



Aloha

From Our House to Yours



Volume V, Issue 3, October 2005

Newsletter of Ronald McDonald House Charities® of Hawaii

RENOVATION UPDATE! RENOVATION UPDATE! RENOVATION UPDATE!

Building on the past—for a better future

Work continues at the Judd Hillside Ronald McDonald House. The steep, boulder-filled land between the garage and House has been excavated and leveled and the important new up-slope retaining wall behind it has been built. Soon, the area will be transformed

into a tranquil family garden.

Adjacent to that, a children's play area will be expanded and improved. Meanwhile, in front of the House, a second retaining wall on our down-slope side has been built and the front lawn area leveled and fenced.

The action is taking place inside the House too, where essential flooring, plumbing and electrical improvements are underway.

The excitement continues to build, so stand by for news of the grand re-opening of Hawaii's original Ronald McDonald House!



Want to help with the cost of setting up the interior of the soon-to-be-renovated Ronald McDonald House?

Your donation will be used to assist us prepare the most warm and inviting home possible for our children and families, full of nurturing and aloha.

Just use the enclosed envelope to add your support to that of the many others in the community that want to make a difference in the lives of these struggling families.



The Mega Construction team excavated, then built a retaining wall in back of the Ronald House (above and right).



Then the work focused on the front lawn retaining wall (below and left).



Calendar of Upcoming Events

OCTOBER - DECEMBER

HALLOWEEN TREAT PACKS

Through October 31 (while supplies last)

Visit any McDonald's Restaurant in Hawaii to purchase Halloween Treat Packs for \$2.50 plus tax per pack. \$1 from each Halloween Treat Pack sold will be donated to RMHC.



WORLD CHILDREN'S DAY CELEBRATION

November 11-20 - Helping Hand sales at McDonald's for a \$1 donation to RMHC.

November 16 - Watch for a special World Children's Day tabloid insert, all about RMHC, in the Honolulu Star-Bulletin.

November 18-20 - McDonald's will donate 15 cents to RMHC for every Happy Meal, Mighty Kids Meal, Extra Value Meal, Spam, Eggs and Rice Platter, Portuguese Sausage, Eggs & Rice Platter, Local Deluxe Breakfast Platter and Breakfast Extra Value Meal sold during this period.

Buy a Star-Bulletin from a celebrity and the entire purchase price will be donated to RMHC.



HAPPY MEAL PROMOTION

November 21-December 18

Continue to support RMHC by going to any McDonald's Restaurant in Hawaii to purchase a Happy Meal or Mighty Kids Meal. McDonald's will donate 15 cents for each one sold during the promotional period.



Walking the Walk 2005 Honolulu Marathon Race Day Walk

Now, with hardly any physical training at all, everyone can be a part of the Honolulu Marathon and support the work of RMHC at the same time!

Just join the RMHC family of friends and supporters at this year's Race Day Walk, the Honolulu Marathon's companion event that begins right after the start of the Honolulu Marathon. RMHC will receive a \$20 donation for every Hawaii application received and it's a healthy, fun, family activity.

The walk route follows the first 10 kilometers of the Marathon, ending at Kapiolani Park, not far from the Marathon finish line. After the walk, participants mingle with the Marathon runners while visiting exhibitors' stations and enjoying McDonald's Apple Dippers.

Please join us at this year's Honolulu Marathon Race

Day Walk by filling out the application form on the facing page and mailing it back to us with your payment made out to: The Honolulu Marathon. We will send you a special Race Day Walk baseball cap as soon as you send us your application and payment. If you wish to use a credit card visit www.ronaldhousehawaii.org for a link to the Honolulu Marathon's secure page—but don't forget to let us know that you registered so we can send you a Race Day Walk cap too!

Although the mailing deadline listed on the official entry form is November 12, RMHC will be accepting entries for the Race Day Walk until November 23 without the late entry fee.

Why not get together a group of friends, relatives or co-workers and make a great day out of it?

Remembering the 2004 Race Day Walk



McDonald's Owner-Operator Glenn Waki led his spirited Walk Team members.



Ronald was able to energize most of the participants before the 5:25 a.m. start.



RMHC's Shawn Imura proudly carried the Walk Team banner.



Honolulu Marathon Race Day Walk

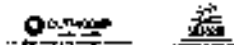
A Noncompetitive 10K Fun Walk Sunday, December 11, 2005 - Start Time 5:25 AM



JAPAN AIRLINES



Amino Value



FOR OFFICIAL USE ONLY

START: The Honolulu Marathon Race Day Walk will be held on Sunday, December 11, 2005 in conjunction with the start of the Honolulu Marathon. The 10K walk will start at approximately 5:25 AM, immediately after the start of the Honolulu Marathon.

COURSE: Walkers will gather at the Honolulu Marathon Starting Line at the Ala Moana/Queen Street Annex intersection and walk a 10K route to Kapiolani Park.

ENTRY FEE & DEADLINE: \$32.00 entry includes event t-shirt and bib number.

No fee for children 7 years and under accompanied by a registered parent. No fee for participants 80 years and over. Non-paying participants must still register in advance. Non-paying participants do not receive a t-shirt.

Send check or money order to the Honolulu Marathon, 3435 Waialae Ave., Suite 208, Honolulu, HI 96816, USA. U.S. \$ only. VISA, Mastercard will be accepted. Entry fees are non-refundable and non-transferable. Enter online at www.honolulumarathon.org.

DO NOT MAIL AFTER November 12. After November 12, entries must be hand carried to Late Entry at Hawaii Convention Center during Packet Pick-Up. See Packet Pick-Up schedule below. Late entry fee is \$38.00.

PACKET PICK-UP: December 7-9, 9 AM-7 PM and December 10, 9 AM-6 PM

Hawaii Convention Center, 1801 Kalakaua Avenue, Honolulu, HI.

Shirts and packets will not be mailed. Each runner must pick up their own packet. No one will be allowed to pick up a packet for a friend or family member. **NO EXCEPTIONS**

Official Entry Form for the Honolulu Marathon Race Day Walk

Print Clearly, Black Ink Only. Incomplete or illegible forms delay your entry.

Do not reduce size of form

AGE: On Race Day

DATE OF BIRTH: MONTH DAY YEAR

MALE FEMALE

LAST NAME:

FIRST NAME: MI:

ADDRESS:

CITY: STATE/PROVINCE: ZIP/POSTAL CODE:

FOREIGN COUNTRY: EMAIL ADDRESS:

To pay with credit card, please complete this section. (If paying with credit card, you may fax or mail an entry form before November 12). If an entry form has been faxed, **DO NOT MAIL IN THE ORIGINAL.**

CREDIT CARD: Visa MasterCard

CARD ACCOUNT NUMBER:

Expiration Date: Month Year

CARD HOLDER'S NAME:

CARD HOLDER'S SIGNATURE:

ADULT T-SHIRT SIZE ONLY

EXTRA SMALL MEDIUM EXTRA LARGE

SMALL LARGE XX LARGE

Preferred Size Not Guaranteed For Late Entries.

**BEFORE NOVEMBER 12, 2005
ENTRY FEE IS \$32.00**

AMOUNT DUE \$

U.S. Dollars

**DO NOT MAIL AFTER
November 12, 2005**

Hand Carry To Late Entry at
Hawaii Convention Center
December 7-9, 9 AM - 7 PM
December 10, 9 AM - 6 PM

After November 12, Late Entry Fee is \$38.00
Check or Money Order in US \$ ONLY.

Canceled check is your receipt. Entry fee is non-refundable and non-transferable. Incomplete or unsigned entry forms will be returned as time permits.

The **HONOLULU MARATHON**
3435 Waialae Ave., Suite 208
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(808) 734-7200 • Fax (808) 732-7057
email: info@honolulumarathon.org
www.honolulumarathon.org



WAIVER AND RELEASE STATEMENT: An Electronic Copy Of This Release Can Be Used As An Original.

I AGREE to comply with the rules, regulations, and event instructions of the HONOLULU MARATHON RACE DAY WALK.

I UNDERSTAND that participating in a road race is a potentially hazardous activity and can result in serious injury or death. I am aware of and I expressly assume all inherent risks associated with participating in this event, including, but not limited to, falls, contact with other participants, and objects, the effects of weather, including high heat and humidity, traffic, and the conditions of the road.

IN CONSIDERATION of your accepting this entry, I for myself and anyone entitled to act on my behalf, waive and release from any and all claims for injuries and damages I may have against the Honolulu Marathon Association, the City and County of Honolulu, State of Hawaii, the United States of America, the Sponsors, Honolulu Marathon Race Day Walk, USA Track & Field, AIMS, their agents and representatives caused by the negligence of any of them arising out of my participation in this event, including pre and post race activities.

I ATTEST that I am physically fit and have sufficiently trained for completion of the HONOLULU MARATHON RACE DAY WALK.

I CONSENT to receive medical treatment which may be advisable in the event of illness or injuries suffered by me during this event, and I agree to pay for the costs of my medical treatment.

I GIVE PERMISSION for the free use of my name, voice or picture in any broadcast, telecast, advertising, promotion or other account of this event.

I AGREE that electronic submission of this application constitutes agreement to all the terms of this waiver and release statement.

SIGNATURE _____ DATE _____

Signature of parent if entrant is under 18 years of age

AREA CODE/HOME PHONE: AREA CODE/BUSINESS PHONE:

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A Message from our Executive Director



Terri Chong

Hawaii's RMHC is going through a time of unprecedented growth and improvement and each day brings us closer to our goal of having two permanent Ronald McDonald Houses in Honolulu to shelter and support our special families. On page one of this newsletter are photos of some of the ambitious work that is taking place at our original Ronald

McDonald House on Judd Hillside Road. Construction there is right on schedule and we anticipate all renovation work to be completed by the start of the new year. We have also made strides in the acquisition of a second home in Manoa Valley and we hope to share the exciting details with you soon.

We need two permanent Ronald Houses because Neighbor Island and Pacific Island populations continue to grow and most advanced treatments for serious neonatal and pediatric conditions are available only in Honolulu. Results from our three-year test with a leased second property on Dole Street show that increasing demand for RMHC services warrants the sub-

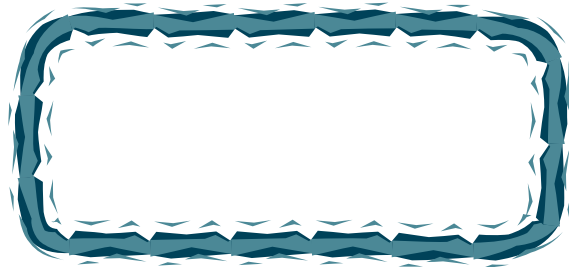
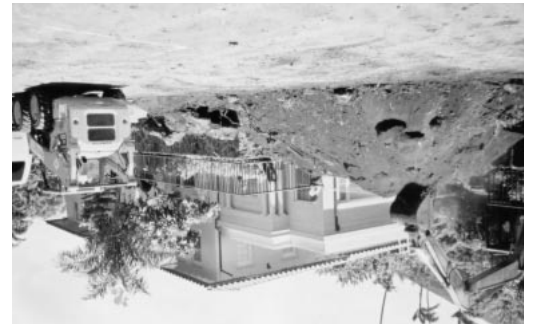
stantial investment that we are making to secure our second permanent facility.

The community has warmly embraced our simple but important mission of assisting families that are forced to fly to Honolulu with a seriously ill child. It is this support, which equates to donations of money, goods and services, and thousands of volunteer hours each year that gives RMHC the ability to expand its capacity and enhance the quality of its programs.

If you would like to step forward and join us, just browse through this newsletter and take your pick of the many different ways you can participate. Every gesture of support makes a big difference in the lives of many, many families.



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