



Ronald McDonald
House Charities®
Alberta

VOLUNTEER NEWSLETTER

FAMILIES RELY ON THE CARE WE PROVIDE

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"FAMILIES RELY ON THE CARE WE PROVIDE"



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VOLUME 3/ 2024



To The Best Volunteers In The World,

As we step into the vibrant days of summer, we want to extend our heartfelt gratitude to each and every one of you. Your dedication and compassion make a world of difference for the families at Ronald McDonald House. Your selfless contributions create a warm, supportive environment that helps families focus on what matters most—their child's health and well-being.

This summer, as the sun shines brightly and the days grow longer, we hope you take some time to enjoy the season and make wonderful memories with your loved ones. Your efforts and kindness bring light to our community, and we are incredibly grateful for your continued support.

This season sees even more volunteers activate in all four of our Houses and both of our regions as our Signature Events and Third-Party Events are busy during the summer. These events would not be as successful as they are without the support of all the volunteers that give their time and energy to them. Thank you!

Wishing you a joyful, relaxing, and sunny summer!

With warm regards,
Team RMHC Alberta



Message From Kayla Schmalzbauer

General Manager of the
Medicine Hat Ronald McDonald House

My name is Kayla and I am the new General Manager of the Medicine Hat Ronald McDonald House. Previous to my role as General Manager, I was a Family and Programs Services Coordinator and was in the role for almost four years. I was able to be a part of setting up the Medicine Hat House before opening in August 2020 and was excited to be a part of opening day and welcoming our first families. I am excited to be starting this new role as General Manager and looking forward to stepping into this new chapter.

The Medicine Hat House is looking for some volunteers in the following positions:

House Refresher
Front Hosts (Morning Shifts)
Facility Support
Event volunteers



We are a fun group with a tight knit volunteer community and look forward to introducing some new faces into our team.

Toffee Chocolate Bar

Recipe



Ingredients

Crust: $\frac{3}{4}$ Cup Margarine

$\frac{3}{4}$ Cup Brown Sugar

1 $\frac{1}{2}$ Cups Flour

Filling: 1 can (10 oz/ 300 mL)
Sweetened Condensed Milk

2 Tbsp Margarine

1 $\frac{3}{4}$ Cups Chocolate Chips

1 $\frac{1}{3}$ Toffee Bits (Chipits Skor
Pieces work well)

Preparation

Preheat the oven to 350 degrees.

Cream all ingredients for the crust until well blended and mixture comes together. Press evenly into a greased 9 x 13 pan. Bake for 20 to 25 minutes or until light golden. Cool.

For the filling, heat condensed milk and butter in a saucepan, stirring constantly for 5 to 10 minutes until it is thick and bubbling. Spread over the baked base. Bake for 12 to 15 minutes or until golden- watch carefully!

Remove from the oven and sprinkle chocolate chips over top. Bake for 2 minutes longer or until chocolate is shiny and soft. Spread chocolate evenly. Sprinkle toffee bits on top, pressing lightly into chocolate. Cool.

Cut into squares and enjoy!

Recipe from Allison Baker, who is a baker in the Edmonton House who just celebrated a hundred hours volunteering with us!



BRICK THE BIG BUILD BY BRICK

We are thrilled to announce we still have room for personalized bricks to go on the Calgary House wall. We would like to extend the offer of recognition on the Brick by Brick wall to our volunteers at the donor level of \$1000. This special donor recognition level is reserved for volunteers, RMHC Alberta families, and staff as a gratitude for all of your support of families through the years. Please join us by donating \$1000 for a personalized brick bearing your name or a special message. Your contribution will be uniquely yours helping us reach our goal to raise \$4 million for more room, comfort, and hope for families in need. The expansion of both our Calgary and Edmonton Houses will allow us to triple our capacity.

Thank you if you have already placed your order, we currently have close to 100 personalized and ready to fill up the wall.

There is still time to join us in leaving a lasting impression in the place you've helped create a welcoming atmosphere for families. Please contact **Manvir Hans** directly at mhans@rmhcalberta.org to become a donor to Brick by Brick at the \$1000 recognition level. This opportunity is not available through online donation on the Big Build website.





VOLUNTEER RECOGNITION

TANIA THORNE

We would like to recognize the following volunteer for her extraordinary commitment to the Medicine Hat House.

Tania Thorne's granddaughter Norah was born at 28 weeks' gestation, weighing two pounds. Tania remembers hopping in the ambulance with her daughter-in-law to make the long drive from Medicine Hat to Calgary with just the clothes on their backs.

That was about a year and a half ago, and Tania still gets emotional about the experience today. She describes how the family struggled to settle abruptly into NICU life in Calgary, hours away from home, while at the same time trying to find accommodation for her son & daughter-in-law; her daughter-in-law's parents from the U.S.; and herself & her husband.

A social worker told the family about the Ronald McDonald House. "We went over to check out the Ronald McDonald House and were completely blown away," Tania says.

Her granddaughter was in the NICU for about six weeks in Calgary, before being transferred home to Medicine Hat. "Everything was made easier for my son and daughter-in-law," she says. "It was one less worry off of their shoulders at a really difficult time."

Tania knew she wanted to give back from the moment she walked in the door. **"I just knew that an operation like that would have so many volunteers and helping hands behind the scenes, from the quilts on the bed to the welcome bags to the snacks,"** she says.

"We knew we wanted to bless in that way."

When she heard about the Medicine Hat House opening, she did some research to find out how she could get involved. She now volunteers weekly as a House Refresher, doing odd jobs tidying & cleaning, and turning over the bedrooms for families.

"I'm not so much there to meet my needs, as much as to help in any way I can to meet their needs" she says, **"because our needs were once met so well."**



Committee Golf Members

Red Deer:

Dawn Woodbury
Anne Baltimore

Canmore:

Shannon Gangl
Kevin Leung
Jenniffer Williams

Grande Prairie:

Greg Durda
Val Durda
Amanda Valiquette

Cold Lake:

Ashley Simpson
Cindy Ball
Kenton Foulds
Trina Bell
Janese Nielson

Edmonton:

Bob Laprarie
Sara Townsend
Ryan Ayoubi
Gurpreet Takhar
Steve Cook
Jason Herstad

Thank you to all our incredible committee members and volunteers for your enormous hard work and support in preparation for golf. We appreciate your time, effort, and expertise in helping to ensure everything went smoothly! From all of us, thank you!

Provincial Volunteer Meeting

These meetings are where our volunteers can come together and learn about the most recent and important happenings in the Houses as well as share in celebrations! These meetings are virtual on teams and you will be emailed a link to join!

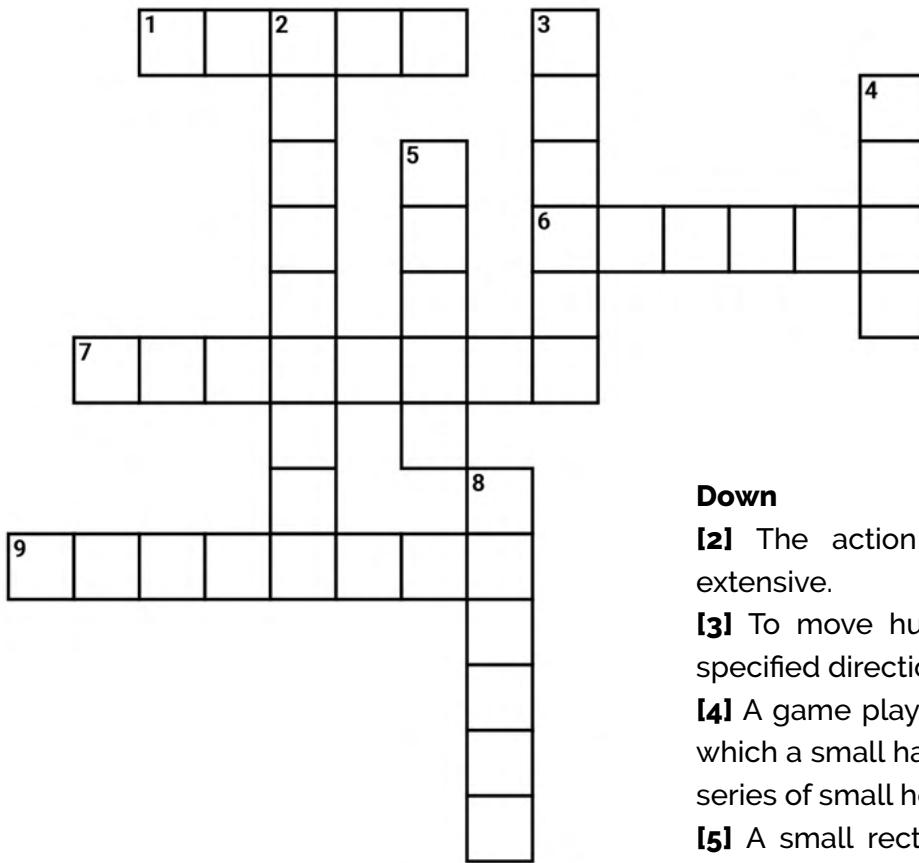
**Upcoming volunteer meeting:
July 3, August 7 and September 4**

Information Session for Prospective Volunteers

These meetings are for folks who are interested in learning more about volunteering with us. They are informal and give a great overview of opportunities with RMHC Alberta. Feel free to let your friends know! These meetings are virtual and your friends can sign up by heading to the volunteer page of the website.

**Upcoming volunteer meeting:
July 11, August 15 and September 12**

Crossword



Across

- [1]** A thing that happens, especially one of importance.
- [6]** Go from one place to another, typically over a distance of some length.
- [7]** A piece of flavored ice or ice cream on a stick.
- [9]** A drink made from lemon juice and sweetened water.

Down

- [2]** The action of becoming larger or more extensive.
- [3]** To move hurriedly or unceremoniously in a specified direction.
- [4]** A game played on a large open-air course, in which a small hard ball is struck with a club into a series of small holes in the ground.
- [5]** A small rectangular block typically made of fired or sundried clay, used in building.
- [8]** Each of the four divisions of the year marked by particular weather patterns and daylight hours, resulting from the earth's changing position with regard to the sun.

Upcoming Events

Summer is a busy event season at RMHC Alberta. If you are interested in volunteering at one of our events, go to rmhcalberta.org/volunteer/ for more information or sign up on VolunteerHub.

Shoot for the House:

September 7, Grande Prairie

Hustle for the House:

September 20-29, Virtual Walk/Run

September 29, In-Person Event

To learn more about any of our events visit rmhcalberta.org.