Ranch with volunteers and matching funds since the event began in 2006.

Royal Neighbors of America, one of the nation's largest womenled life insurers, was founded in 1895 with a unique mission of insuring lives, supporting women, and serving communities. The Minot Chapter is one of 200 Royal Neighbors of America chapters in the U.S. In 2016,

the organization donated over \$11 million to organizations and individuals in chapter communities.



From left: Mr. Alan Misek, Royal Neighbors of America, Claudie Nelson, Royal Neighbors of America, and Laurie Dannewitz, Dakota Boys and Girls Ranch.

NDSU Students Collect Donations for the Ranch A group of NDSU



A group of NDSU
Communications students
chose Dakota Boys and Girls
Ranch thrift stores for their
class project. They collected
clothing donations from the
NDSU football team, NDSU
fraternities and sororities, and
the NDSU ROTC program—
then dropped bags and bags
of donations off at the Fargo
South thrift store. Thanks for
making a difference in the lives
of kids!

NDSU Communications students from left to right, Julia Neary, Michelle Jacobson, Abby Gindorff, and Jake Lynch.

Former Ranch Resident Researching Moorhead Water

Through the Ranch Scholarship Fund, Emily, a former Ranch resident, received a scholarship to help with graduate school. In her thank you letter, the former resident told about a great research opportunity that has begun to take shape.

"To put it in a nutshell," she said, "I am working on optimizing the filters at the Moorhead Water Treatment plant for the removal of taste and odor compounds. If you've ever gotten yourself a glass of water from the tap and noticed it had an earthy/ musty smell, that's what I'm trying to fix!"

Some very special Ranch donors started the Scholarship Fund years ago, which gives Ranch kids the opportunity to pursue their education. It's a great way to help our kids succeed in life after treatment, and we are very proud of the many students who have taken advantage of the scholarship fund.



Thanks to generous Ranch donors, Emily is attending graduate school and making a difference in the world.

Celebrations

Dakota Boys and Girls Ranch Receives Grant to Further Enhance Trauma-Informed Care to Residents

Dakota Boys and Girls Ranch received a \$15,000 grant from The Lutheran Church Missouri Synod (LCMS) to enhance the Ranch's evidence-based trauma-informed care approaches to treatment.

Through this grant, the Ranch can provide additional tools for treatment professionals to use with children who have faced significant trauma.

When kids come to the Ranch, they are screened for any past trauma by looking at their Adverse Childhood Experiences (ACEs). ACEs are stressful or traumatic events that can have a lasting impact on how a child develops. Ranch staff "re-wire" the kids' brains by implementing trauma-informed practices into all residential and educational programs. All employees

are trained to understand the impact of trauma on kids and can provide individualized treatment to help kids overcome their difficulties.

Most of the children who come to the Ranch have undergone significant

trauma, which impacts their ability to succeed at home, at school, and in the community. With additional trauma-informed care tools and strategies, these youth, and their families, will be better able to achieve their treatment goals, helping them

to become healthy, contributing members to our communities.

Through their support, Lutheran Church Missouri Synod, (LCMS), is furthering the mission of the Ranch and changing children's lives!



Trauma-informed tools and strategies help youth achieve their treatment goals."

Homebuilder's Cares Partners with the Ranch to Make a Home

The Fargo Youth Home is getting a makeover, thanks to the generous folks at the Homebuilder's Association of Fargo-Moorhead. Homebuilder's Cares raised funds, collected donated items, and did all the work to make greatly needed updates. They installed new window coverings on all the windows, and completely redid the Rec. Room in the basement. The changes are designed to make this a home our kids can be proud of.

More details and pictures to come in the December issue of Ranch Voice.



A sneak peek at the Fargo Youth Home updates.



Education

DMS Student Graduates with Honors

17-year-old Anthony made tremendous strides in his time at Dakota Boys and Girls Ranch, and in May he graduated with the Dakota Memorial School Class of 2017. After spending most of his school years barely getting by, Anthony made the Honor Roll his last semester of high school.

Like other kids at the Ranch, Anthony had troubles to overcome.

"I never really cared about a lot of stuff. I got caught in the wrong crowd way too early as a kid," Anthony said. "I skipped school, did some drugs, and fought depression a lot."

Anthony was living in a group home for 15 months before he got to the Ranch. While there, he skipped school and got into fights.

"When Anthony got here, he was unsure of his direction and had no firm ideas about what he wanted to do with the rest of his life," said Tina Degree, principal at Dakota Memorial School, the on-campus school of Dakota Boys and Girls Ranch.

But when he came to the Ranch, something changed.

"The Ranch is a good place. My parents agree that it's better than all the other places I was at. Ranch staff are super supportive. They showed me I am capable. So, I decided it was time to step it up. I started with little



Ranch staff helped Anthony discover his strengths and gave him the courage to chase his dreams.

changes and those changes felt good."

At the Ranch, Anthony has been able to practice some of the skills he will need as an adult, like doing his own laundry, doing dishes, learning to cook, managing his money, and finding a job. Anthony got involved on campus by volunteering in the greenhouse, where he quickly demonstrated his leadership skills.

Degree said, "During BLT Day preparation, you could see Anthony was a leader. He could see what needed to be done. He just jumped in and did it." In the fall, Anthony is headed to college to major in Business, Marketing, and Music Production.

"I didn't think I would go to college," Anthony said. "It was to the point where it didn't matter. The teachers and staff here showed me I'm capable of being good in school, so I started doing more research and realized college can make a big difference in my life."

"I learned that it's OK to chase your dreams!"

Stay up-to-date on happenings on the Ranch between issues of the Ranch Voice, by following us on social media.



Facebook dakotaranch1952



Twitter



Instagram dbgr52



LinkedIn Dakota Boys and Girls Ranch



Every year, the Ranch receives hundreds of quilts from around the country—beautiful quilts donated by individuals, quilters guilds, church quilting groups, and other quilting communities.

Quilts are an important part of Ranch culture. Joy Ryan, President/CEO, Dakota Boys and Girls Ranch, said, "Quilts are, in so many ways, representative of our work. Putting pieces together to bring out the beauty of the quilt is a lot like putting together the pieces of a child's life to help them find the beauty of their gifts."

Quilts for the Kids

At the Ranch, we treasure each and every quilt, and use them to provide warmth and comfort to children and their families in a variety of ways:

Every child who comes to the Ranch is given a handmade quilt.

We add a touch of warmth to their room by putting a quilt on their bed before they get here. They can either keep it on their bed, or they can switch it out for a different one. Some children could care less about the color or design of their quilt, while others are more particular and feel a connection to their chosen quilt. Some children use their quilts for comfort and coping—bringing them to therapy, or wrapping themselves in their quilts while they do their homework.

At the end of their time at the Ranch, children are given another quilt to celebrate their accomplishments.

At graduation from Dakota Memorial School, each graduate is asked to choose a quilt—our Chaplain then blesses and dedicates

their quilt. Not all children choose to keep their quilts, but most cherish them and keep them as they return home to their families.

We provide quilts for our children's families when they don't have enough blankets to get through the North Dakota winters.

In Minot, visiting families often stay in the Family Living Unit apartments—where the beds are spread with beautiful hand-crafted quilts. The quilts are used so frequently that they often become tired and worn. So, we replace them with new quilts for families to enjoy.

Each year, staff sort through hundreds of donated quilts to decide where they should go, taking into consideration the needs and preferences of our kids. Some of the more popular quilts are sensory

based, meaning they include different textures, colors, or fabrics. The children sleep on twin beds—as do the families in the Family Living Unit apartments, so twinsized quilts are the most useful.

The Many Ways to Use a Quilt

We receive so many quilts every year, that we often have too many to share with Ranch kids and their families. We sell some of them at our thrift stores—which helps us raise the money necessary to give our children a safe place to learn, live, heal, and find hope. In addition to

providing warmth for Ranch kids and their families, our thrift store quilts often go home with Moms and Dads who wouldn't be able to purchase regularly priced bedding for their children.

In Bismarck, we provide quilts for the homeless, and homeless children pick out their own quilts to keep them warm.

Building Relationships

We have a strong bond with the individuals and groups who donate quilts—a bond that grows with every quilt they bring to us. Some churches have been giving quilts for many years, and with every thank you note we send to them, the bond grows deeper.

"Long-time giving church groups have a warm spot in their heart for helping us out," said Jim Vetter,



Quilts provide comfort and warmth as our kids work through their trauma.



Jeni Zeller (right), a quilter with Trinity Lutheran Church, Algona, IA, delivered Christmas quilts for the students at Dakota Memorial School. Jeni is shown here with Laurie Dannewitz, Ranch Development Officer.

Quilters wrap our kids in love with their beautiful quilts.



Vice President, Community and Legislative Relations. "They pray for our kids, and sending a quilt that has warmth and comfort is like giving the kids a hug. Some even stitch in a prayer."

We pass that relationship onto Ranch children—children who may have been abused or neglected, or experienced severe trauma. It's a big deal for our children to know that someone cares enough to stitch together the pieces of a quilt, and then send them across town, across the state, even across the country.

"We tell the kids about the wonderful people who make their quilts and how the quilts represent being wrapped in the love of others, and in Christ's love," Ryan said.

How to Donate

We receive hundreds of quilts each year, yet we never turn away anyone who wants to donate more. You can donate by dropping off or shipping your quilts to one of our three campuses.

6301 19th Ave. NW, Minot, ND 58702

7151 15th St. S., Fargo, ND 58104

1227 35th St. N., Bismarck, ND 58501

We can use all sizes, but we use twinsized quilts on campus. A typical twin quilt is 39" x 76".

A Thing of Beauty

"Many of our kids show up with their belongings in garbage bags," Ryan said. "To be given a quilt, a thing of beauty, that was made with love and for the single purpose of keeping you warm, changes how a child sees themselves."

Community



Spending time with police officers teaches our kids that police officers are the good guys.

Police officers from Ward County Sheriff's Office, Minot Police Department, McLean County Sheriff's Office, and the North Dakota Highway Patrol played softball with Ranch kids and staff on Fun Day, an event we hold for our kids the day after the last day of school. We didn't tell the kids our guests were police officers until the end of the game, and the looks on their faces when the officers introduced themselves was priceless.

This was a really big deal for our kids. Many of them come from homes where law enforcement is "the enemy." They've seen their parents arrested and, in some cases, have had their own run-ins with the law. We were inspired to set this up when

one of our girls reacted strongly to seeing a patrol car at school. She stopped dead in her tracks, started to shake, and said she was too scared to move because there were "cops at the school."

Last week, twelve police officers came to Dakota Boys and Girls Ranch. They played softball with our kids. They treated them with kindness and respect, and they were even pretty fun!

After everyone left, the young girl who was afraid, said, "Now that I have played with cops, it makes me think not all cops are bad and want to hurt us, but protect us."

Other Ranch kids said:

"After playing with them, I am not

afraid of the police anymore."

"Playing with them makes me look at them in a different way."

"We should play another game with them. It was fun."

The men and women in law enforcement are often portrayed in a negative way. We rarely see news stories about them spending an afternoon playing with at-risk kids. Yet, we believe that most police officers are good people who work hard every day to keep us all safe.

To the men who took time out of their busy lives to play with our kids, thank you from the bottom of our hearts. Our world is a better place because you exist. And now a bunch of kids see you in a different light.

Foundation

Leave More Than an Inheritance

For when he dies he shall carry nothing away; His glory shall not descend after him."

Psalm 49:17

When we leave this world, we take nothing with us. But we can leave something behind us. It's up to each of us to decide if what we leave behind is an inheritance or a legacy.

In his book, "Leadership Promises for Every Day," John Maxwell says, "Anyone can leave an inheritance. An inheritance is something you leave TO your family or loved ones. It fades. A legacy is something you leave IN your family and loved ones."

A legacy permanently transforms your loved ones and lives on long after you die.

With that in mind, we wanted to share the following information about managing your estate using the "Integrity and Initiative" plan—a method of estate planning that strives to leave a legacy in your family and loved ones.

Integrity and Initiative Inheritance Plan

Your primary goal as a parent is to help your children be successful—not just financially, but also in their careers and family lives. While attorneys and CPAs are trained to help you transfer property to children,

a good inheritance plan is much more than just transferring property.

Good planning
transfers property at
the right time, the
right way, and in the
right amount so that it
achieves a good result.
While a good result
cannot be guaranteed,
the "Integrity and
Initiative" plan
will increase the
probability of that favorable result.

Time to Learn

Parents usually acquire their estate over 20, 30, or even 40 years. If you ask a person of retirement age to recall their early years, they will frequently share stories about the challenges they faced. For most people of retirement age, those challenges were financial "bumps in the road" that were very educational. Without that education, they would not have been as successful in life or in their finances.

Children who will receive a substantial inheritance also need



Stretching your inheritance out over a period of years gives children time to learn important money management skills.

time to learn. An inheritance can be stretched over a period of time, enhancing the probability that the inheritance will facilitate important character development in children. A good "Integrity and Initiative" plan could transfer property in four ways:

- 1. Gifts during life
- 2. Principal after the parents pass away
- 3. Income for a period of years
- 4. Delayed principal

Gifts During Life

When should you start making

gifts to your children? The easy answer is as soon as they reach the age of financial responsibility. That age will vary, but most children in their 30s, 40s, or 50s are at that point of maturity. At that time, you can make use of the annual gift exclusion. This exclusion amount may be gifted with no tax or reporting to the IRS. The annual exclusion in 2017 is \$14,000 per child and is adjusted every two to four years.

s. Generally, it is better to give property rather than cash. Regular gifts of cash may result in your children acquiring a taste for expensive items that are above their normal lifestyle, which can lead to spending problems later in life. By gifting stock, land, or other types of property, you encourage your children to invest and build their assets.

Principal When the Parents Pass Away

The second gift strategy is to transfer principal after both parents pass away. This can be a bequest from the estate of the surviving spouse. The principal could also be a distribution from an insurance trust that pays to the children after both spouses have passed away. The transfer of principal could be a specific property such as a home, land, or securities, or it could be simply a portion of the estate.

Income for a Term of Years

A very popular third option is to create a trust that pays income to your children for 15 or 20 years after your death. For larger estates, estate planners often recommend a Charitable Remainder Unitrust. The trust is funded after you and your spouse have passed away, and pays a 5% or 6% annual income to your children. In many cases, it is very advantageous to fund the trust with an IRA or other qualified plan. The trust earns income for your family for the selected number of years. At the end of the 15 or 20 years, the trust

is then transferred to your favorite charities charities you choose when you set up the trust.

The combination of some principal and income for a term of years is very helpful. Parents can treat their children equally; however, some children may require a longer period of time to financially mature. The combination of principal and income for a period of years gives these children

time to learn more positive moneymanagement skills.

Delayed Principal

The fourth option is to set it up so your children get an additional payment of principal when they have had more time to financially mature. Following the expiration of the payouts for the unitrust term of years, the trust can be set up to distribute an additional amount to your children. This frequently is done through a Charitable Annuity Lead Trust.

Keys to Successful Planning

You can create a successful "Integrity and Initiative" plan by understanding the four wealth transfer options and then setting goals regarding how much you want your children to inherit at each of the four levels. In addition, you may want to create a total inheritance target amount per child.

As you weigh the options, you may choose to use a combination of gifts. For instance, you could make gifts during your life, gift principal from an insurance trust when you both pass away, and gift income from a Unitrust

for 20 years (with the remainder going to your favorite charity).

By carefully thinking through what you want to leave your children, and choosing a combination of options, you have the best chance of leaving your children a legacy of integrity and initiative.

EXAMPLE:

One couple wanted their children to receive \$25,000 each year in income. They funded a \$500,000 Unitrust for each of their children—at a 5% payout, each Unitrust paid out \$25,000 per year.

Over the 20 years, the trust distributed more than \$500,000 to each child. The remainder was then distributed to the couple's chosen charity.



Treatment

Kacie - "You just get stronger."

Thirteen-year-old Kacie was angry at the world and she couldn't tell anyone why.

Her outbursts weren't like those of a typical adolescent who pouts in her room. They were over the top and threatened her safety, as well as the safety of the people around her. She

ran away, developed a serious eating disorder, hung out with a rough crowd, and lashed out at her brothers, sisters, and mother.

To keep everyone safe, Kacie's parents admitted her to an adolescent treatment center in another state. When that didn't work out, they moved her to the Ranch.

The Ranch proved to be her saving grace—but not right away.

Shortly after Kacie came to the Ranch, she went into the kitchen and started grabbing and throwing food. "I had this mentality that I was dealt a bad hand and everyone was going to pay,"

Kacie said. "I intentionally did all kinds of horrible stuff. My behaviors were manipulative, extreme, and attention-seeking."

Quitting on Kacie was never considered by the Ranch... even when things seemed to be going in circles. Kacie would show improvement and be discharged from care —once to return home, another time to a foster home. Both times her behaviors grew worse and she returned to the Ranch.

Everyone in Kacie's life thought she was just a "bad kid," and couldn't figure out what went wrong. She had run away more than 20 times—one time when she ran she was kidnapped by a drug dealer.

After several months at the Ranch, Kacie quietly shared with a staff



Kacie and her mom at Kacie's senior prom.

member that she had been abused by her father. That didn't bring an end to her extreme acting-out behavior in fact, it got worse before it got better—but it was the beginning of her healing process.

Kacie attributes her recovery to many people and programs at the Ranch. "I put those staff through the ringer and they didn't quit. They never responded in a negative way. They didn't send me away."

In Minot, Kacie worked with therapist Boni Simonson. Kacie said Boni understood the sexual abuse in a different way. "She understood what I was saying more than anyone else ever did," Kacie said. "She didn't patronize me. She listened to me like a human being. In the end, I really do believe

she was the reason I was able to move on."

The teachers at Dakota Memorial School, the on-campus school of the Ranch, also made a huge difference in Kacie's life. One of her big issues was school. She hated school and couldn't get through a class period without

having an outburst. Some days, she locked herself in the bathroom when it came time to go to school.

But the teachers were very persistent. "The amount of time they spent with me was incredible," Kacie said.

According to Kacie, English teacher, Jim Miller, was especially influential. "Mr. Miller pushed me out of my comfort zone. He pushed me to do things I didn't want to do. I had such a problem with authority figures. When I was pushed to do things and it turned out okay, it broadened my horizons."

Miller invited Kacie to participate in Wildlife Club, and he also introduced her to a loving God.

In Miller's World Literature class, Kacie had to write a report on a book of the Bible. She chose Colossians because it was the shortest, and fell in love with it.

"That's when I started learning that the Bible wasn't so bad, that God wasn't so bad," Kacie said. "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."

Kacie went on to graduate from high school. Her dad spent several years in jail. He is now out, but she has no contact with him. Her mom is

Kacie and her mom are now able to laugh and be silly together.

a different story. According to Kacie, her mom is "amazing." As a proud daughter, she says her mom is one of the strongest women she knows.

At age 23, Kacie is involved in the community, is in a weekly Bible Study, and has a good job. She attributes all of that to her time at the Ranch, but said the trauma she experienced never truly goes away.

"It's not that things get easier. You just get stronger," Kacie said. "You can't wipe past traumas from your mind."

"I am so glad I went to the Ranch at age 13. I know there is nothing that can happen that will derail me because I have the tools to handle it. None of this would have happened without the Ranch."



Ranch staff helped Kacie move from pain and anger to confidence and healing.

Outdoors in Action

Jim Miller, teacher at Dakota Memorial School, loves the outdoors. He shares that love with kids like Kacie through Wildlife Club.

He has been running the program since 1994, and his goal is always the same—to provide the kids with an outlet from therapy and school, while giving them a place to practice self-discipline within a local setting.

The group goes fishing, raises pheasants, builds pheasant transport boxes for a local pheasant club, and learns about many different outdoor topics from the outside speakers Jim invites to the meetings.

Ranch staff help out on the trips, and Jim says "they are the angels of the program. Andrew Meier and Dan Morse helped out the last two years. They are not paid to do this and they work with me on a regular basis."

Many of the kids who come to the Ranch haven't had a chance to participate in outdoor

Jim Miller, Dakota Memorial School teacher and leader of the Wildlife Club, inspires children to love the outdoors.

activities, and Wildlife Club introduces them to hunting, fishing, camping, dog training, woodworking, community service, and much more.

Wildlife Club also gives Ranch kids a sense of belonging, another thing they haven't had a lot of in their young lives. Miller hears kids say, "I'm in Wildlife Club," before they've even attended their first meeting.

"The reason our kids are at the Ranch is because they have troubles in a structured setting. Yet, in 22 years, I've only had to send one kid back to the cottage for misbehaving."

We take great care to guard the privacy of our children. The pictures you see of Ranch children are only used with the permission of the children themselves and the written permission of their guardians.

Friends of the Ranch

Thrivent Financial Supports the Ranch

Thrivent Financial members directed over \$35,000 in Thrivent Choice dollars to Dakota Boys and Girls Ranch in 2016 alone. In the past years, the Ranch has received more than \$280,000 through Thrivent Choice. We are so blessed

by the support of Thrivent
Financial, and to our donor friends who collectively have made this possible by directing their Thrivent Choice dollars to Dakota Boys and Girls Ranch.

Thrivent
Choice Dollars
at the Ranch are
directed towards
the Spiritual Life
Program. The
Ranch's Spiritual
Life Program
has always been
at the heart of

our services to children. The Christian values children learn at the Ranch aid in their healing, provide a foundation of hope, and help them be successful in their treatment. Those lessons often stay with them through their entire lives, helping to positively shape and influence their future.

"At first, I resisted the spiritual emphasis of the Ranch," said Leslie, one of our former residents. "I didn't have an open mind, because so many bad things had happened to me. Thankfully, a special youth director helped me see that God allowed me to experience pain to help me learn to depend on Him. It has been a journey. But I've grown in my faith and now realize the Ranch saved me from a

very scary situation. I will be forever grateful."

Stories like this are only possible through your support, as the Ranch's Spiritual Life Program is funded completely through the generous support of Thrivent Choice dollars. individuals, corporations, and



Thrivent Choice dollars give children like Leslie the anchoring wisdom of the gospel.

foundations. By making it possible for us to teach Christ's message, you give troubled children an anchor in the storm.

If you are directing your Thrivent Choice dollars to the Ranch, thank you! We truly are grateful for your help in addressing the ministry needs of children, youth, and staff.

If you are a Thrivent member but are not directing your dollars to the Ranch, please consider doing so. One

Thrivent Action Team Volunteers at BLT Day

In addition to directing dollars through Thrivent Choice,
Thrivent Financial encourages members to create Thrivent
Action teams. In May, a Thrivent
Action Team, led by a Thrivent member and other volunteers,
helped at the Ranch's annual BLT
Day. Thrivent provides a \$250
Community Impact card as seed money to jumpstart the project and purchase the necessary



Thrivent Action Teams take their generosity into the community.

choice can lead to another, and the impact can be profound.

How to Direct Thrivent Choice Dollars

To direct Choice Dollars, go to Thrivent.com/thriventchoice or call 800-847-4836 and say "Thrivent Choice," after the prompt.

Be part of something BIG—right in your own community. Your choice will change the life of a child.

Contact a local Thrivent Financial Representative for more information about membership at Thrivent Financial or directing your Thrivent Choice Dollars.

Friends of the Ranch

Missouri Woman Leaves \$800,000 to Ranch in Her Will

Just two days before our fiscal year-end, we received payment on a \$800,000 estate from a long and loyal donor! What a blessing!

This generous Missouri woman became acquainted with the Ranch decades ago at a Lutheran Women's Missionary League convention, and started sending donations in 1998. In addition to her monthly donations, she made a \$15,000 lead gift to the Bismarck greenhouse, and donated her teddy bear collection to the Ranch.

"I trust the bears and rabbits enjoyed a safe arrival in Minot, and will bring a bit of love and comfort to their new 'parents," she wrote. "Sometimes a little thing can mean so much."

Many representatives of the Ranch visited her over the years, and found her to be a "vibrant and delightful" woman. She was widowed while quite young, when her airline pilot husband died unexpectedly at only 48 years old. She loved her dogs and called Vicki Reiner, Development Associate, Dakota Boys and Girls Ranch, to tell her when her beloved dog died. They had talked about their dogs on a previous call and she wanted to share her grief with someone she knew would care.

She was very private about her philanthropy, so her name won't appear here. But, she was very interested in Ranch operations and decisions and didn't hesitate to share her opinions. In one letter to the Ranch, she wrote, "Never sacrifice quality for size."

She continued to believe in the Ranch mission and was confident her money was being spent wisely.

"I give for one reason. I want to see children helped, she said. "And, I believe that at the Ranch every penny goes to help the kids."

Foundation

End-of-year Appeal Update

By Joy Ryan, President/CEO What a blessing!

Through matching gifts and the increased generosity of our many donors, we were able to meet our fiscal year-end fundraising goal. Thank you so much for giving our kids a place to sleep, learn, heal, and find hope. Your donations to our year-end campaign allowed us to end the year on solid footing.

The June fiscal year-end letter was very difficult to write. We have never been so honest or blunt about our financial situation, and we debated how to write to you honestly. The Ranch will always be here for the children who need us, now and in the future. But, sometimes we need more help, and when we asked, you helped us through. Thank you for responding to our letter, even though for many of you it might have felt uncomfortable. We are blessed by your financial support and your prayers.

Our goal is to give our kids the very best chance for success, which means we have to reach out to our generous donors to cover the additional costs. We have had some really complex children at the Ranch over the past year—kids who needed even higher levels of care than even we usually provide. In some cases, we had to have two staff with a child at all times.

The multiple needs of the amazing kids we serve, combined with the uncertainties of our world, mean that each year brings new challenges. We will always need your support to continue to provide much-needed services for these at-risk kids.

But for this moment, please join us in celebrating a successful end to our fiscal year.





Children often feel so safe with their horse that they are able to open up and share their pain.

"I don't know where I'd be without my horse. He helped me when I thought I couldn't cope with life."

"Being with Rico is the only place I am relaxed. He's my best friend. He always listens to me."

Horses help Ranch kids move past the hurt

When kids have been traumatized by abuse, neglect, or abandonment, horse therapy can help them open their hearts again.

Past hurt—like rejection, neglect, or abandonment—can live with kids for years, only to be triggered by a new negative experience. One way horse therapy promotes healing is by providing a trusted friend who helps kids feel better about themselves.

At Dakota Boys and Girls Ranch, we offer three types of equine therapies, Equine Facilitated Psychotherapy (EFP), Hippotherapy, and Therapeutic Riding.

Equine-Facilitated Psychotherapy teaches children about relationships by giving them a chance to bond with a horse. By building a relationship with a horse, they learn to exercise patience, understanding, attention, forgiveness, and consistency. They practice these things on their horse, which makes the transition

into healthy relationships less threatening. Connecting with the horse can also reduce a child's reluctance to talk about their thoughts and feelings. By walking alongside the horse and child, our therapists connect with children and talk about issues they are unable or unwilling to discuss in any other setting.

Hippotherapy literally means "treatment with help from the horse." The Ranch Horse Program offers Hippotherapy in cooperation with Trinity Hospital in Minot. Hippotherapy is a physical, occupational, and speech therapy treatment strategy that uses the movement of the horse for individuals with Cerebral Palsy, Down Syndrome, Traumatic Brain Injury, Developmental Delays, Learning or Language Disabilities, and more. Hippotherapy has been shown to improve muscle tone, balance, posture, coordination, motor development, and emotional well-being.

In **Therapeutic Riding**, the recreational aspect of horseback riding and the basic care for horses is used to encourage physical, psychological, social, and educational benefits for children with and without disabilities. The trust and the loyalty of a horse demonstrate to children how important they are—they learn there is a direct correlation between action and reaction.

Horse Program Costs: \$257,956/year

Dakota Boys and Girls Ranch's Horse Program is funded entirely through the generous support of individuals, corporations, and foundations. You can give a child hope through horse therapy.

BE AN EQUINE ANGEL

\$1,000 will provide food, standard veterinary care, and hoof trimming for one horse for one year. In exchange for caring for one of our herd, we will send you a photo of your horse and provide you with quarterly updates.

To become an Equine Angel, go to DakotaRanch.org or call 1-800-344-0957

Foundation and Corporate Grants

Otto Bremer Foundation \$100,000; General Operating Expenses

Midco Foundation \$2,000; Purchase AEDs

School Sisters of Notre Dame

\$500; Books, clothes, and hygiene items for girls

\$15,000; Trauma-informed care supplies and equipment

Elmer and Kaya Berg Foundation

\$1,000; General operating, Fargo Campus

FM Area Community Foundation

\$6,000; Balanced Learning Environment for Dakota Memorial School, Fargo

Sanford Health

\$5,000; DMS Health/Wellness Classes and Program

First Lutheran Church Foundation

\$6,175, Trauma-informed care, Fargo

The Mabel Burchard Fischer Foundation

\$12,500; Water Main Appeal, Minot

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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

March 1 - June 30, 2017

A LOVED ONE FROM
JAMESTOWN ND
Evelyn Montgomery
AERNI, DOROTHY
LaMae Pettit
ALBRECHT JR, WARREN R.H.

Gary & Margo Diety Ray & Mary Ellingrud

Heidi Geiger

Jim & Connie Huss

Paula Johnson

Mary Lee

Ray & Judy Miller

Patti Morrow

Sandi Weisenberger

ALLENSWORTH, EVELYN

Clarice Mosolf

ANDERSON, CURTIS

Beverly Mundell

ANDERSON, DONALD

Mrs. Anita L. Petersen

ANDERSON, GERALDINE

Linda Hill

ANDERSON, LARRY

Lonny & Elsie Buchmann

ANDERSON, MALCOLM E.

Douglas Anderson

ANTLE, CAROL

Cathy Gamas

BAILEY, ANDREW DAVID

John & Sue Dollberg

BALLANTYNE, CLARICE

Bruce & Norine Johnson

BARKIE, KENNETH

Judy & Armand Barbot

BERGSTROM, VERA

Bill & Irene Webster

BERNTSON, MARGARET

Donald & Joann Hauf

BOCK, RUPERT

Fred & Judith Otten

BOECKEL, ARTHUR

Lonny & Elsie Buchmann BOHLMANN, MILDRED

Faylenne Slechta

We work really hard to develop a culture of gratitude at the Ranch, and it looks like this culture is rubbing off on our kids! Ranch Youth Care Worker, Laura Jean, received this thank you letter from one of our residents.



Betty Born BOSSERT, ROBERT Ken & Josie Bittner BOYLAN, DARLENE

BORN, HILTON

Muriel M Juers

BRANDT, ERVIN

Family & Friends

Karin G. Jackson

BRANDT, FRED Richard & Lucille Gust

BRODEN, DORIS

Bruce & Norine Johnson

BROWN, EUGENE

Betty Brown

BROWN, TERRI

Betty Brown

BRUEGGEMEIER, AUDREY

Don & Arlene Schumacher

BRUEGGEMEIER, MARTIN

Don & Arlene Schumacher

BRUNDIN, DONALD

Helen A Juntunen

BUCK, ALIDA

Lutherans For Life

BUELIGEN, DUANE

Elsie Bachmann

Merle Henke

Keith & Roberta Hoesel

Penny Hoesel

Marian Kitzmann

Delores Maier

Rowan Rosendahl

Marvin & Laverne Schulz

Evelyn Schwagler

Kerry Wanstrom

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Mr. & Mrs. Dean Boekelheide

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Robert J Burger

BURKETT, THOMAS E.

Joy Ryan

CAMPAGNA, LILA

Marian Kitzmanm Family

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CASPERS, GARY

Larry & Carol Crosby

CHESLEY, LAROY

Patsy Moerke

CHREST, EARL

David & Sharon Miller

CHRISTIANSON, VIRIGINA

Jerroll P. Erickson

CLARK, BOB

Glenn & Jenece Mitchell

CLAUSEN, GERTRUDE

Fred & Judith Otten

COGDILL, CLARENCE Gerry & Joan Fiechtner COLE, MARLYN Curt & Vicki Bostow Roger & Lisa Cole Dale & Laurie Dannewitz Beverlee Lee Rob & Vicki Reiner Sandy Schmidt COREY, HOWARD David & Sharon Miller DAHL, EDNA Bruce & Norine Johnson DETLAFF, ROBERT Harold & Gladys Blume Roger & Lisa Cole Linda Hill Dorene Richert Rev. & Mrs. Erno Szedlak DENEVAN, DONALD Adeline Rorvig DONAHUE, JOHN "JACK" Antone Clausen DUPRE', KATHRYN "KASEY" Roger & Lisa Cole Dale & Laurie Dannewitz Linda Hill Larry D. Knutson Rob & Vicki Reiner Joy Ryan David & Sharon Willard **DURFEY, DORIS** Beverly Mundell EAGAN, GARY LaMae Pettit EIDAHL, MILTON A. George Fick EIDE, ALLEN Beverly Berg Phyllis Fretty EMPEY, KYLE Bill & Joan Ferguson ERICKSON, DEE Jerroll Erickson ERICKSON, RETA Bruce & Norine Johnson FALLER, RANDY Bob & Karen Huether FEATHERSTONE, MARGARET

Dawn Tyson

FEE, MARGE Sharon Grotte FIELDSETH, GLORIA Robert Fieldseth FLESBERG, PHYLLIS Carol Griegerd FLECTHER, JEANNE Anita Petersen FONTAINE, KATIE Dale & Laurie Dannewitz FOSS, DAVID Dale & Laurie Dannewitz FREISE, MARIAN Wilbert & Delores Kunz GACKLE, SHAWNA Ralph & Clara Fiechtner GAEBE, EILEEN Elaine Kunz Wilbert & Delores Kunz GERDES, JOHN Adeline Rorvig GOETZ, FRANK Delores Maier GOLDE, CLYDE Wes & Maryls Kunz GROTHE, VALERIE Evelyn Montgomery HAGE, GAIGE GREGOR-Donald & JoAnn Hauf Delores Soiseth HAGEN, DAVID Wilbert & Delores Kunz HANSEN, WAYNE & GLADYS Bud & Sheila Gerry HAUSSLER, BETTY JANE Ralph & Clara Fiechtner HAZUKA, ROY Bill & Joan Ferguson HECK, GOTTFRIED & IRENE Norman & Doris Steiner HECKSEL, ELDOR Don & Arlene Schumacher HEERMAN, DEAN E. Marilyn Sailors HEID, BRENDA Duane & Millie Bueligen HEINIGER, WAYNE L.

Raymond Thieme

HEINZ, WILLIAM V

Milton & Sandra Loyer

HELD, DORLYN Evelyn Schwagler HENRY, JAMES Merry Sue Schmidt HINDS, LEE Bernice Hinds HOFFMAN, SHIRLEY Muriel M. Juers HOFFMANN, JACQUALINE Ralph & Clara Fiechtner HOLM, MAE Lvnda Field Neuman HOLTE, DOROTHY Jackie Nelson HUBER, HEIDI Joyce Henke HUHN, ELVIE Linda Hansen HULL JR, JOEL DWIGHT Muriel M Juers HUNTER, R.H. "SKIP" Ethel Mae Kopischke IVERSON, TRYSTAN Dale & Laurie Dannewitz JAEGER, TERRI Beverly Mundell JOHNSON, CAROL J. Caroline Zuhlke JOHNSON, HILDA Wayne & Janice Bakken Margaret Montuori Trudi Mosteller JOHNSON, MARIE Don Johnson JOHNSON, NANCY Muriel M Juers JOHNSON, WAYNE A. Marlys Opheim JOHNSTON, BEN David & Margaret Hall JORGENSEN, DAVID Jeanne Olson JOST, PATRICIA "PAT" Roger & Lisa Cole Rob & Vicki Reiner KENNEDY, MARK Lorina Zuern KICKER, VERLYN Dorothy Kicker

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CLAYTON

Roger & Lisa Cole

KILFOYL, DON

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KINDT, MILDRED H.

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Heather Myers

KISSINGER, SCOTT

Carroll & Alice Holl

KJONAAS, LA VON

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KLINGER, JANIS

Ethel Mae Kopischke

KOEPKE, IRENE

Fred & Judith Otten

KREIDT, JUDITH "JUDY"

Russ & Deb Bubach

Duane & Millie Bueligen

Joyce Henke

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Delores Maier

KRUEGER, ARDELL

Wes & Maryls Kunz

KUCERA, DARNYTIA

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KUNSTLEBEN, MARK

Eleanor, Loren & Milford Sabrowsky

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Bob & Karen Huether

KURIO, BEN W.

Gary Kurio

KVAM, ALICE L.

Thomas Link

LADWIG, LILLIAN

Lilia M. Christianson

LARSEN, JOHN

Bruce & Norine Johnson

LARSON, DONALD E.

Lilia M. Christianson

LAYTON, MARK

Betty Born

LEE, CHARLES

Ethel Mae Kopischke

LEHFELDT, DICK

Bob & Karen Huether

LETZRING, DOUGLAS "Doug"

Keith & Roberta Hoesel

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LINK, MICHELLE KUNTZ

Michael Kuntz

LINSTROM, TERRY

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LUND, SETH

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Ierome Olson

Chris Pedersen

Shirley Roloff

Melvern & Linda Schmidt

Leonard & Bernadine Schneibel

Tommy Thompson

Genevieve Voegele

The Congregation at Peace Lutheran Church in Burlington goes above and beyond to make each one of our kids feel special on their birthday!



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James Gerke

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MONTGOMERY, JOAN

Pam Smith

MOORE, HARRY

Katherine L. Hadland

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Don & Rosella Debele

Richard & Lucille Gust

Carl M Skurdal PERKINS, HELEN Lilia M. Christianson PETERS, RALPH V. Susan Everson PETERSON, DAVID C. David & Sharon Miller Dave & Brenda Niess PIEPKORN, LAVONNE Muriel M. Juers PFAFF, JESSE Hank & Jan Albers Traci Hilsabeck PHIDAT HO, BRIAN Roger & Lisa Cole Beverlee Lee Todd & Kim Lee Family POOLE, DICK Ethel Mae Kopischke POPPE, ROGER Linda Hansen PRIEBE, ROBERT Richard & Donna Bilquist PUNTON, RALPH Dallas & Carol Grieger Arlys Torgerson QUINNELL, LLOYD Tammy Quilling RAMBERG, CHANTZ Charles & Roberta Ramberg REINER, BOB Roger & Lisa Cole Dale & Laurie Dannewitz RENTSCHLER, ANNA Bud & Sheila Gerry RICKFORD, KERMIT Mickey Juntunen RIES, JERRY L. Fred & Judith Otten RODER, DUSTIN Don & Arlene Schumacher ROGERS, BARBARA JO Kim Herman ROGERS, JANET Mr. & Mrs. Richard Carow ROSSOW, PASTOR E.J. John & Irene Berkley ROSTERMUNDT, MARIYLN

Marilyn Eilts

"CHUCK" Jerroll P Erickson SABROWSKY, AARON Milford, Eleanor & Loren Sabrowsky SAILER, ROGER Hank & Jan Albers SCHILLINGER, JANICE Pam Smith SCHMIDT, DARLENE Sharon Grotte SCHNELL, MOLLIE James & Ruth Lehfeldt Violet Podenski SCHRAM, MOTHER La Mae Pettit SCHRUPP, LOWELL **Delores Glessing** SEELIG, ELDON Fred & Terry Gruenberg SHARPE, WILLIAM "BILL" Laurie & Dale Dannewitz Robert & Lynne Drees Gerry & Joan Fiechtner Richard & Lucille Gust Bill & Kris Heller Linda Hill Delores Maier **Jov Ryan** SIMONSON, PAM Linda Hill SLAIS, RANDY Judy Barbot

ROUTLEDGE, CHARLES

Thank you all for taking the time to give us a tour of the Dakota Boys and Girls Ranch. Your dedication and love for these young people is evident in everything at the Ranch. I was so impressed by all the different means you have to reach and help the young people. May God bless you and all of the staff and young people at the Ranch. I will keep you all in my prayers.

Warmest Regards, Ranch donor who toured the Fargo campus

Memorials/Honorariums

SOLBERG, ARDEN Merle & Patricia Nylander SOLEM, CALVIN Merle & Patty Nylander SORENSON, HENRY Hilary Sorenson STAFFNE, MICHAEL Irene Anderson Doris Jensen Ray & Marlys Long James & Ruth Mattson Jean Peppard Donald Schumacher STAIGLE, MARTHA "MARTY" Correne Henke Joyce Henke Leslie Henke STEENERSON, ALLEN "MIKE" Laurence A. Charbonneau STRADER, KATHY Robert & Grace Ann Swanson STUBBE, JOHN Martin & Shirley Hannemann STURMFELS, IOHN Rev. Donald & Mrs. Carol Urbach SUHR, ALFRED M Jennell Suhr SUHR, ERMA G. Family of Erma G. Suhr SUNDBERG, OMER "OLE" Laurence A Charbonneau SUTER, CINDY Robert & Grace Ann Swanson SWANSON, PHYLLIS "JOAN" Bruce & Pam Smith SWENSON, ADAIRE Kerry Swenson SWENSON, ADELE Arlys Torgerson SZEWCZAK, CASEY Patricia Szewczak THOMPSON, LLOYD Dawn Tyson THORSEN, LILY Rachel Dancy UNDLIN, LLOYD

WAGNER, DON Donald & JoAnn Hauf WAGNER, WADE Dale & Laurie Dannewitz WALKER, DALE Myrna Thorsell WEBER, MARTIN Edward & Eleanor Rzepka WEGSCHEID, ELMER Muriel M. Juers WENTWORTH, LORRINE Lilia Christianson WILD, BRAD Mr Laurence Charbonneau WITT, MARGARET Don & Ruth Trageser WOLFRAM, CYNTHIA Ward Wolfram WOLSKY, ALICE Juanita Baumgartner WOLSKY, JUDY Barbara Rude YARGER, CHRIS Margaret LaFontaine ZIEGLER, CAROLE Arlys Torgerson ZIETZ, DENNIS

Honorariums

Larry & Bonnie Thornson

March 1 - June 30, 2017

BAUMANN, WALT Tommy & Delores Smith BOND, JIM & TRUDE 69TH Wedding Anniversary **CHALLENGE GIRLS** Jessi Degler ELLENSON, RILEY Michelle Ellenson ELMORE UNITED METHODIST **CHURCH** Loren & Lucy Larson ETTERMAN, PAUL & MARIE Linda Hill JOHN FJELLANGER'S BIRTHDAY Karen & Linda Fjellanger HAFF, DANIEL **Ianet Rhoads** JESSE, JENNY Cain Kaiser

JONES, RICK & BETSY
Amelia Hunter
LUTHERAN SOCIAL SERVICE OF
NORTH DAKOTA STAFF
Donna Schneider
NELSON, JEMISYN
Penny Crowder

The kids on the Minot campus stepped outside of their cottage and saw this beautiful rainbow!

Too bad it didn't come with rain!



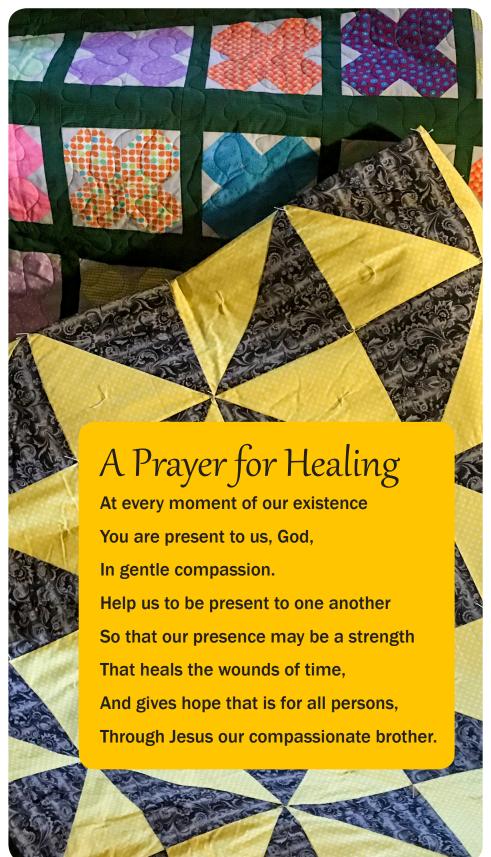
RYAN, JOY Kinley & Ryan Dunnigan Ouin Seiler Barbara Werre SENN, LINDSEY Leon Senn THE RANCH STAFF Bill Sorenson THOMAS, AMANDA Cynthia Eggl WILKE, CHRISTY "FISHY" Christine Stafford Jeremy & Steph Williams WITWHORTH, KANE Tara Helm Rick & Vicki Whitworth ZION LUTHERAN CHURCH Rev. Thomas Marcis

Bruce & Norine Johnson

VIGSTOL, LEE

Linda Hill

Prayers



We keep all donors, kids, and staff in our prayers. If you have a special intention or prayer request, please complete this form and return to Dakota Boys and Girls Ranch, P.O. Box 5007, Minot, ND 58702-5007. Or contact us at 1-800-344-0957 or info@DakotaRanch.org.

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



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

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