



# HELPING hands

Under sunny skies, KPMG was proud to sponsor and participate in the 2015 World Partnership Walk, raising funds for the Agha Khan Foundation of Canada



Volunteers (from left to right) Sam, Ashley, Layana and Mei help prepare lunch for the runners at the 3rd annual Raissa's Run for Epilepsy Awareness in Waterloo Park on July 18th, 2015. Just over \$4,000 was raised for Epilepsy Waterloo-Wellington.

giving back



## LATEST ARTICLE: WATER, HOME INSURANCE EXCLUSIONS, AND YOU.

Not all water claims are covered under your property insurance policy. Find out what property insurance exclusions your policy has before leaving on a vacation. One quick call to your broker could mean the difference between having a claim covered or not. Visit [www.erb-erb.com](http://www.erb-erb.com) and find a link to the latest blog entry on the right side.

"Before I came here as a co-op student, I didn't volunteer much; I didn't see a point in it. But after my experience I see it's needed and want to continue. And you can have fun volunteering too!"

**Mekhi Simmons**  
Co-op Student  
The Food Bank of Waterloo Region

## KULTRUN WORLD MUSIC FESTIVAL

On July 9 to 12 Neruda Arts' Kultrun World Music Festival took place in Victoria Park. Its Waterloo Region's only family friendly celebration of diversity featuring local, national and international artists, all-ages interactive activities for kids, workshops by professional artists, storytelling, performance art, and a food and craft market. Check out [www.nerudaarts.ca/kultrun](http://www.nerudaarts.ca/kultrun) so you don't miss out next year!



"I volunteer with REEP Green Solutions because of one word: action. I believe in doing. We need action in the community because ideas drive results."

**Paul Parker**  
Volunteer & winner of Green Communities Canada's Outstanding Board Person Award for 15+ years of service REEP Green Solutions

## WHAT TO DO. WHAT TO DO.

Have kids? Don't have plans for them yet? Check out all these great websites for day camps in Waterloo and Wellington Regions. There's so much to do!

[www.waterloo.ca/en/gettingactive/daycamps.asp](http://www.waterloo.ca/en/gettingactive/daycamps.asp)

[www.kitchener.ca/en/livinginkitchener/Summer\\_camps.asp](http://www.kitchener.ca/en/livinginkitchener/Summer_camps.asp)

[www.cambridge.ca/community\\_services/summer\\_playgrounds](http://www.cambridge.ca/community_services/summer_playgrounds)

[guelph.ca/living/recreation/recreation-programs/camps/camps-offered/](http://guelph.ca/living/recreation/recreation-programs/camps/camps-offered/)

Enjoy and have a great and safe rest of your summer!



"As a mother of three young children, I know how important it is to get them involved in sport at a young age. I also know how expensive it can be - and will become - as they get older. I think KidSport KW is a wonderful organization that helps the many families like mine out there - those who find it financially challenging to get their kids in the game. I was more than happy to come out with my family and support this very worthwhile cause for our community."

**Raquel Sutherland MSW**  
Volunteer  
KidSport Kitchener-Waterloo

## 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.



Mayor Dave Jaworski joined the Kitchener Rangers and their mascot Tex along with several KidSport KW volunteers to make the 2nd Annual DQ Blizzard Blitz on Saturday July 18th such a success. Six locally owned and operated DQ's participated in the event to help raise funds so our community kids can get off the sidelines and into the game.



The Wilfrid Laurier University Shinerama Committee hosts an annual Volunteer Summer Challenge where all Orientation Week volunteers come together to raise money Cystic Fibrosis research. The day is spent doing a smaller scaled fundraiser of the one Shinerama runs during Orientation Week in September. Fundraising involves shoe shining, car washes, and many other creative ways our volunteers use to raise funds!



Volunteers with The Food Bank of Waterloo Region, like Natalie Bishop, Rick Geiser and Kathy Hicks are essential to helping agencies like Salvation Army and volunteer Kerry Wilston (in the truck) provide emergency food assistance through the summer and year round. The Food Bank's volunteers are ready every day to help with food donations from the public and to get the food out to struggling neighbours. Most needed food items include canned meat, dry beans, beans in sauce, stews & chili, peanut butter.



On Friday July 3rd, Tacofest, presented by MTE, raised more than \$29,000 for clients served by Community Support Connections - Meals on Wheels and More. The local charity serves 6,500 seniors and adults with disabilities, thanks to more than 600 volunteers.



Staff at Idea Exchange are always excited to help raise funds for United Way!



The Food Bank of Waterloo Region was among recipients recognized for excellence and commitment to addressing hunger in Canada through high-impact initiatives. The creation of the Community Food Assistance Network ensures access to nutritious food throughout Waterloo Region. The Food Bank's leadership in a changing environment was acknowledged with the Food Bank Innovator Award at the Food Banks Canada Conference.



Students, faculty and staff from the University of Waterloo help the Volunteer Action Centre with a spring cleaning during the United Way's Day of Caring.



15 University of Waterloo volunteers from the Faculty of Science organized nine hands-on activities and displays that taught 5,000 local children about the importance of water at the 20th Waterloo Wellington Children's Groundwater Festival. Earth Sciences Museum Curator Emeritus Peter Russell (left) was honoured with a 2015 Volunteer Service Award from the Ontario Government for his 20 years of service with the festival.



The Mennonite Coalition for Refugee Support (MCRS) held its 2nd Annual Zumbathon Fundraiser, in support of Refugee Claimants in the Kitchener-Waterloo region, on July 8th at the uptown Waterloo Town Square. An amazing turn out for a worthwhile and fantastic fun event!

Look for the next Erb and Erb "Helping Hands" feature August 22<sup>nd</sup>, 2015!  
Deadline for photo submissions is August 19<sup>th</sup>, 2015!

**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.