



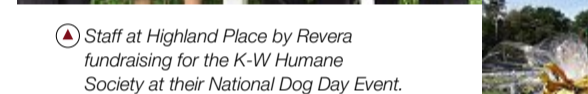
HELPING hands



Steve Hickson, Coordinator of Special Events and SuperWalk volunteer, show off a cheque with the amount raised at the Kitchener - Waterloo Parkinson SuperWalk at Resurrection Catholic Secondary School.



The Congi Family and the staff at the Congi Meineke Waterloo store rallied to support Stella Congi and her work at U TURIN CAMBRIDGE by supporting the Nutrition for Learning program at the school with their Fund Raiser DRIVE 4 Change on Saturday September 20th.



Staff at Highland Place by Revera fundraising for the K-W Humane Society at their National Dog Day Event.



Police Chief Bryan Larkin enjoyed himself at The Wilmot Terry Fox Run. This year marks the 35th anniversary celebration of Terry's Marathon of Hope. The Wilmot Run was a spectacular success, raising \$12,486 for cancer research, a new local record!



Crystal and long-time Parkinson SuperWalk volunteers at the Kitchener - Waterloo SuperWalk at Resurrection Catholic Secondary School on September 12th.



Waterloo Region Home Builders' Association (WRHBA) hosted its 18th Annual Fall Charity Golf Classic on September 22nd at Whistle Bear Golf Club. The Association was honoured to donate \$5,000 to Gabbie's Wish in support of Cystinosis Research.



Chef D raises \$5,000 for Cops for Cancer by shaving his head live on Rogers Day Time with Susan Cook Scheerer. Inspired by a courageous 13 year old young lady, Kalley Melnychuck!



Students, faculty and staff from the University of Waterloo pose in front of Kitchener City Hall getting ready to march in the annual Take Back the Night celebration.



Volunteers are able to create healthy, nutritious meals at House of Friendship's Charles Street Men's Hostel thank to this generous donation of cooking staples and condiments this summer! Thanks to Cober Printing for the gift of food; helping others belong and thrive!



Councillor Reid (left) enjoys the Mayor's Night at the Movies at Galaxy Cinemas in Cambridge. The event benefits the Family Counselling Centre of Cambridge & North Dumfries and the Cambridge Self-Help Food Bank.



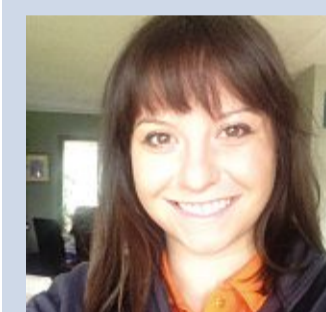
Ryan Kit and Bryce Kiefer from Waterloo Fire & Rescue attended Wafties in the Warehouse. Bryce designed the logo created for Fire To Food Bank 365, a new program supporting The Food Bank of Waterloo Region. The program was developed by Waterloo Fire & Rescue to encourage year-round food bank support.

giving back



"It is amazing to see the amount of support Spike 4 Sarcoma receives each year! It is inspiring to see how many people come together for such an important cause, and to remember such an important person."

Tina Woods
Volunteer
Spike 4 Sarcoma



"I have been a volunteer with many different organizations over the past few years. I find that volunteering is not only a great way to give back to the community, but it is a wonderful way to meet new people and discover new opportunities. Organizations, such as KW Oktoberfest, MasterCard Memorial Cup and IABC Waterloo, have helped me develop my professional network while I am also helping them out. Volunteering really is a win-win!"

Kayleigh Klajnscek
Volunteer
Multiple Organizations



EMPLOYEE SPOTLIGHT: MIKE ONOTSKY

Mike Onotsky recently joined the financial services team at Erb and Erb Insurance Brokers Ltd. As a

Certified Financial Planner Mike brings a wealth of knowledge to aid our clients in making wise investment choices. And, this October 3rd Mike will be participating in the Ride for Refuge cycling fundraiser. He'll be riding for God's Gift School in Jinja, Uganda which he helped start. Visit rideforrefuge.org/home and search for Mike Onotsky if you'd like to contribute or find out more.

FALL PROVERB INSURANCE BULLETIN

Find out what exclusions and special limits there are to your home insurance policy, what you need to do for your prized collections or antiques, what you should be thinking about for your children's education. Plus, see who won our trivia question and our client referral contest. From the Insurance experts at Erb and Erb Insurance Brokers Ltd. Head over to www.erb-erb.com and click on the link on the right side of the page.

FREE CONCERT - SATURDAY OCTOBER 3RD AT 7 PM

At the New Apostolic Church, 160 Margaret Av, Kitchener. This concert will feature special Christian choral groups of the K-W region together with the NAC Soul Purpose Childrens Choir, the NAC Waterloo Chinese on Strings, and solo performances by Kaiya Winter and Oscar Zarnke. Please consider giving a donation to the Canadian Mental Health Association. They will have a representative at the concert.



donations accepted by



Canadian Mental Health Association
Waterloo Wellington Dufferin



"I collect for charity every year on my birthday instead of getting presents because 1. The presents are stuff I don't need anyways and 2. Why should I get stuff when other people don't have anything?"

Lucy has been collecting for charity in lieu of gifts since she was 7. This year Lucy collected peanut butter for the Food Bank for her 9th birthday.

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.

WATERLOO REGION RECORD

Community Partnerships Program

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 October 24th, 2015!
Deadline for photo submissions is October 21st, 2015!