



# HELPING hands

Students, faculty and staff at the University of Waterloo participate in the schools CarBuild event, a campus wide food drive. 4904 lbs of food were donated to support of the FECS Student Food Bank and The Food Bank of Waterloo Region.



This chapter of Beta Sigma Phi made and donated 15 'Touch Lap Quilts' to the local Alzheimer's Society.



United Way KW took time from their busy schedule for a fun team "CAN-struction" project creating the United Way KW logo. Using assorted size cans and bags of non-perishable foods can be tricky but tons of fun! All food from the event was donated to the KW Food Bank, helping those in need throughout our community.



On Sunday March 22nd, Conestoga's Event Management students Danielle Cummings, Robyn Meister, Victoria McCabe and Julie Villeneuve ran FLARE Charity Fashion Show in support of KidsAbility Foundation, and successfully raised \$3,000.00 for the charity.



Wilfrid Laurier University's Alpha Phi Women's Fraternity painting and helping with projects at Monica Place for Pregnant and Parenting Youth.

MPP for Kitchener Centre, Daiene Vernite, and Deputy Premier of Ontario, Deb Matthews were just some of the wonderful guests 'Spuddy' met at the recent Community Potato Lunch in support of House of Friendship's February Potato Blitz. Lunch guests, Ranger fans and other community partners raised \$250,000 pounds of spuds over the month-long campaign helping to feed neighbours in need.



Smithson Public School staff working together to end bullying!



Blindfolded guests at DeafBlind Ontario Services' third annual Dining in the Dark event. On February 27th, over 175 guests enjoyed an evening of unique sensory experiences, including live entertainment and culinary delights at the Whistler Bear Golf Club in Cambridge. Founded in 1989, DeafBlind Ontario Services is one of the largest not-for-profit organizations providing Intervenor, residential and other specialized services to individuals who are deafblind.



giving back



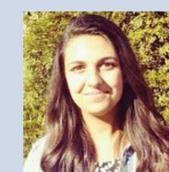
I see volunteering for the Empowering Proactive Youth and Community Program as a good opportunity to try my hand at something I have a passion for while making a difference in the community. I like the people involved, and I'd like to see where it goes."

**Phil Shea**  
Volunteer  
Empowering Proactive Youth and Community



"Throughout the past 30 years, this tournament has been a great way for us to give back to the community while having fun ourselves! Thanks to the support of the thousands of participants and volunteers, the annual Roadbreakers Road Hockey Tournament has been able to make a huge impact at the Central Ontario Developmental Riding Program/Pride Stables. We couldn't have done it without the support from the KW community!"

L-R: Tim Collins (founder) Todd Wicks, Scott Foster, Charlie McMane (founder), Chris Foster, Gary McQuillan (founder), Heather MacKneson (Executive Director-C.O.D.R.P./Pride Stables), Rebecca Sari, Shelley Byers



"Volunteering has had a tremendous impact on my life, surely one that will last a lifetime. The people I have been privileged to work with, and the valuable skills acquired along the way have allowed me to give back to my community. I truly believe that the most valuable gift you can give is your time."

**Karen Hakim**  
St. Mary's High School Student  
Ontario Student Trustee Association Representative

## GOING AWAY? PLAN YOUR HOME SECURITY

The last thing you want to see when you return home from a vacation or holiday this summer is that you're home has been burglarized. This month's blog entry at [www.erb-erb.com](http://www.erb-erb.com) has a lot of great tips on what you should do to help reduce the risk of burglary. We invite your comments too! Do you have ideas that help secure your home? Let us know. Visit [www.erb-erb.com](http://www.erb-erb.com) to read the blog, or to research more. We have lots of information for you to read.

## LOOKING FOR SOMETHING TO DO?

We'll look no further than these great websites, which offer information on area events and festivals!

- [www.kitchenererevents.ca/en/](http://www.kitchenererevents.ca/en/)
- [www.explorewaterlooregion.com/](http://www.explorewaterlooregion.com/)
- [www.cambridge.ca/community\\_services/special\\_events\\_festivals](http://www.cambridge.ca/community_services/special_events_festivals)
- <https://www.visitguelpowellington.ca/>

There's always something going on in the Heart of South West Ontario. Enjoy!

## SPRING 2015 PROVERB INSURANCE BULLETIN

The Spring 2015 ProvERB Insurance Bulletin is out. We have articles on identity theft insurance – what is exactly and how does it work? When you should contact your broker, and commercial fleet management technology. There's an insurance quiz which you can enter for a prize draw. Head over to [www.erb-erb.com](http://www.erb-erb.com) and read it there. You can also read past bulletins as well and check out our Referral Contest winners.

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.



Chef D is joined here by Councillor Dave Schneider, Police Chief Bryan Larkin, Rangers Head Coach Troy Smith, Councillor Bill Ioannidis and "The Sarge" of KFUN after completing their YMCA Megathon "Sweat Like a Chef" Challenge to help all families and individuals in Waterloo Region find a place to belong at the YMCA!

Look for the next Erb and Erb "Helping Hands" feature April 25th, 2015!  
Deadline for photo submissions is April 22nd, 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.