



Ronald McDonald  
House Charities®  
Alberta

# VOLUNTEER NEWSLETTER

FAMILIES RELY ON THE CARE WE PROVIDE

Holiday Greetings	2
Positively Princess'd	3
Oatmeal Chocolate Chip Cookies Recipe	5
Light The House	6
Santa Sacks Wish List	7
1,000 Hours Society Update	7
Provincial Volunteers Meeting	7
Upcoming Events	8
Gingerbread Colouring Sheet	8

*"FAMILIES RELY ON THE CARE WE PROVIDE"*



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



VOLUME 4/ 2024



# Holiday Greetings to Our Amazing Volunteers



As the holiday season approaches, we want to take a moment to express our heartfelt gratitude for everything you do. Your dedication and selflessness have made an immeasurable impact on the families who call Ronald McDonald House their home during some of the most challenging times in their lives. As volunteers you work in so many different roles, and each and every one of them are integral to making our Houses feel like homes.

This time of year reminds us of the power of community and compassion, and we are incredibly fortunate to have volunteers like you who embody those values so beautifully. Your kindness not only brings comfort and hope to families, but it also helps spread the magic of the holiday season throughout the House. In a time when families may feel far from normal celebrations, you help them feel the warmth, joy, and spirit that make the holidays special.

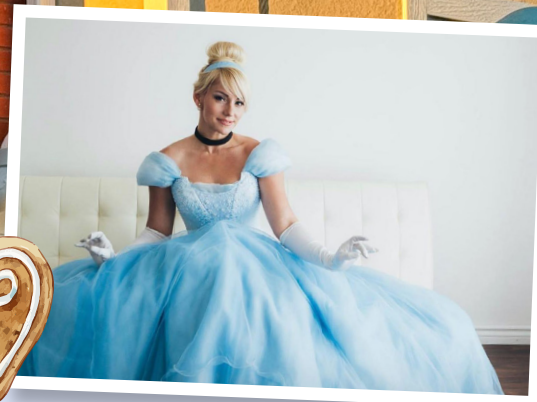
Your generous actions light up the House with festive cheer, offering a sense of normalcy and happiness when families need it most. The smiles you bring, the traditions you help preserve, and the atmosphere of fun you create remind us of all the true meaning of this season. You are the heart and soul behind the magic that fills the Houses during the holidays.

As we celebrate this special time of year, we wish you and your loved ones a holiday season filled with peace, joy, and love. Thank you for giving so much of yourself to help spread that magic to others. We look forward to continuing this incredible journey together in the year ahead.

*Thank you and Happy Holidays  
From everyone at RMHC Alberta!*



## Positively Princess'd



At Ronald McDonald House, we believe in the power of joy and laughter—and so does a special group of visitors who bring magic to our House in Edmonton every month. Positively Princess'd, an organization owned by Stacey Lavorato supported by more than 35 volunteers, brings beloved characters to life, like Elsa, Ariel, and Superman creating enchanting experiences for the children and families staying with us.

Each month, the House comes alive with excitement as Positively Princess'd characters attend our monthly birthday party. The event is filled with plenty of heartwarming moments as the kids get to meet and interact with their favorite princesses and superheroes. For families facing challenging times, these visits provide a much-needed escape and a chance to celebrate life's special moments.

But Positively Princess'd doesn't just create fun memories—they also bring comfort and hope to families who are going through some of their hardest days. Whether it's a shy smile from a child who has been struggling, or a loud burst of laughter that fills the room, these moments of joy make a world of difference for everyone involved. Parents, too, are often touched by the compassion and kindness that the princesses show to their little ones, creating connections that go beyond the magic of the performance.

The princesses have become a beloved tradition at Ronald McDonald House, their first appearance at the House being in 2013 and their presence is a source of anticipation and excitement each month. For many of the kids, meeting their favorite superhero or princess is a dream come true, offering a brief but beautiful break from hospital visits and treatments. From storybook interactions to unforgettable photo opportunities, Positively Princess'd continues to spread smiles, laughter, and a sense of wonder, reminding every child that they are strong, brave, and, of course, positively royal.

Stacey has handmade gowns for princesses and built outfits for characters like Paw Patrol and has a collection of over 100 costumes for her volunteers to wear. She started with just three costumes turning her wedding dress into Cinderella and then making Snow White and Tinker Bell.

As a medical mom herself, when asked why she started this endeavor and why she finds it important to volunteer with RMHC Alberta, she said, "When a child is sick, there is nothing worse. The kids you get to meet in the House are brave and show such strength that it is life changing to witness. I am better because of meeting them."

Last month we were visited by Super Girl, Kelci Barber. She has been volunteering since 2017. Her connection to Ronald McDonald House is a personal one. Her brother had Leukemia, and her family has used the House in Saskatoon. She couldn't think of a better way to give back to the charity that helped her family. When talking about her time visiting with the children, Kelci let us know, "when I get to go outside and play with the sick kids and their siblings, for a little while it feels like normal, fun sibling energy." That's her favourite part.

Super Girl was joined by Heather Bradley, also known as Rapunzel. When asked what she loves about volunteering she shared, "Seeing the relief and gratitude on the caregivers faces. They get to relax and see their kids happy." Heather has also been a princess since 2017. Positively Princess'd exists to help kids. They visit us, the Stollery Children's Hospital, partner with Make a Wish and other Edmonton charities. Heather's Husband has been known to show up at a prince too!

Thank you to Positively Princess'd for making our monthly birthday parties so special and for bringing a bit of fairy tale magic into the lives of our families. Your kindness and dedication continue to lift spirits, spread joy, and make each celebration feel truly extraordinary.



# Hershey's Oatmeal Chocolate Chip Cookies

We are so lucky to have volunteers that jump into different roles when we need them!

Most recently, Bill one of our 1,000 Society Members and wonderful Shuttle Drivers, has hopped into the kitchen to fill a regular baking shift for us. Bill's Monday morning cookies are the talk of the House.

## Ingredients:

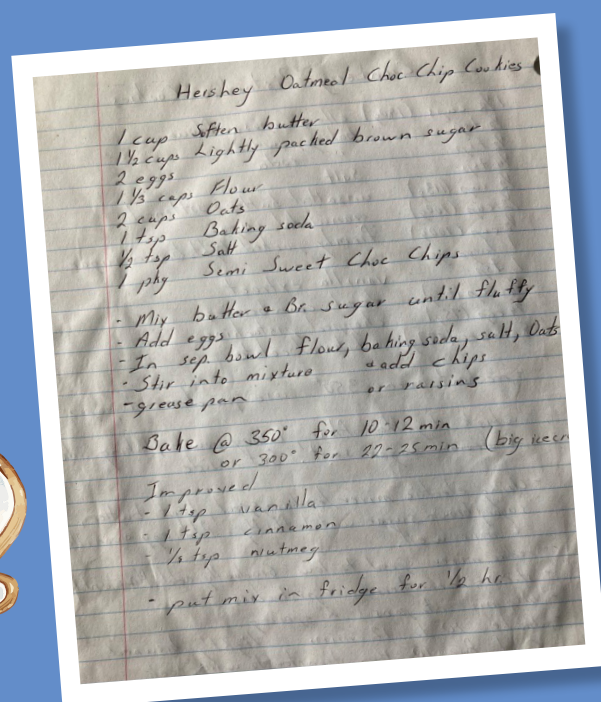
- 1 cup softened butter
- 1 1/2 cups lightly packed brown sugar
- 2 eggs
- 1 1/3 cups of flour
- 2 cups of oats
- 1 tsp baking soda
- 1/2 tsp salt
- 1 package semi-sweet chocolate chips

## Directions:

- Mix batter and brown sugar until fluffy.
- Add eggs.
- In a separate bowl, mix flour, baking soda, salt, and oats.
- Stir into the first mixture.
- Add chocolate chips.
- Grease your cookie sheet.
- Bake at 350 for 10-12 minutes or 300 for 20-25 minutes. If you like to use the big cookie scoop!

Bill likes to continuously improve his recipe, so for a little fall fun, try raisins and 1 tsp of vanilla and cinnamon and 1/2 tsp nutmeg.

*There is something nostalgic about a handwritten recipe, so please enjoy Bill's original copy!*



## The Dye-Wilson Family

When it came time for Myla to shave her head because of her chemo, one of the Family Services staff members at the House offered the Dye-Wilson family the Time for You Salon as they knew it would be an emotional day.

Much to the surprise of our staff and volunteers, when the children came into the dining room the next day, they ran up to the staff squealing with excitement about their new look — all three siblings and their father Zachary, had shaved their heads in solidarity with Myla and were calling themselves the “Bald Buddies”.

It was an incredible moment to witness. One that speaks to the importance of keeping families near each other, and the care they need during difficult times.



## Light the House

Every year we have an exciting event to kick off the holidays in our Houses. We hold an event called Light the House, where you guessed it - we turn on holiday lights for the season!

There are always treats and fun, and sometimes Santa appears, and we want to invite you into the magic! Bring your mittens and outside jacket so you can see the House get lit up and then welcome the holidays with staff and families. Mark your calendar for the evening of **November 29** with more details to follow!

# SANTA SACKS WISH LIST



As the holiday season approaches, we focus on spreading joy to the families at Ronald McDonald House Charities® Alberta. This Christmas will be different for them—being away from their loved ones during a time when family means the most. These families are facing one of life's toughest challenges: caring for a seriously ill child. But with your support of the Santa Sacks campaign, Santa will still find his way to the children here, and our families will feel the warmth, magic, and generosity of our wonderful community this season.

Contact **Sandi Ferchau** at [sferchau@rmhcalberta.org](mailto:sferchau@rmhcalberta.org) for **Calgary**, and **Amanda Hood** at [ahood@rmhcalberta.org](mailto:ahood@rmhcalberta.org) for **all other locations** to schedule your appointment between **November 13** and **December 16** at one of our Houses.

## 1,000 Hours Society Update!

The 1,000 Hours Society is in its second year and we continue to grow the society as we have volunteers complete more than 1,000 hours of volunteer work with us. Since our April Volunteer Appreciation Celebrations, we are overjoyed to welcome three new members:

Vandy Drasaseng  
Mike McKendrick  
Gord Serr

Congratulations to our newest members - we are very grateful for your dedication to RMHC.



## 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: November 6 at 7pm Virtually**

## 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: November 7 at 7pm Virtually**

# Gingerbread House Colouring Sheet



## Upcoming Events

### 2025 Winterland Invitational:

February 14-16, Cold Lake and Bonnyville Alberta

### 2025 Golf Event Locations and Dates:

**Grande Prairie:** June 2, The Dunes Golf & Winter Club

**Red Deer:** June 9, Red Deer Golf & Country Club

**Cold Lake:** June 14, Cold Lake Golf & Winter Club

**Medicine Hat:** June 16, Desert Blume Golf Club

**Canmore:** June 19, Silvertip Resort

**Edmonton:** June 25, The Quarry

