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Holiday tips & reminders

Some time ago, Terry Owens—Westview's director of operations—added his wisdom and experience to a list of holiday tips and reminders from our friends at Empowered to Connect. This list should help parents and grandparents be mindful at the holiday season. Now is a good time to remember them.

The holidays are here, and we are all focused on getting ready for buying gifts, family visits, and making the holidays a special time. This is a stressful time for everyone, especially for your children. Here is how you might help make the holidays go a little smoother.

Up your nurture: Be purposeful when it comes to your quality time with your children. Set aside time to spend with your children, such as playing games, doing puzzles, baking

cookies, going for a walk, or reading a book together. Spending one on one time with your children goes a long way to creating a deep connection during the rush of the holidays.

Be flexible: Be prepared to stop what you are doing to meet the needs of your child. Meeting your child's needs is an opportunity to connect with your child.

Practice before the moment: Prepare your child for success by role-playing situations before they happen. This, for example, provides the opportunity to practice the correct response if they receive an unwanted gift from a relative whom they don't know very well. Practice how to decline food that they don't like in a respectful and polite way.

Keep it simple: When possible try to simplify your plans. Remember that being overwhelmed or overstimulated

may cause unwanted behaviors. Support your child by meeting the underlying need rather than punishing your child.

Stick to a schedule: Whenever possible try to keep your routine such as bedtime and meals consistent. Routines can help create felt safety and calm your child's anxiety.

Expect big feelings: Leave time in your schedule to support your emotions and your child's emotions.

Create traditions: This is a great time to create a new tradition for your family. Traditions are an important part of building a family culture and they also create a sense of felt safety and belonging for your family (see more at <https://empoweredtoconnect.org/>)

As a parent and a grandparent, I know that holidays can be stressful for parents. I hope these tips can make your holidays happy and full of joy.

Changing hats

Doug Gonzalez has long served the young men at Westview. As a Westview alumnus, he returned to the ranch to care for young men as he once needed care. He and his wife, Dennise, were caregivers for five years at Sweetwater House. For the next twenty years, Doug did an exemplary job as



Westview's ranch manager and led our calf program.

Doug recently chose to change roles and become our campus social worker. He has excellent credentials for this work; not only does he have Westview experience as a resident and caregiver, he has a bachelor's and master's degree in social science disciplines. He will be working with Terry Owens and Josh Birney as a part of our admissions team.

Doug will also continue to serve as the Director of Alumni Relations. He has successfully begun organizing this group and empowering them to reconnect.

Riding for the brand

Jake Carter has joined the Westview team as Ranch Manager. Since 2016, he has been the ranch manager of Boykin Ranches in Childress, managing a herd of 200 cattle. He has extensive experience in the agricultural equipment industry.

Jake attended Tarleton State and Clarendon College, finishing with

a B.S. in Animal Science at Oklahoma State Panhandle University. His minor was natural resource conservation. He will continue the work begun by Doug Gonzalez to manage the day-to-day work of the ranch and helping the Westview young men and team learn to be good stewards of the land God has blessed us with.

Jake plans to do a good amount of his work on horseback. He will be helping us imagine a sustainable equine-assisted therapy program on our campus to better serve our young men. We look forward to the ways that he can help make our team even better.



Fun with wish lists

At Westview Boys' Home, we have a lot to be thankful for, including the congregations and individuals who call from time to time asking, "What's on your wish list?"

That list can vary greatly from day-to-day. In the photo on the right, several things are obvious. First, on that day lamps had made it onto the wish list. Second, someone was generous enough to honor that request and make it happen. Third, those gift were received with great joy!

In recent weeks, our young men have received a number of important gifts, including lamps. Some are for individuals, like quilts for our beds. Some are for everyone, like the new trailer we have for our grocery run because of the generosity of a group of congregations in the grocery runs who made that happen. We're grateful!

What's on the list today? By the time this bulletin gets to you in the mail, the answer may have already changed. But, if you'll call Dennise Gonzalez in donor relations, she'll be glad to help you figure it out (580-688-9281).

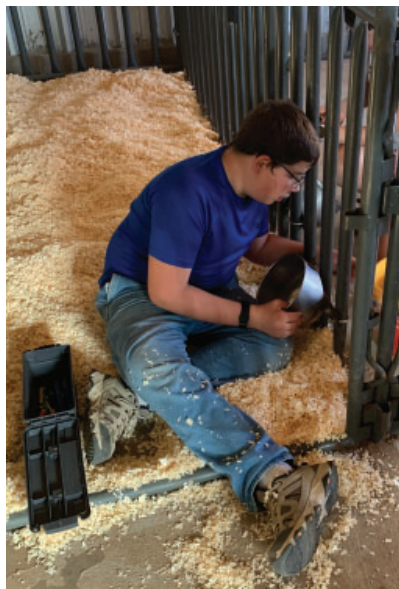
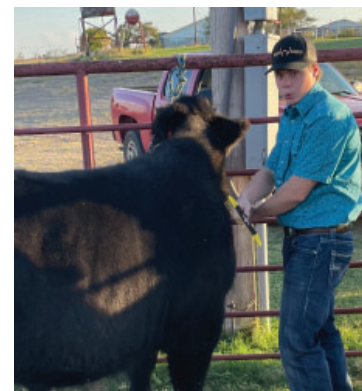


Rhythm and responsibility

The day of a young man with a calf is a long one. His morning begins at 5:00 a.m. with the morning feeding, and in the cold of winter, breaking the ice in the water trough. Before leaving for school, they lead their calves into the cooling house where the animals spend their day. After school, the young men wash and brush their calves, taking care to blow the hair dry when done. Then it is time to clean the cooling house,

feed, and check the water troughs.

This is a lot of hard and routine work, but it develops discipline in our youth that leads to success. After months of work, our young men go on to learn from the competitive experience of livestock shows. Some days they have to learn how to be a good winner; others, they must find a way to learn from a loss. Both allow them to grow and to find success in life in a broader sense.



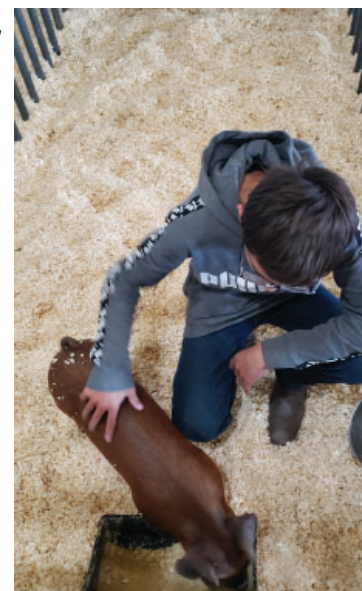
Learning about life on a farm

Many young men have discovered the importance of responsibility and the thrill of success through our pig program.

At the Michael Bethel Swine Barn on our west campus, our guys regularly wash, brush, and walk their pigs. They feed and water them daily, and see to the cleaning of all of the pens. They also practice showing the animals, so that at show time they have experience moving with the pig in the pen under the watchful eyes of a judge. First, our young men show their pigs at the local show, then at the county, and then at the

state show (the Oklahoma Youth Expo).

When past show season, the young men clean up the pig barn to make it ready for the coming Fall. The pigs either go to the market through OYE or they go to the processors and then our commissary. These well-tended pigs become the high-quality ham, bacon, and sausage on the dinner table at Westview.



Increasing impact, decreasing taxes

It's helpful to know that . . .

You can avoid capital gains tax on highly appreciated assets. By donating a highly appreciated asset (stocks, real estate) to Westview Boys' Home, you can avoid paying capital gains on that asset. Westview is able to sell the asset and avoid any capital gains tax.

You could avoid paying income tax on your required minimum distribution (RMD) from your traditional individual retirement account (IRA). How? By making a qualified charitable distribution (QCD) from your IRA to Westview! In doing so, you can make a contribution

to charity, avoid taxation on the withdrawal from the IRA and satisfy your RMD requirements.

You can assign a certificate of deposit (CD) or a money market, checking, or savings account to charity without changing your will or trust through a transfer on death or payable on death beneficiary form. Contact your bank, ask for one of these forms, and list Westview (and your other favorite charities) as the beneficiaries.

If you have questions about these or other ways to give, call (580) 688-9281 and ask for Ron Bruner or John Moore.



Keeping the ranch strong

Since its inception, the Westview Foundation has worked to make certain that Westview's ranch remains a viable and working enterprise. The Foundation has funded farm equipment purchases, the ranch manager's truck, water wells, new blood lines for the herd, and other mission-critical needs.

As a consequence, Westview's ranch provides the best of beef for our young men, revenue to care for our young men, part-time employment for youth who are willing to work hard, and a beautiful environment for those who live here.

To find out more about the part you might play, contact the Foundation at: The Westview Foundation, P.O. Box 714, Hollis, OK 73550; (580) 688-3608.

BIRTHDAYS	
Tyler Fletcher.....	12/2
Christian Fincher.....	2/7
Colton Castro.....	2/15
Derek Chapin.....	3/2
Jay Emerson.....	3/19

Westview is supported by its many friends, and local congregations of the Churches of Christ



A Message from Home

Every year at this time, it is my very great privilege to sit down with our seniors and imagine what their futures might look like. Some are focused on tomorrow, some see more distantly into their future.

Every one of them brings something into that meeting that they didn't bring with them to Westview. That singular and important thing is **hope**.

God's work in their lives is amazing. A young man who is only wanting a safe place learns, with the help of godly people, how they can create a safe space around themselves. They pick their head up, see an amazing world and then, because their needs have been met, they begin to imagine a future bringing joy and hope.

Every person who gives time or money to Westview shares in that joy and hope. Your generosity has changed our little part of the world and that is how we begin to change the entire world. One place, one child, at a time.

May God help you richly experience joy and hope.



Dr. Ron Bruner
Executive Director