



Ronald McDonald  
House Charities®  
Alberta

RMHC Alberta 40th Anniversary	2
Importance of Volunteerism	3
Vintage Recipes	5
Vintage Collage	10
Provincial Volunteers Meeting	12
Upcoming Events	12



# VOLUNTEER NEWSLETTER

FAMILIES RELY ON THE CARE WE PROVIDE

*"FAMILIES RELY ON THE CARE WE PROVIDE"*



ED KASER, THE JOURNAL  
Ronald, top, and Cindy Schlekewy, bottom, sit with their daughters, clockwise from top left, Cherise, Breyanna and Mirra at Ronald McDonald House, which is expanding its facilities.

**\$11M Ronald McDonald House  
expansion a haven for more families**



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VOLUME 1 / 2025





## *Celebrating 40 Years of Excellence and Growth*

This year, we are thrilled to celebrate a significant milestone: our 40th anniversary. Over the past four decades, RMHC Alberta has grown, evolved, and made a lasting impact for tens of thousands of families who have called RMHC Alberta their home-away-from-home. From our first families to the families staying at the House tonight, RMHC Alberta has been a welcoming environment, evolving to meet the growing ways pediatric medical families need support.

Our journey began in 1985, when the doors to the Calgary House, and then Edmonton House, officially opened. At the beginning, a Ronald McDonald House close to the pediatric hospitals in Alberta was a novel concept, which quickly grew into an immeasurable service for families. Today, our original vision, founded by Dr. Audrey Evans, has expanded into a broad range of services and programming that continue to shape family-centered care. Along the way, we've overcome challenges, embraced change, and remained steadfast in our commitment to excellence.

Throughout our 40 years, one thing has remained constant: our unwavering dedication to families. Our staff and volunteers are the heart and soul of RMHC Alberta, and their hard work, passion, and expertise have been the driving force behind our success.

As we reflect on our history, we are deeply grateful for the support of our community, partners, McDonald's, donors and more. Together, we have built a reputation for compassionate care to families during their most challenging time.

Looking ahead, we are excited about the future and the opportunities that lie ahead, especially in expansion. Tripling our capacity is quickly becoming a present-day achievement and we can't wait to open our doors in Calgary during our 40th anniversary year.

Our journey is far from over, and we remain committed to serving families whose needs include not only accommodation, but comfort, support, respite, financial aid, and combating food insecurity.

As we celebrate this incredible 40-year achievement, we thank everyone who has been a part of our journey. Here's to the next 40 years of growth, collaboration, and success!

# *The Importance of Volunteerism*

Volunteerism plays a crucial role in strengthening communities and improving society as a whole. At its core, volunteering is about offering time, skills, and resources to help others without expecting anything in return. This selfless act not only makes a positive impact on those in need but also creates a sense of connection and belonging within communities.

One of the key benefits of volunteerism is the opportunity it provides for individuals to give back to their communities. At RMHC Alberta, families come from over 300 communities across the province when their child is sick or injured. There is no community within our landscape that hasn't had a family be in need of RMHC.

So how does someone get involved in supporting RMHC Alberta, even though they don't live close to a Ronald McDonald House. How can your efforts create a lasting impact on the families who have called RMHC their home?

Well, did you know that RMHC Alberta is the beneficiary of over 100 community events across the province every single year. We rely heavily on volunteerism to help support these events which contribute an incredible \$1,000,000 annually to RMHC Alberta.

Your role as an event volunteer at one of these amazing opportunities extends beyond the skills you bring to the occasion, it's also a chance to be an ambassador and community connector to RMHC. We would love to welcome more volunteers than ever before in 2025, to create an even stronger network of provincial volunteerism.

In addition to benefiting others, volunteering has personal rewards for the volunteers themselves. It fosters personal growth, improves mental health, and builds a sense of purpose and fulfillment. By working alongside others for a common cause, volunteers often gain valuable skills, expand their networks, and increase their empathy and understanding of diverse perspectives.

We would love for you to consider being part of our event volunteer team. We have a dedicated staff member who supports our volunteers and event creators to make it the best possible experience for everyone involved – because we know that at the end of the day, this goodness creates a safe landing space for the families who have to leave their own community for medical care.

Volunteerism is a powerful force for good. It helps individuals and communities thrive, promoting kindness, understanding, and compassion for others.

We hope to see you in 2025 at one of our many events hosted around Alberta!

For more information please reach out to [thirdpartyevents@rmhcalberta.org](mailto:thirdpartyevents@rmhcalberta.org).







# Vintage Recipes



## Robert Redford Dessert *(Sometimes known by other names)*

Recipe provided by

**Sue Pederson, RMHC Alberta Baker.**

### Ingredients:

#### Crust

1 cup pecans (*chopped*)  
3 tablespoons granulated sugar  
½ cup unsalted butter (*melted*)  
1 cup all-purpose flour

#### Cream Cheese Layer

8 ounce cream cheese  
1 cup powdered sugar (*also known as icing sugar or confectioner's sugar, use 1/2 cup for less sweetness*)  
1 cup cool whip (*or whipped cream*)

#### Vanilla Pudding

5.1 ounce instant vanilla pudding  
2 cups milk

#### Chocolate Pudding

5.1 ounce instant chocolate pudding  
2 cups milk

#### Toppings

2 cups cool whip (*or whipped cream*)  
shaved chocolate (*optional*)

### Directions:

Preheat oven to 350°F.

Spray a 9×13 inch baking dish with cooking spray.

In a mixer mix all the crust ingredients together and press the mixture into the prepared baking dish.

Bake it for about 20 minutes.

Prepare the vanilla pudding as per the instructions on the package. As noted I used 2 cups of milk instead of the 3 cups on the package instructions to get a firmer pudding.

Prepare the chocolate pudding as per the instructions on the package. As noted I used 2 cups of milk instead of the 3 cups on the package instructions to get a firmer pudding.

In a mixer add the cream cheese, powdered sugar and the cup of whipped cream. Mix until light and fluffy.

Let the crust cool. Spread the cream cheese mixture over the crust evenly. Spread the vanilla pudding over the cream cheese layer, then the chocolate pudding. Spread the whipped cream as the last layer then top with shaved chocolate if preferred.

Refrigerate for a couple hours until it sets before serving.





# Japanese Cabbage Salad

Recipe provided by

**Darlene Beck, RMHC Alberta Baker.**



Source: Jean Pare' Company's Coming "Salads Cookbook"

## JAPANESE CABBAGE SALAD

*Out of the ordinary but worth the extra time. Cabbage blends in so well you scarcely know it is there. Most interesting texture. Try this for your next company.*

Sliced or slivered almonds, toasted	½ cup	125 mL
Sesame seeds, toasted	2 tbsp.	30 mL
Medium cabbage, shredded	½ head	½ head
Bean sprouts	1 pkg.	1 pkg.
Fresh mushrooms, sliced	2 cups	500 mL
Green onions, chopped	2	2
Sunflower seeds	¼ cup	50 mL

Instant noodles, broken up (see Note)	3 oz. pkg.	85 g
Chow mein noodles	½ pkg.	½ pkg.

### DRESSING

Seasoning from box of noodles	1 pkg.	1 pkg.
Cooking oil	½ cup	125 mL
Soy sauce	2-4 tbsp.	30-50 mL
Vinegar	3 tbsp.	45 mL
Granulated sugar	1 tbsp.	15 mL
Monosodium glutamate	1 tsp.	5 mL
Salt	1 tsp.	5 mL
Pepper	½ tsp.	2 mL

Put almonds and sesame seeds in single layer in pan. Toast in 350°F (180°C) oven for about 5 minutes (watch carefully as they can get too dark in no time) until golden. Remove from oven. Set aside.

Put shredded cabbage and bean sprouts into large bowl. Add mushrooms, onions and sunflower seeds. Add toasted almonds and sesame seeds.

Combine broken noodles and chow mein noodles in small bowl. Set aside.

(continued on next page)

## Ingredients:

Sliced or slivered almonds, toasted	½ cup	125 mL
Sesame seeds, toasted	2 tbsp.	30 mL
Medium cabbage, shredded	½ head	
Bean sprouts	1 pkg.	
Fresh mushrooms, sliced	2 cups	500 mL
Green onions, chopped	2	
Sunflower seeds	¼ cup	50 mL

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Pepper	½ tsp.	2 mL

## Directions:

Put almonds and sesame seeds in single layer in pan. Toast in 350°F (180°C) oven for about 5 minutes (watch carefully as they can get too dark in no time) until golden, Remove from oven. Set aside.

Put shredded cabbage and bean sprouts into large bowl. Add mushrooms, onions and sunflower seeds. Add toasted almonds and sesame seeds.

Combine broken noodles and chow mein noodles in small bowl. Set aside.

*Recipe continued on next page.*



# Japanese Cabbage Salad - *Continued*

Recipe provided by

**Darlene Beck, RMHC Alberta Baker.**


## Dressing

Empty seasoning packet from box of noodles into small bowl. Add oil, lesser amount of soy sauce, vinegar and sugar. Add more soy sauce to taste. It will depend on quantity of cabbage. You will probably need full amount. Stir in monosodium glutamate, salt and pepper. Put in container with cover. Can be made ahead. Before serving, shake dressing. Pour over cabbage mixture. Toss. Sprinkle dry noodles over top followed by chow mein noodles.

Japanese Shrimp Salad: Add 2 cups (500 mL) canned or fresh cooked shrimp to cabbage mixture before tossing. Sliced cucumber and sliced radish may be added - about ½ cup (125 mL) of each.

Oriental Chicken Salad: Add 2 cups (500 mL) cooked chicken, cubed or cut in strips, to cabbage mixture before tossing. Sliced cucumber and sliced radish may be added - about ½ cup (125 mL) of each.

Note: Noodles come in 3 oz. (85 g) packages of instant noodles with chicken found in soup section of grocery stores. There are Japanese, Chinese and other brands as well.





### DRESSING

Empty seasoning packet from box of noodles into small bowl. Add oil, lesser amount of soy sauce, vinegar and sugar. Add more soy sauce to taste. It will depend on quantity of cabbage. You will probably need full amount. Stir in monosodium glutamate, salt and pepper. Put in container with cover. Can be made ahead. Before serving, shake dressing. Pour over cabbage mixture. Toss. Sprinkle dry noodles over top followed by chow mein noodles.

**JAPANESE SHRIMP SALAD:** Add 2 cups (500 mL) canned or fresh cooked shrimp to cabbage mixture before tossing. Sliced cucumber and sliced radish may be added — about ½ cup (125 mL) of each.

**ORIENTAL CHICKEN SALAD:** Add 2 cups (500 mL) cooked chicken, cubed or cut in strips, to cabbage mixture before tossing. Sliced cucumber and sliced radish may be added — about ½ cup (125 mL) of each.

**Note:** Noodles come in 3 oz. (85 g) packages of instant noodles with chicken found in soup section of grocery stores. There are Japanese, Chinese and other brands as well.





# Cheese Rice Ring

Recipe provided by

**Aynsle Price, RMHC Alberta Baker.**



## Ingredients:

Preheat oven to 350°F.

Combine:

- 1 ½ cups boiled rice, 206**
- 1 beaten egg**
- 2 tablespoons olive oil or melted butter**
- ¼ cup milk**
- ⅓ cup shredded sharp cheese**
- ¼ tablespoon grated onion**
- 1 teaspoon worcestershire sauce**
- ¼ teaspoon salt**
- 3 tablespoons chopped parsley**

Grease a 7-inch ring mold.

Fill it with the rice mixture.

Bake it, set in a pan of hot water, about 45 minutes.



### CHEESE RICE RING

**3 Servings**

Preheat oven to 350°.

Combine:

- 1½ cups Boiled Rice, 206**
- 1 beaten egg**
- 2 tablespoons olive oil or melted butter**
- ¼ cup milk**
- ⅓ cup shredded sharp cheese**
- ¼ tablespoon grated onion**
- 1 teaspoon Worcestershire sauce**
- ¼ teaspoon salt**
- 3 tablespoons chopped parsley**

Grease a 7-inch ring mold. Fill it with the rice mixture. Bake it, set in a pan of hot water, about 45 minutes.

Source: The Joy of Cooking, 1981 Addition



# Dad's Oatmeal Cookies

Recipe provided by

**Sharon Holinka, RMHC Alberta Baker.**



## Ingredients:

- |                        |                             |                           |
|------------------------|-----------------------------|---------------------------|
| <b>½ cup butter</b>    | <b>1 tsp. baking powder</b> | <b>1 tsp. vanilla</b>     |
| <b>½ cup margarine</b> | <b>1 ¼ cup quick oats</b>   | <b>1 tsp. baking soda</b> |
| <b>1 egg</b>           | <b>¾ cup white sugar</b>    | <b>¾ cup coconut</b>      |
| <b>1 ½ cup flour</b>   | <b>½ cup brown sugar</b>    |                           |

## Directions:

Cream butter, margarine, sugars very well. Add egg continue to beat.

Mix dry ingredients into creamed mixture.

Line a cookie sheet with parchment papers.

Scoop cookie batter unto sheet, with a floured fork, flatten slightly.

Bake 350°F oven 8- 10 minutes. (Makes 30-32 cookies)



# Classy Chicken

Recipe provided by

Mary Halpren, RMHC Alberta Baker.



## Ingredients:

3 chicken breasts, skinned and deboned  
¼ tsp. pepper  
3 tbsps. oil  
1- 10 oz. package frozen asparagus  
or broccoli (fresh is even better)  
1-10 oz. can cream of chicken soup

½ cup mayonnaise  
1 tsp. curry powder  
1 tsp. lemon juice  
1 cup grated cheddar cheese

## Directions:

Cut chicken into 2"x 4" (5cm x 10cm) pieces and sprinkle with pepper.

Sauté slowly in oil over medium heat until white and opaque, about six minutes; drain.

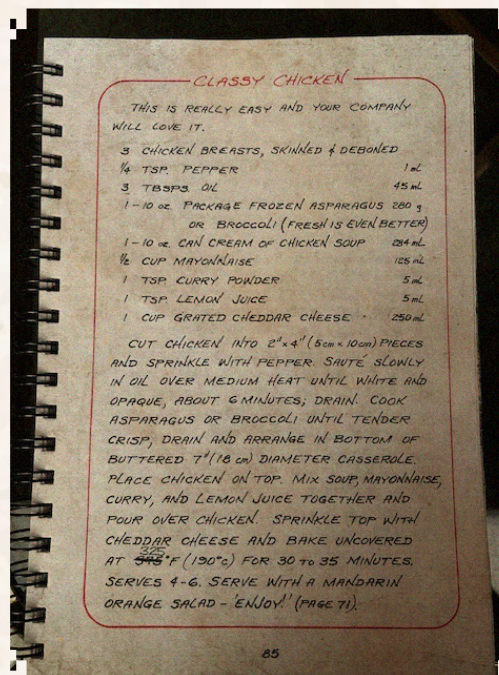
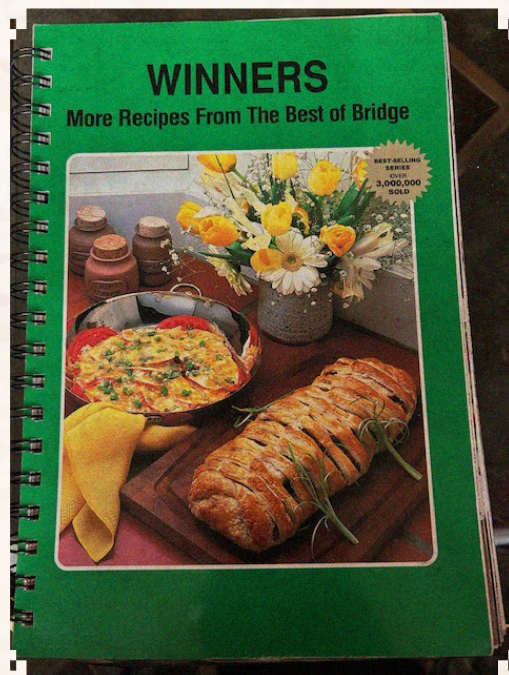
Cook asparagus or broccoli until tender crisp, drain and arrange in bottom buttered 7" (18 cm) diameter casserole.

Place chicken on top.

Mix soup, mayonnaise, curry, and lemon juice together and pour over chicken.

Sprinkle top with cheddar cheese and bake uncovered at 325°F (163°C) for 30 to 35 minutes.

Serves 4-6.





# Vintage Collage



The House that love built... March 21, 1985.

HONOURARY CHAIRMAN  
Larry McDonald

HONOURARY PATRONS  
The Hon. David J. Russell  
Mayor Ralph Klein

HONOURARY CORPORATE  
FUND RAISING CHAIRMAN  
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Pat Weatherup

RELEASE: IMMEDIATE

Three young patients of the Alberta Children's Hospital, Daryl (14) and Angela (11) Keibel from Endiang, Alberta, and Caprice Hogg (13) from Coaldale, untied a ceremonial ribbon today to officially open Calgary's Ronald McDonald House.

The 1.2 million dollar House provides a temporary residence for the parents and families of children facing serious illnesses, or undergoing complex diagnostic procedures in Calgary Hospitals.

A group of community volunteers, known as the Southern Alberta Pediatric Hostel Society, are responsible for construction of the 15 bedroom facility. John Huggett is Chairman, Sam Goresht the Project Manager.

A broad cross section of Calgary individuals and companies contributed to the cost of the House, led by McDonald's Restaurants, the Burns Fund, and the Kinsmen and Lions Clubs.

The first families will move into the House on March 29th.

"Southern Alberta  
Pediatric Hostel Society"  
1921 - Twenty-eighth Street S.W.  
Calgary, Alberta T3E 2H1  
(403) 240-3000



D12

THE EDMONTON JOURNAL, Tuesday, July 17, 1984



Lorea Ytterberg flashes the final cheque for \$103,000 construction of Ronald McDonald House to start on time

## Green light for home

By GREG VAN MOORSEL  
Journal Staff Writer

Construction of Edmonton's Ronald McDonald House will begin next month, a spokesman for the cancer children's home said Monday.

The conference, called to mark donations of \$103,500 since December, was held to thank all sponsors, whose contributions totalling about \$700,000 so far have cleared the project's Aug. 15 sod-turning.

"We've made quantum leaps (in funding) since December," said Jon Anderson, public relations chairman of the Society for Children's Oncology Family Services of Northern Alberta.

"All of these donations bring us closer to seeing a dream become a reality."

Pledges from sponsors given special thanks Monday include \$6,000 from the Kinette Club of Edmonton, \$7,000 from Northern Alberta's Pediatric Parent Association, \$10,000 from the Civil Service Union Local 52, \$11,000 from the Edmonton Jayettes and \$35,000 from both the Junior League of Edmonton and Edmonton Northlands.

Anderson said about \$750,000 was needed to begin construction of the 16-bedroom residence. It's designed for

families of children who must travel to Edmonton to undergo treatment for life-threatening diseases, usually cancer.

About two-thirds of families with children treated for cancer in Edmonton travel from outside the city, said Dr. Rochelle Yanofsky, one of two doctors in charge of pediatric oncology in Edmonton.

The McDonald's hamburger chain — the major sponsors of the 93 Ronald McDonald Houses worldwide — contributed \$250,000 for the home to be built at 107th Street and 78th Avenue, on land provided by the provincial government for \$1.

Other pledges, including those to help pay the first year of the home's estimated \$100,000 annual operating costs, have come from service clubs and Edmonton area schools.

About 40 children are diagnosed with cancer each year at the Cross Cancer Institute and the University of Alberta Hospital. Together they handle an annual 2,000 child patient-visits, said Yanofsky.

About 300 children annually receive day or on-going care at the Cross Institute; those requiring extended care are sent to the U of A.

## Keeping families together when it matters most

Imagine having to travel to Edmonton for treatment for your sick child. What if you had to leave your family, your friends and your community behind. How would you feel going to a place where you don't know anyone. And, what if you don't know how long you'll be away, or how much it will cost.

Now imagine Ronald McDonald House — and feel welcomed. Our 16-bedroom home is a safe, affordable house in Edmonton where families with critically ill children come together to share experiences, support each other and laugh.

Make an investment in families from your community and ensure Ronald McDonald House remains an affordable haven for families with sick children.

Please support Ronald McDonald House.

Ronald McDonald House  
7726-107 Street  
Edmonton, AB T6E 4K3  
Phone (780) 439-5437  
Website: www.rmhedmonton.ca





# EDMONTON JOURNAL

is proud to support Ronald McDonald House and their efforts to help give sick children what they need most ...  
**THEIR FAMILIES**



Edmonton Journal congratulates Ronald McDonald House on their grand re-opening. A portion of the proceeds from the sale of Edmonton Journals at participating McDonald's will go to Ronald McDonald House.

Edmonton Journal Publisher John J. McDonald III

## The Edmonton Journal

50 Cents (Metro only)

FRIDAY, AUGUST 16, 1985

### 'A celebration of love'

By TOM BARRETT  
Journal Staff Writer

Thursday was a big day for 12-year-old leukemia victim Kelly Barney of Mayerthorpe and all children like her.

Bubbling with excitement, Kelly officially opened Northern Alberta's Ronald McDonald House at 7725 107th St.

But she was even happier to know that now her parents will have a nice place to stay when they bring her to the city for chemotherapy treatments at the Cross Cancer Institute.

"The Ronald McDonald House is for all the families of kids like me," Kelly told those attending the opening.

"Now when I grow up I won't have to make anything up about the interesting things I've done," she said later with a chuckle.

Kelly also dedicated the building to Holly Anderson and Erin Mills, youngsters who have died since the original sod was broken for the house.

Thanks to contributions from the city, the federal and provincial governments and thousands of untanned donors who gave at McDonald's Restaurants and a variety of other locations, the \$1.5-million facility is ready to start accommodating families next week.

The house can hold up to 16 families of children with life-threatening diseases while the children are undergoing treatment.

Emcee Tommy Banks termed the day "a celebration of love for children and family life," and Mayor Laurence Decore presented a plaque from the city.

Honorary chairman, Dr. Randy Gregg, a defenceman with the Stanley Cup champion Edmonton Oilers, credited "31 months of unselfish effort and Albertans' traditional generosity" for raising the funds to build the house.

And Kelly's parents beamed with pride over their daughter's role, and expressed their gratitude to everyone who helped build the facility.

"It's going to be really great to come and stay here. We were really stuck when Kelly first got sick," said Jane Barney.



PICTURES: Mike Prober

Kelly Barney gets some help from Ronald McDonald ... she officially opened Edmonton's Ronald McDonald House, below.



THE EDMONTON JOURNAL, Monday, December 24, 1984

## City

### Ronald McDonald House on target

By SHEERAGH CAVILL  
Journal Staff Writer

With both fund-raising and construction on target, Edmonton's Ronald McDonald House will open as scheduled next August.

"The campaign has gone very well and the building is all closed in now, we're working on the inside," said Jon Anderson, public relations chairman of the Society for Children's Oncology Family Services of Northern Alberta. "The house will open on time, regardless of the financial situation."

Ronald McDonald Houses are built in cities where a regional hospital exists. The houses are for families of children who must travel to cities for medical treatment of diseases such as cancer.

"There are between 40 and 45 new cases (of cancer) each year in northern Alberta among children," Anderson said Sunday. "Edmonton's Cross Cancer Institute treats about 250 children and that amounts to about 2,000 visits a year."

Anderson said Edmontonians have given great support to the funding campaign.

"Elara Elementary School in Mill Woods raised \$1,000 by carolling and having a bake sale.

the school became interested in the project after one of their students died of leukemia," Anderson said. "Then we had (Edmonton Oilers) Randy Gregg there to talk to them."

Gregg, also a doctor, is honorary chairman of the McDonald project.

The 16-bedroom house has a budget of \$1.5 million and the society wants to raise \$700,000 from corporate donations. About \$600,000 has been raised or committed so far, including a pledge of \$250,000 from McDonald's Restaurants.

The hamburger chain is the major sponsor of the Ronald McDonald Houses in North America. Edmonton's house, at 107th Street and 78th Avenue, has been built on land provided by the provincial government for \$1.

Anderson said the Edmonton house, unlike the Calgary house, didn't have corporate funding to play at the onset of the building program.

"We've had a lot more work to do, and we've had to rely on the public a lot."

The society will be the owner and operator of the house. Annual upkeep could amount to \$90,000 and Anderson said there will always be a need for external financial assistance.

"We need one sure-fire corporate sponsor, and we'll hold bingos and major promotions," he said. "There'll be no fee for staying at the house, but people can donate if they want."

Many of the children attending the Cross Cancer Institute or the University of Alberta Hospital are from outside Edmonton and northern communities have recognized the need for Edmonton's Ronald McDonald House.

Anderson said groups in Yellowknife and Grande Prairie are holding fund-raising campaigns for the house.

Anderson added there are 24 Ronald McDonald Houses under construction in North America, including 10 in Canada. Four houses operate in Canada at this time and, after the opening of Calgary's house, Edmonton's will be the sixth in this country.



Ronald McDonald House should be open by August ... for out-of-town families of children receiving medical treatment

EDMONTON JOURNAL / edmontonjournal.com

WEDNESDAY, MARCH 25, 2009 B3

## Ronald McDonald house expands

\$10 million raised towards housing families of sick children, but \$1 million more is needed

KEITH GERGIN  
Journal Staff Writer  
EDMONTON

When her newborn daughter was sick and had to go to Edmonton for treatment, the last thing Lynn Bowron wanted to worry about was finding a place to stay.

And since the Calgary mother and her entire family decided to make the trip north, they needed a base within reach of the hospital.

"We'd heard of Ronald McDonald House, but were a little hesitant because we thought it would be like a hostel. So just in case, we booked a hotel," Lynn said.

"But as soon as we arrived, we were welcomed into this beautiful home. Everyone was so friendly. Everything was so clean and immaculate. We quickly cancelled our hotel."

The Bowrons would be back to the house several more times in the next year and a half, including a 10-month stretch when little Michaela was trying to recover from her first liver transplant.

Although the little girl eventually died during her second transplant, the family's experience was made more bearable by having the facility as their home away from home, Lynn said. "They had 16 rooms then, and I think we stayed in 13 of them," she said. "We didn't want to be anywhere else."

Following an \$11-million expansion, Ronald McDonald House can



THE BOWRON family, from left, father Jeff, mother Lynn, 13-year-old Drew, and seven-year-old Tayte, were on hand for Tuesday's ribbon-cutting ceremony with Ronald McDonald and MLA Dave Hancock, right.

now help many more families who need accommodation while their sick children receive treatment.

Nearly 30,000-square-feet of extra space has allowed the facility to increase its bedrooms to 30 from 16, while adding a host of new child-friendly features.

The new structure, which will officially open its doors in early April, has been badly needed for some time, said Barb Blokzy, board chairwoman for Ronald McDonald House Northern Alberta.

Over the past five years, more than

800 families have been turned away because of full occupancy, she said.

"That's the biggest thing for us, not having to turn away so many," Blokzy said. "We know sick kids get better quicker when they have their family around."

The facility at 7725 107th St. preserved much of the original 13,000-square foot home while adding a large addition to the back.

On the main floor, guests step into a bright, stained-glass entranceway that leads to a large common area. Three giant kitchens, each capable

of serving 10 families, flank the room along with a dining area, a library-lounge room and a small computer centre. There are also offices for the staff near the front door, and a children's craft room.

On the second and third floor are family bedrooms, which are bigger and brighter than before. Decked out in welcoming colours and large windows, each room comes with two double beds and a private bathroom, a big improvement from the shared bathroom facilities of the old house.

Each of the upper floors has a common sitting area beneath a skylight, and there is even a private room for new mothers to pump and store breast milk.

In the basement, the house has a colourful play area complete with a mini basketball court, gym facilities, a pool table, and a giant-sized Snakes and Ladders game painted on the floor.

The house has raised about \$10 million toward the project through private and corporate donations and government grants, but needs another \$1 million to pay off all the construction bills. Additional operating funds are also required, because the annual cost of running the house has now jumped to about \$1.4 million from \$500,000, Blokzy said.

Families who stay are charged \$12 a night. More information can be found online (www.rmhnorthernalberta.org) on the house's website. kgergin@thejournal.canwest.com



## 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 Meetings: Feb 12 and Mar 5 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 Meetings: Feb 13 and Mar 6 at 7pm Virtually**

In order to be prepared for the re-opening of the Calgary House. In the month of **March** we will be holding **two Calgary Specific New Volunteer Information sessions**, one during the day and one in the evening. If you or someone you know are interested in volunteering please head on over to our website and submit an application or email us at [volunteers@RMHCAlberta.org](mailto:volunteers@RMHCAlberta.org).

## 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