



HELPING hands

ⓐ A 4 °C degree morning and 40 km/h winds didn't deter 1000 cyclists and walkers from raising \$350,000 in the 12th annual Ride for Refuge on October 3rd in Bloomingdale. Waterloo was the largest of 30 locations in the event.



ⓐ Community Support Connections – Meals on Wheels and More held their Annual Volunteer Appreciation Dinner at Bingamans on September 25th. The pictured volunteers were recognized for ten years of service! Left to right – Dennis Zettel, Timothy Luckhurst, Bob Fraser, Jim Harris, Cathy Bradley and Ryan Bayne. Photo credit: Crestina Photography.



ⓐ Kitchener Council's Grillefest raised funds for The Food Bank of Waterloo Region to provide more than 15,000 meals in our community. Wonderful! Thank you to the Councillors, City Staff and Food Bank volunteers for all their help.



ⓐ Thanks to Team MTE Cans for sorting against Team Stantec Stingers in the great food sort challenge at The Food Bank. Together the two teams sorted 3835 lbs of food in 30 minutes!



ⓐ The annual EY Connect Day involves over 100 Ernst & Young employees assisting many community organizations throughout Waterloo Region. This team provided gardening services for The Working Center at the Hacienda Sarria Market Garden.



ⓐ At the Thanksgiving Day Parade, Onkel Hans food drive volunteers collected 10,780 lbs of food donations and \$13,882 that will be used by K-W Oktoberfest to purchase food for The Food Bank of Waterloo Region.



ⓐ Over 100 people participated in Hospice of Waterloo Region's 3rd Annual Hike for Hospice fundraiser. This year's event raised nearly \$15,000 for Hospice programs and services which are offered free of charge to the community.



ⓐ Meineke Car Care employees were challenged to paint their nails pink and collect donations for the Canadian Cancer Society in support of Breast Cancer Awareness Month. Showing his support is Chris Gartland.



ⓐ Thanks to the Conestoga College Culinary students for cooking pancakes and sausages for the hungry Oktoberfest breakfast attendees to help The Food Bank! Thank you to Pillers for donating the sausages. Delicious!



ⓐ A free Thanksgiving Concert presented by 130 singers and musicians for Canadian Mental Health Association featured four special Christian choral groups from Waterloo Region including: The NAC Soul Purpose Children's Choir (pictured), The NAC Waterloo Chinese on Strings, and two solo performers. The event raised \$883.25 for MHA with more contributions already submitted.



ⓐ Chefs, restaurants and brewers participated in Habitat for Humanity Waterloo Region's newest fundraiser on October 4th, Localtrave. A celebration of local food and drinks from your community at Waterloo Region Museum's Doon Village. It was set in the past with food of the present. Left to right – Abbey Rush, Jeritt Raney and Jim Eby.

ⓐ Police officers from WRPS along with members from the community joined together at Cambridge City Hall and had their heads shaved in support of the Canadian Cancer Society. Over \$34,000 was raised through participant pledges, a silent auction, BBQ and through our jail-n-bail.



ⓐ Spooky Tours, a Cancer Fundraiser created by sister Kia, 16, and Leela, 12, was held on October 16th to the 18th. This was their 6th year they hosted the event, and over 20 volunteers (not aged 9-16 years old) put in over 1,000 hours.



ⓐ Food Bank volunteer Sandra Brook had some help from Flip, Chuck & Tex at the Rangers Food Bank Game Day raising food & funds for those in need this Thanksgiving.

giving back



"I collect for charity every year instead of getting presents because I know that it's more important to collect for people in need instead of receiving presents that I don't need."

Darienne

Collected peanut butter for the Food Bank in lieu of gifts for her 9th birthday.



"I love having the chance to use my driving skills as a volunteer helping The Food Bank! I have had the opportunity to support great community events and transport thousands of pounds of food raised at wonderful food & fund drives all over the community. It's great knowing that my time is helping people struggling here in Waterloo Region and that I am helping to make our community stronger. I encourage everyone, especially retirees, to volunteer!"

Mike Davison
Volunteer
Foodbank of Waterloo Region



"As a pastor of a church in Waterloo, I regularly desire to be involved in opportunities that add to the heart of the community. Through our Neighbourhood Association I was connected to Extend-A-Family Waterloo Region to help with their annual ball hockey tournament that raises awareness of their organization. It did not take long for me to realize the gold mine that is EAFWR. Working with the organizing team of the tournament was truly life giving as we worked together to craft a day Canadians love... hockey, prizes, team work and laughter. If I could encapsulate the day in a phrase I would say it was a tremendous display of effortless inclusion and love. The people and families EAFWR touches is profound and I gladly align with such deep organizations."

Shane Pickel
Volunteer
Extend-A-Family Waterloo Region



ERB AND ERB WELCOMES...

... Sara McLennan as our newest equity partner. Sara brings a wealth of industry knowledge and dedication, along with a philanthropic heart, and passion for our community at large. Each of these values reflect those of our firm and the entire team. Sara will complement our existing team nicely in a variety of areas, including client engagement initiatives, communications, sales development, marketing, and overall business strategies.

PAY DOWN DEBT OR INVEST MORE?

Erb and Erb's Mike Onotsky takes a look at this question. Visit www.erb-erb.com and click on the link on the right to read why you should know all your financial options to find out how you can increase your net worth. By the financial experts at Erb and Erb Insurance Brokers Ltd. | www.erb-erb.com

NIGHT/SHIFT ARTS AND CULTURE EVENT

Come see Kitchener in a whole new light - By exploring it in the dark. On Saturday October 31st come out and see NIGHT/SHIFT, Halloween version! If you want to know more about this fun event visit nightshiftwr.ca. If you'd like to donate or volunteer to help #NightShift15 pay its artists to #CostumeTheCore visit the festival's crowdfunding campaign: nightshiftwr.ca/giver. Have a happy and safe Halloween.

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 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 November 28th, 2015!
Deadline for photo submissions is November 25th, 2015!