



# HELPING hands

The Volunteer Action Centre 2014, Volunteer Manager Award recipient was Deborah Young of the Waterloo Region Museum and Doon Heritage Village.



Mother and Daughter duo helping out at registration at the 5th annual bowlathon for the Waterloo Region Suicide Prevention Council. Alex and Laura Barker.



Teachers and Students sold herbs and garden plants to support their Nutrition for Learning programs at St. Don Bosco



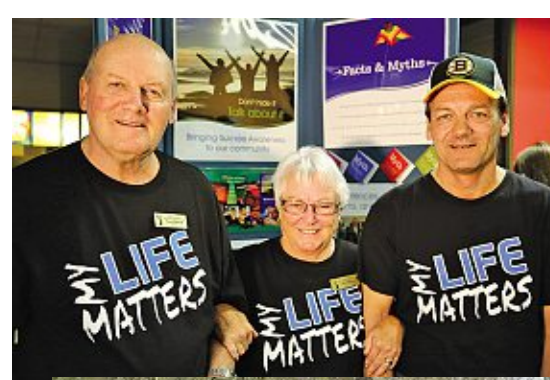
Winter Warner is a whiskey tasting event held annual in support of the Alzheimer Society. This year's event raised \$10,000, which will be used to support local programs and services.



Construction is a family affair for Dillon Consulting team member Alison Fraser and her daughters Camryn, Ryleigh, Quynn.



The Swaniga clan helping out at the 5th annual bowlathon for the Waterloo Region Suicide Prevention Council. Doug, Gail and Harold.



These men along with 600 volunteers help to pack and deliver thousands of food hampers during our 12 Days for Good. They were recognized at the House of Friendship Volunteer Appreciation Dinner on April 30th.



This House of Friendship volunteer deemed "King Spud" stood alone, in front of Beechwood Zehrs, in 1994, collecting potatoes for his neighbours in need. 20 years later The February Potato Blitz collected 300,000+ pounds of spud for emergency food assistance in House of Friendships 18 programs.



Doreen Fibke received the Volunteer Action Centre - 2014 Administrative Action Award recipient for her over six years of volunteer work at Sunnyside Seniors' Services, Gift Shop and Auxiliary Garage Sale.



Reva Cooper received the inaugural Volunteer Action Centre Award of Merit in honour of their 30th Anniversary. Reva was founding Executive Director of the Volunteer Action Centre in 1984 and has dedicated over 30 years volunteerism in Waterloo Region.



Team KPMG proudly took home the winning trophy at the Annual Plasma Car Races for Kids Ability. Lisa Talbot is accepting a plasma car donated by KPMG.



giving  
back



"I am very appreciative and humbled by the awesome experiences I had volunteering at the Men's Hostel. I learned a lot about myself and when I was down and feeling depressed, volunteering at the Men's Hostel helped me find a purpose and peace within. I would recommend it to anyone. As a result, I am a better and happier person."

**Larry Pauser**  
Volunteer  
House of Friendship



"The Volunteer Action Centre, like so many other non-profit organizations was started by a group of dedicated volunteers. They felt there was a need to help individuals find opportunities. It just makes sense to have a central location."

**Reva Cooper**  
Founding Executive Director  
Volunteer Action Centre  
Recipient Volunteer Impact Award 30th Anniversary, Inaugural Award of Merit



My first introduction to House of Friendship, by my father, in 1953, led to many years of volunteering. I give all the good I can, being patience, and compassionate, because of all the good I have received.

**Ed Ruppe**  
Volunteer  
House of Friendship

## WHAT LIABILITY PROTECTION DOES YOUR COMPANY NEED?

Do you sell your products online? Do you transport chemicals? Do you provide expert advice and consulting? What your business does will influence what kind of liability protection your business needs. Learn more about General, Professional, Environmental, or Cyber Liability by checking out our new blog entry. Visit [www.erb-erb.com](http://www.erb-erb.com) and click on the latest blogs link.

## CHARITABLE GOLF TOURNAMENT FOR ST. MARY'S CARDIAC CENTER.

Is taking place June 11, 2014 at Foxwood Country Club. The Waterloo Region Portuguese Business and Professional Association is hosting its 8th Annual Charitable Golf Tournament. Since its inception the tournament has raised over \$280,000 for the St. Mary's Regional Cardiac Care Center. To find out more please visit <http://www.portugueseassoc.com/> Golf On!



## FACEBOOK CONTEST

Summer is coming! And with summer comes the Great Canadian Road Trip. Erb and Erb Insurance Brokers wants to help with gas costs. Like our Facebook page enter the contest and you could be the lucky winner of \$500 worth of gas cards! Visit [www.facebook.com/ErbandErb](http://www.facebook.com/ErbandErb). Hurry, once we hit 750 likes we'll be drawing a winner.

To learn more about our organization visit [www.erb-erb.com](http://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.



**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](mailto: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.

Look for the next Erb and Erb "Helping Hands" feature June 28, 2014!  
Deadline for photo submissions is June 23, 2014!