



HELPING hands



Country Hills Public School raised over 400 lbs of food for DIG IN by challenging their teachers to a track + field meet. Way to go Cardinals!



First Hope Lutheran Scout Troop supported DIG IN for the first time and raised over 700 lbs of food and funds for The Food Bank!

Lost&Found Theatre offered a performance of How It Works to raise funds for Community Justice Initiatives. Pictured are Christy Ziss and Heather Brezden.



Jackie Jonescu, Rosie Startek, Jason L'Abbé and Laurie Cowell, left to right, inspect bowls for the Waterloo Potters' Workshop Empty Bowls fundraiser for the Food Bank of Waterloo Region. A total of \$25,576 was raised.

One Day, One Region. Working together we raised food and funds for over 100,000 meals during the DIG IN food drive. Thanks to all the volunteers that made it possible!

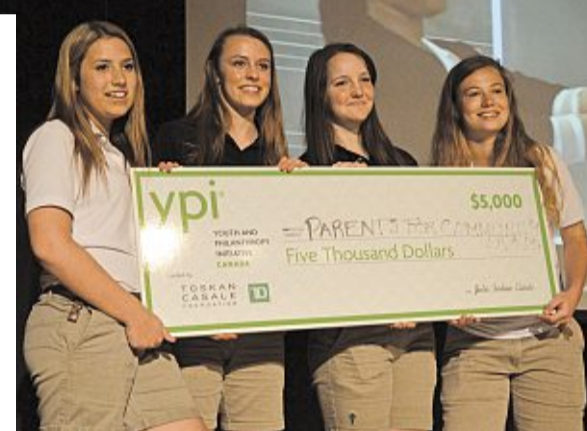


D. Hernandez and C. McIvor did a great job supporting the DIG IN food drive at the Kitchener Market.

Volunteers from Rockwell Automation get busy painting the Cambridge Self Help Food Bank during United Way's Day of Caring.



Brittany Schmidt, Lucy Condon, Megan Grant and Justyne Johanns present a cheque for \$5,000 to Parents for Community Living as part of the WOODSB Youth Philanthropy Initiative.



The kids enjoyed their time creating mixed media kinder projects with instructor Caroline Elworthy at the Gallery's Community Appreciation Day!



Day of Caring is about making a difference in our community with more than just dollars. It is about turning caring into action through volunteerism.

giving back



"I volunteer as a DIG IN site captain for The Food Bank of Waterloo Region because I know our community has many families receiving food assistance. I know that my team of volunteers will experience the joy of being part of the circle of giving and receiving."

Laurie Strome
Circulation Services Supervisor
Dana Porter Library,
University of Waterloo
Food Bank Volunteer



"I support The Food Bank of Waterloo Region because it is a great example of our community working together to support one another. As a new father I am even more aware of how important it is to be a role model and to help where I can."

Justin Lavoie
Associate Vice President,
Waterloo Region
Colliers International
Food Bank Volunteer



"Day of Caring for me is an opportunity to give back. I'm fortunate to work for an organization that encourages us to play an active role in our community. For me, Day of Caring makes sense; it allows me to see where my money is making a difference and to do my part in making this a safe, engaging community for my family to live. Hats off to United Way for giving me the chance to make a difference!"

Alexandra Lippert
University of Waterloo
United Way Volunteer



"I am proud to be involved with the DIG IN food drive each year. It is a great way to rally my children, friends and community to support the tens of thousands of people living in Waterloo Region who rely on The Food Bank."

Beth McLay
Business Manager
McLay Law
Food Bank Volunteer

LATEST BLOG ENTRY: TIPS FOR YOUR ROAD TRIP

The kids are going to be out of school, you've booked your time off from work, and you're getting ready for the family summer trip. You have your destination picked and excitement is building, but don't forget these 5 important tips to consider to make your trip safe and enjoyable. Please visit www.erb-erb.com and check out our latest blog entry on the right side.

KULTRUN WORLD MUSIC FESTIVAL

Erb and Erb is excited to be a part of this fantastic festival! On July 11 and 12 in Public square Neruda Productions has a great and, best of all, FREE concert festival with artists from around the world. There's music, theatre, workshops and more. Fun for the whole family. So why not come on down. For more information please visit www.nerudaarts.ca. Enjoy!

THE QUARTERLY PROVERB - ERB AND ERB'S NEWSLETTER

Is now here. In the summer edition we have information on water damage and your home, future of property insurance and insurance for your party! Plus we have a contest and we've announced the winners of our latest Referral Contest. Visit www.erb-erb.com and you'll see our latest newsletter! Have a great summer!

To learn more about our organization visit www.erb-erb.com

TALKING ABOUT...

Erb and Erb Insurance Brokers Ltd. and Waterloo Region Record are proud to share the Helping Hands community pages. You will find people in your neighbourhood working together to build a strong community and reaching out to support people in need. We hope that you will share your charitable stories with us by sending us photos for the next edition. It is our hope that these pages will give us an opportunity to shine the spotlight on our local heroes.



The Junior Achievement Company of the Year, "Swift Gift" was honored for their exceptional work in the 2013/14 after-school Company Program at the Futures Unlimited Banquet in May.

Our company supports BBBSWR!

The Rael,Lipskie Partnership Private Wealth Management team participated in the Big Brother Big Sisters of Waterloo Region Golf Tournament. The tournament raised over \$22,000 for the charity.



These Junior Achievement volunteers were invited to the 23rd annual JA Golf Tournament as a show of appreciation for their combined 300+ hours of volunteerism.



Waterloo Heights take part in the weekly ritual of bagging food for Nutrition for Learning.



Empowering Proactive Youth and Communities 2014 founders Lucas Rowe and Angel Hammond with Dianne Bloston-Nyp of the Volunteer Action Centre. EPYC was a brand new event around youth engagement in the community held at THE MUSEUM in May.



Look for the next Erb and Erb "Helping Hands" feature July 26, 2014! Deadline for photo submissions is July 21, 2014!

SEND US YOUR PHOTOS! We are looking for everyday moments in the charitable community! Submit your photo and a brief caption to communitypages@therecord.com Please put HELPING HANDS in the subject line of your email.

In addition to our Helping Hands community page, we also feature a monthly community page for moments in the sports community, arts community and local business.