



# HELPING hands

The volunteer team at Alpine School were very excited when newly elected Mayor Berry Vrbanovic and Councillor Paul Singh took time to help with the Breakfast Program and meet the children.



Kitchener Jr. Rangers MD Atom Blue team members helped The Food Bank of Waterloo Region by unloading the Grand River Transit bus at the end of the Stuff-A-Bus Campaign organized by CTV, 105.3 KOOL FM, 99.5 KFUN and GRT.



Judy Proctor from The May Court Club of KW sells tickets to Aldene Waud for their Christmas Dreams Fundraiser. All proceeds were shared amongst St. Mary's Cardiac Unit, Family and Children's Services, Children's Wish, and May Court Projects.



Valu-Mart store owner Bob, presents a total of \$10,763.61 raised to John Witzel of the Food Bank Waterloo Region, along with Valu-Mart employees, Janet, (service manager) and cashiers, Jo & Reghan.



giving back



"Daily reports of violence and atrocities in our world can leave one with a feeling of helplessness. Volunteering gives me confidence that I can help to create social change as an individual."

**Liz Payne**  
Board Member and Dinner Committee Member House of Friendship



## DOES YOUR BUSINESS HAVE EQUIPMENT BREAKDOWN PROTECTION?

Businesses today rely more and more on specialized machinery for their operations. Computers, boilers, electrical, and mechanical equipment keep businesses moving forward. Does your business have the correct protection for its equipment? Read our latest Blog Entry by visiting [www.erb-erb.com](http://www.erb-erb.com) and look on the right side of the page. Don't wait for an important machine to fail before getting the right protection!

## IT'S THE SEASON OF INVESTMENTS

RRSP time is flourishing in Canada, but do you know what investment options will work best for you now? How about when you're retired? Developing an investment strategy that will provide the greatest benefits now and when you're retired is crucial. That's why at Erb and Erb we look at all your options and work with you to plan an Investment Strategy that works for you and your family. Visit [www.erb-erb.com](http://www.erb-erb.com) and click on our **Financial Tab** at the top of the page to find out more.



"As a Big Sister volunteer I get to make a new friend and have fun with someone who shares similar interests with me. It's a chance to get involved in the community while having fun and developing a new friendship."

**Chanelle Vandervoort**  
Big Sister Volunteer



"Volunteering with K-W Oktoberfest is one of the most rewarding experiences I have ever been involved with. Whether you are volunteering at an event or a meeting, everyone feels like family. This experience has also helped me enhance my education in public relations and communications."

**Taylor Watson**  
Volunteer  
KW Oktoberfest

## ERB AND ERB DRESS-DOWN DONATIONS GOES TO...

As with every quarter of the year, Erb and Erb employees donate to a local charity to be able to dress down on Fridays. This quarter we are donating to Women's Crisis Services of Waterloo Region. Specifically, we're donating to their Rebuild Haven House campaign. To know more about this campaign please visit [www.wcswr.org](http://www.wcswr.org) and Click on Rebuild Haven House tab at the top of the screen Everyone deserves to live free from violence. **Our Winter 2014 ProvERB is out. Give it a read here: <http://www.erb-erb.com/blog/entryid/8154/winter-2014-newsletter>**

## 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.



A team of volunteers from Manulife Retail Marketing Division that spent the morning bagging food for local student nutrition programs.



Staff and students at the Waterloo Aboriginal Education Centre, located at St. Paul's University College at the University of Waterloo, make soup and fry bread for Aboriginal students and the university community once a week during the academic year. Last week, Andre Moreau (left) made a traditional pea soup and a decadent creamy bacon and wild rice soup.



On Saturday, December 20th, the Waterloo Wolves MD Minor Bantam Ice Wolves team split up into 2 teams (Eastside vs. Westside) and spread out into their neighbourhoods to take on the challenge of collecting as many non-perishable goods as they could in 2 hours. Though the teams' hard work and the generosity of their neighbours, they were able to collect 1067 pounds of food for the Food Bank!



Kitchener Brownies brought a donation of 201 lbs of food when they visited The Food Bank of Waterloo Region to learn more about the need for food assistance in our community.



Festive FACS staff and volunteers show off their holiday sweaters with spirit at the CHYM Tree of Hope Radiothon.



Look for the next Erb and Erb "Helping Hands" feature February 28th, 2015!  
Deadline for photo submissions is February 25th, 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.