



HELPING hands

On Saturday, November 14, more than 100 pairs of pajamas were presented to Meaghan Coneybear, Founder of the Sleep Tight Campaign, and Staff Sergeant Mike Halfner of WRPS by the youth from KW Glee. This large donation of pajamas, collected by a group of inspiring young people, marked the first group donation for Sleep Tight.



Heartwood Place raised over \$26,000 for Affordable Housing at Homes, Gardens & All That Jazz fundraiser held on Saturday, November 21st. Thank you to all of the sponsors, contributors, volunteers, staff & Board of Directors.



K-W Poppy Fund Vice-Chairman Stan Howie and Chairman Jim Meyer present the first poppies of the 2015 campaign to Regional Chair Ken Seiling, Kitchener Mayor Berry Vrbanovic, and Waterloo Mayor Dave Jaworski at the campaign kick-off on Friday, October 30th.



The 7th Annual REMEMBERrun, organized by The Waterloo Running Series, was held on Saturday, November 7th, and raised \$4,000 for The Poppy Fund. Since inception, The REMEMBERrun has raised \$42,000 for this worthy cause. We thank the community for remembering.



Price Chiropractic & Fitness Train the Trainer event raised \$2270 for Luthewood Recreational Therapy Program. 100% of the proceeds will be used to purchase equipment to keep kids active! Price Fit Members bid on exercises to put their "Superhero" trainers through a grueling workout. Thanks to the awesome community at Price.

The staff and volunteers at The Food Bank of Waterloo Region enjoyed having a visit from students from Park Manor Public School and Sheppard Public School, along with four players from the OHL Kitchener Rangers, as part of the Rangers Classroom Food Drive Challenge. Schools play an important role in helping our community understand the need for food assistance as well as raising essential food donations that are needed throughout the year.

On Friday, November 20, 2015, the Waterloo Midget AAA Wolves held a gala fundraiser for support as they continue on their quest for the Minor Hockey Alliance of Ontario Championships. The event was held at Bingemans Marshall Hall in Kitchener. Thank you to everyone who attended. Your support is greatly appreciated!



Luminita Dica (RDH), owner of Lumi's Dental Hygiene Care, donated her time and dental services to raise \$1000 for The Kidney Foundation of Canada. Along with a few volunteers (Lori Jarvis, Maureen Psutka, Kelly Leeming and Liam Campana) she brightened many smiles on Friday, October 30th! In the photo: Lumi and Evelyn Turvey (Kidney Foundation) with a happy client, Mira Burca.



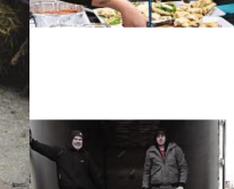
On Tuesday, November 24, Splatzone Paintball in Cambridge held United Way Fundraising Night with all proceeds going to the United Way in support of local charities.



Guests enjoy the delicious food, donated by local restaurants and caterers, at After Hours @ The Library. Proceeds from the event will be used to create a digital media "studio" at the library. The "studio" could include equipment like a digital conversion station, a green screen, and various tools used in music production and editing. All of these would be available for public use, free of charge.



Cambridge Veterinary Services held its first annual Doggy Howl-o-Ween Party October 31st in support of Grand River All Breed Animal Rescue. The event featured a haunted treat hunt for the pups, as well as a costume contest, raffle prizes, and treats for their human companions. With close to 100 dogs in attendance, the event was a howling success, raising over \$800 for Grand River All Breed Rescue.



Conestoga College international students raised more than 1000 pounds of food to support the Food Bank.



Thank you to Conestoga College Paramedic Students, Andrew Olive, Melissa Skepetas, Carley McMullin, Jorge Toro, Kaitlyn Skuce, Emily Dewar, Kelly Pfaff, Alyssa Anne, Eric Bringham and Food Bank volunteers, Bob Turvey and Spencer Turvey (on the truck) for being great elves collecting food donations at the K-W Santa Claus parade!



Hockey Helps the Homeless is a one day pro-am hockey tournament where individuals share the rink with former NHLers and women's team Olympic Gold Medalists. Participants fundraise for local homeless organizations and receive the full pro experience. In the first year, \$80,000 was raised for four local charities. In the second year, more than \$100,000 was raised for five local charities. Our official cheque presentation is happening on Tuesday, December 1, at Luthewood. Our cheque presentation coincides with Giving Tuesday.

giving back



"I have been running for 15 years but didn't find my love of racing until my first race with the Waterloo Running Series Oktoberfest 5k in 2007. I've been collecting the Waterloo Running Series race shirts ever since. After adding my first Race Crew shirt from the 2012 Dirty Dash, I now collect Race Crew shirts as well. You will now find me at kit pick up, but when I can, I run the course as well. I still like collecting race shirts!"

Carol Stewart
Registration Coordinator at
REMEMBERrun 2015



"As a fitness coach at Price Chiropractic and Fitness, I'm thankful that I work at a job where the team constantly finds new ways to use our skills and passions to better the community. The Train the Trainer event was great fun for both the trainers (who did an awesome job!) as well as the members of the fit club who helped us meet and exceed our goals! It felt great to be helping the kids at Luthewood stay active and healthy."

Bryan Richardson
Fitness Coach and Volunteer
Price Chiropractic and Fitness



"Most of us take having a safe place to call home for granted; it is just a part of our lives. Giving all dignity by providing an address and a safe, affordable place to call home is why I became involved in Heartwood Place."

Susan Raymond
Volunteer
Chair of Heartwood Place Board



5 THINGS ABOUT WINTER TIRES AND CAR INSURANCE YOU SHOULD KNOW

There's a new car insurance discount in town; The Winter Tire Discount. While some insurance companies already have this discount others are adding it in the new year. Find out when the discount is coming, how to be eligible and what kind of documentation you may need by visiting www.erb-erb.com and reading our latest blog entry. Enjoy your new discount and be safer on the roads this winter!



FREE CONCERT - FRIDAY DECEMBER 18TH AT 7:30 PM

At the New Apostolic Church, 160 Margaret Av, Kitchener. This concert will feature The NAC Soul Purpose Children's Choir, NACHorale Toronto and Soul Purpose. Please consider giving a donation to help Women's Crisis Services Anselma House.

CASH & ITEM DONATIONS ACCEPTED BY THE RESPECTIVE CHARITIES.

Victorian Order of Nurses
St. Joseph's Residential Hospital
WOMEN'S CRISIS SERVICES Anselma House

795 THIRD ST LONDON 7:30PM THURSDAY DECEMBER 17TH

160 MARGARET AVE KITCHENER 7:30PM FRIDAY DECEMBER 18TH

MORE INFORMATION AT NACSOLPURPOSE.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.



Look for the next Erb and Erb "Helping Hands" feature December 19th, 2015!
Deadline for photo submissions is December 17th, 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 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.