

CARE TAKERS

FAMILIES RELY ON THE CARE WE PROVIDE



Ronald McDonald House Charities® Alberta

3

The Joys of Holiday Season

4

Hot Slaw Recipe

5-8

Longest Volunteers

9

Shuttle 2021 Statistics

10

Winterland Wish List

10

Save the Date Golf Tournaments

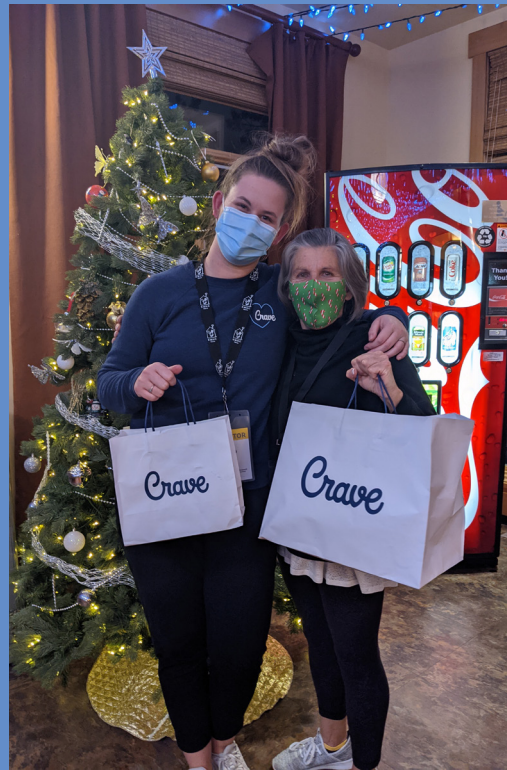
"FAMILIES RELY ON THE CARE WE PROVIDE"



Scan the QR code to download a copy of this newsletter.



VOLUME 2 / 2022



The Joys of Holiday Season



It was a great Holiday Season and Ronald McDonald House Charities® Alberta would like to extend an extra special thank you to the hundreds of volunteers who shared their time, kindness and passion in helping families feel at home. Pat Kefford is one of those volunteers and has been cooking at the House for over seven years with the Royal Oak Victory Church. The Home for Dinner program prepares home cooked meals for families staying at RMHC Alberta. The COVID pandemic temporarily disrupted this program and not surprisingly Pat and her group from the Royal Oak Victory Church were the first to be back in the kitchen making amazing meals when the program was reintroduced in October 2021. "I really could not do the suppers without the wonderful help I get. I feel blessed to have those helpers in my life," Pat explains.

After seven years of volunteering and a global pandemic, Pat remains passionate about caring for families. "As long as I can keep doing it, I definitely will," Pat says as she bakes amazing butter tarts for the families, something she can probably do with her eyes closed.

Pat and her son Andy stayed at an apartment owned by the RMHC Winnipeg 21 years ago and knows first-hand the comforts the House can bring.

Pat explains, "The apartment building was attached through an underground tunnel, so I never needed to go outside. I could be with Andy in about 20 minutes, it was so good. I cannot thank them enough for the use of the apartment that is why I knew I must repay that kindness if ever I could." When she returned home to Regina from Winnipeg, she felt she could not give back as there was no RMHC in Regina, so she graciously made donations. Once she moved to Calgary, she joined the Royal Oak Victory Church and they talked about doing an outreach at the House.

Pat was at the first serving date and has never looked back! "RMHC's support for sick children helped me spend the last six months of Andy's life with my son and I will be forever thankful for that."

Now that a New Year has arrived, there are 365 dinners that need to be planned to help families focus on the important things. For anyone who has considered volunteering for the Home for Dinner program Pat says, "Best thing you ever did was come help at the House." A huge thanks to Pat and the Royal Oak Victory Church Group for the passion they bring, cooking for families so they can spend more time together.



Volunteers Sharing Recipes

Hot Slaw

Recipe by Mount Calvary Lutheran Church

Instructions

1lb of ground chicken or turkey

1 small onion (or 2 large green onions chopped up)

Salt and pepper

Sauté in about 1 tablespoon sesame oil

Once cooked, add in approx.

3-4 garlic cloves – to your own preference – about 1 tbsp chopped

½ - ¾ teaspoon ginger paste

Sprinkle of sugar (¼ teaspoon) - optional

1 teaspoon apple cider vinegar

2 ½ tablespoons soy sauce

Add in sriracha – to your own preference – start with 1 tsp

Add one bag of tri color Coleslaw

Mix together and cook for approx 5 minutes

Add in sriracha – to your own preference – start with 1 tsp

Top with roasted sesame seeds - optional

Optional: Add a few cooked wontons to the coleslaw mix in wok.

Put wontons in a pan,

Add in approx. 4 tablespoons of water

Cover and let steam for about 5 minutes on med heat until hot.

Take off cover and let fry for another 5-7 minutes or so, turning so they get nice and brown.

Add a bit of sesame oil to keep them from sticking to the pan.

Longest Volunteer Profile

Medicine Hat House

Our longest volunteer is Deb Taylor. Deb has been volunteering with RMHC in Medicine Hat House since 2019. She helped us with a fundraising event and then became a regular volunteer when the House officially opened in 2020. She has 272 volunteer hours with RMHC!

Deb is a wonderful addition to our volunteer family. She is always willing to help us with anything we may need. She helps us with any office help we may need, cleaning, organizing, laundry or any other tasks we throw her way. She is a hard worker who always comes to the House with a positive attitude. Deb spent many years in the baking industry before retiring and making volunteering her new job. When she is not volunteering, she enjoys being outside, going for walks, travelling, and spending time with her family.

Deb Taylor, has 272 Volunteer hours with RMHC!





**Vicky Blinston St. John,
began volunteering
September 2010.**

Longest Volunteer Profile

Edmonton House

I started at RMHC in Edmonton in September 2010 baking for the families with my daughter. It was uplifting to see how much the families in the House at the time enjoyed our efforts. I mean, nothing beats the smell of freshly baked cookies!

I learned about the valuable work done at the House and thought that I'd like to do more. So I quickly trained to work as a front host with a regular shift on Tuesday mornings. The front host is a challenging job, so much to know to be able to assist families, donors, volunteers, staff. At the end of my shift though, I felt hopeful that I had helped someone.

I have also volunteered at casinos and golf tournaments. Raising funds for the House is always a good feeling.

I moved to volunteering with the Finance team in September 2018. After the pandemic hit, I was able to start volunteering from home. Some normalcy for me in a changing world! Volunteering is important to me, I feel useful, helpful, challenged and productive in giving my time.

My staff contacts have always been generous with their help and their gratitude for my work.

I've worked with so many wonderful staff and volunteers during my 11+ years. While I look forward to being part of the team back in the House one day, I'm happy that I can continue to help in some way with the valuable work of the RMHC Alberta.

Longest Volunteer Profile

Red Deer House

Teresa Henry has volunteered at the Ronald McDonald House in Red Deer since it opened nine years ago. While that is quite a long time, she'd dreamed about being an RMHC volunteer for much longer.

Teresa first learned of RMHC when she and her husband opened the McDonald's in Innisfail in the mid 90's. As our founding and forever partner, McDonald's support of the House is what first sparked Teresa's interest in volunteering with RMHC. Then, in 2004, when her four-year-old son was diagnosed with diabetes, Teresa experienced first-hand what it was like being without the comforts of home when your child is ill.

"We stayed at Alberta Children's Hospital in Calgary for four days," Teresa recalls. "Staying at Ronald McDonald House was never mentioned while I was there, so I slept uncomfortably on a foldout bed."

Following her experience with her son, Teresa thought again about how nice it would be to volunteer with RMHC but it just didn't seem like it would be possible.

"My children were little, my husband's hours as a franchisee were sporadic and the nearest Ronald McDonald House was over an hour away."



Fast forward to 2011, when the House in Red Deer began advertising for volunteers. Teresa jumped at the opportunity, eager to help families just like hers.

"My children were older, the distance was closer and the timing, perfect!"

Teresa joined us a Front Host Volunteer when the House first opened and has been a valuable part of our team ever since! Today, Teresa still volunteers almost every Thursday evening and takes satisfaction in comforting families in similar situations by sharing her own story.

"I hope that the little things I can offer make a family's stay just a little easier"

"I have met many wonderful people, both families and staff. I've had the opportunity to talk to families of children newly diagnosed with diabetes and share with them that things are going to be okay – my son is now a healthy 22 year old. I hope that the little things I can offer make a family's stay just a little easier."

**Teresa Henry has
been volunteering at
RMHC Alberta in Red Deer
since it opened
ten years ago.**

Longest Volunteer Profile

Calgary House

Mary has been Volunteering with RMHC Alberta in Calgary for over 5 years.

Here at the Calgary House we have a little bit of a celebrity as a baker who also happens to be one of our longest volunteers.

Now when you chat with Mary you would never know she is someone who has written quite a few cookbooks that have been very popular. She is very down to earth and is just here to help. Mary even shared with us how her husband's daughter took her along to drop quilts off and when asked if they wanted to go on a tour of the House they said why not.

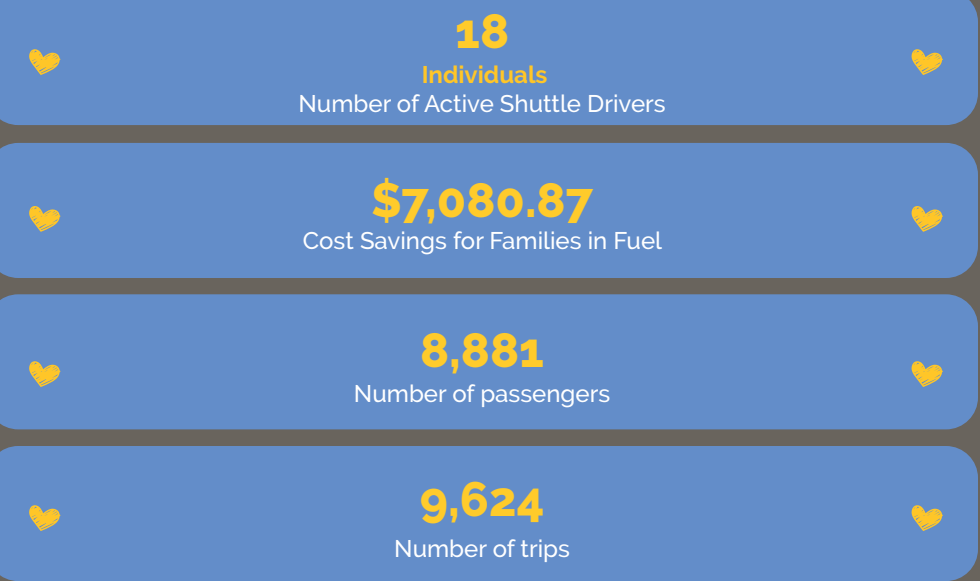
Mary took one look at the kitchen and saw how many stoves we had and said how do I sign up! That was 5 years ago and Mary has been coming in ever since! When asked what is her favorite items to bake she had a few:

1. Snow caps (because families enjoy them the most)
2. Puff wheat squares (it reminds her of home) but she said anything with chocolate is always a hit!

Mary just turned 80 and there is nothing going to stop her and she gets so much joy coming to the House each week! We are here at the Calgary House are beyond lucky to have such an incredible volunteer!



Shuttle 2021 Statistics





Our first event in 2022, Winterland has launched!

We hope you will consider participating.

Make your mark this winter and support families with sick children who need to travel for vital medical treatments. You and your friends/family can make an important impact this winter while doing your favourite winter activity! Participate by going outdoors and doing a winter activity such as skating, skiing, snowshoeing, hiking, or even building a snowman! The funds raised through our Winterland Wish List activities go towards important wish list items we have for our Houses. Create your own winter activity fundraiser and make a difference today!

Register today:

www.rmhcalberta.org/events

Winterland Raffle

You could win one of three incredible prizes!

- 1) A trip for two with WestJet!
- 2) A signed Connor McDavid jersey!
- 3) Tickets to an upcoming Oilers game!

Buy your raffle tickets at www.rmhcalbertaraffle.com

Save the Date Golf Tournaments

June 18th

Lakeland -Cold Lake Golf & Winter Club

June 20th

Canmore -Silvertip Golf Course

June 20th

Grande Prairie-Spruce Meadows

June 23rd

Red Deer- Alberta Springs Golf Resort

June 24th

Edmonton -The Ranch Golf & Country Club