

WESTVALE NEWSLETTER

Spring 2018





TakePART - Fun Fair—Fireworks



Join us **Saturday June 23rd** from 3-6pm for the annual **TakeP**ART event, an integral part of the **Westvale Fun Fair**. Activities will be geared to children aged 3-10

years old and may include: sidewalk chalk, bouncy castle, photo booth, painting corner, TumbleBus, contests, and more. A fee will be charged to cover costs and will enable each child to partake at least once in each activity. **TakePART** will take place in Red River park, behind Holy Rosary School at the bottom of Middlebury Dr...we hope you will "Take Part in TakePART!" Submitted by Heidi Holmes



Watch for Fun Fair updates on Facebook page!

Westvale Fun Fair Update – Letter from the Westvale Community Association (WCA)

Submitted by: Tim Ryeland, Co-Chair It's that time of year again, the time the WCA is busy planning the

summer Fun Fair! There is a lot of work that goes into planning this event and many volunteer hours in both the planning and execution but it's our biggest event of the year and one not to be missed.

Unfortunately, we received some bad news this year, our midway company backed out on us late in March leaving us in a very tricky position. Since getting the news we have been reaching out to other companies, but due to the time of year they are already fully booked for the summer. I'm sure you can imagine how frustrating this has been for us, while we continue to try and get a midway company we must now admit that's unlikely to happen for this year.

Our fun fair is an important event in our community – it's been running for many years! We are sad to see the fair take a break due to these

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When you know your neighbours your neighbourhood becomes safer.

unfortunate circumstances but it does provide an opportunity for more residents in our community to get involved in the planning and fundraising for next year. Without community volunteers and donations, the fair is not possible and while our midway has backed out on this year, we will also admit that is has also become a challenge to run the fair in recent years with only a handful of volunteers. We are looking for help to plan and fundraise, if you are interested please reach out to us at volunteer@westvale.ca!

We need volunteers!

If you can help out during the TakeP \mathcal{ART} and fireworks events please contact us at <u>volunteer@westvale.ca</u>. Some volunteer opportunities include: set-up, take-down, toonie/bucket brigade during the event, after fireworks bucket brigade, kids TakeP \mathcal{ART} event organizer or helper.



Westvale Fun Fair Red River Park



Sat. June 23, 2018



*** TakePART (3-6pm)*** Food trucks (3pm-dusk) ** * Fireworks (at dusk) ***

Come! Meet your neighbours! Make it a day!

Monthly Meeting



Interested
but still not sure?
Attend one of our
Monthly Meetings. All
Westvale residents
are invited to attend
our monthly
meetings to learn
more about what we
do.
We meet the second

We meet the second Wednesday of every month at the Libro Credit Union on Erb and Fischer-Hallman.

Annual General Meeting (AGM)

Submitted By: Christine Serwatkiewicz

In November, Westvale residents gathered at Montana's for our Westvale Social and Annual General Meeting. There were a lot of new faces and we met several new residents who recently relocated to our Westvale area! Our executive election was held and we are pleased to share your 2018

Westvale Community Association Team!

This year's WCA Executive Team:

Co-Chair's: Tim Ryeland & Christine Serwatkiewicz

Treasurer: David Britton

Data Recorder: Theresa Ullyot

General Voting Members: Cheryl Boyd, Jennifer Baker,

Judy Cantwell, Tammy Hauser, and Rob Parent. Thank you to Erica Navarrete (Nov.-March)

Our next AGM will be held again in November. Come on out to meet your neighbours, sign up to volunteer at an event or join our WCA Executive team!





Westvale Volunteers...We Want to Thank You!!!

Submitted By: Erica Navarrete

Our Westvale community is one of the best, thanks to all of you! This Spring, we would like to do a special shout out to our **Newsletter Zone and Street Captains**. These important folks are the ones who hand deliver your community newsletter right to your door! Thank you for all of your effort, time and enthusiasm! For every one of you...THANK YOU!

Potato Blitz Skate

Submitted by: Rob Parent



The WCA held another fun skating party and hosted a Potato Blitz on Saturday, February 10th, at the

Albert McCormick arena. In spite of snowy weather and wintry driving conditions, a good turnout for many of Westvale's youngsters and parents with about 70 parents and kids joining in the fun! In addition to ice skating, colouring activities, games, cookies and apple cider were available and provided by WCA volunteers. And as always, the ice was ably patrolled by Christine Serwatkiewicz and David Britton . Thank you again for all those who came out and for all your potato donations to the House of Friendship! It was a great day to spend time together with family and friends! See you next time!



Libro Financial also supported the Westvale Food Drive by collecting at their Erb location!

Westvale Public School - Potato Blitz

Great news! The Westvale Public School participated in the House of Friendship Potato Blitz this year and collected over 1000 pounds of potatoes!!



Westvale Lights

Submitted by: Christine Serwatkiewicz



This past December, many of our Westvale neighbours were busy being festive and decorating their houses for the season. Your Westvale Community Association was out and about judging for the Westvale Lights contest. What an amazing scene! There were so many beautiful lights to see. Our neighbours were busy! We had 3 lucky winners located on Red River Drive, Bridgewater and Westvale Drive. All winners received a gift card from Colour Paradise Greenhouses. Stay tuned for another Westvale Lights friendly competition this year!



Garage Sale

Submitted by: Christine Serwatkiewicz

Almost time for spring cleaning!

Do you have some things you would like to sell? The Westvale Community garage sale is set for June 3rd from 8:00am-12:00 pm. The Westvale Community Association will advertise the event in the local paper and all residents are welcome to have their own garage sale at the same time.



Westvale Optimists President's Report

Submitted by: Maurie Sheppard, President, Westvale Optimist Club

Summer is almost here and your
Westvale Optimist
Club is in full swing! At the time this article
was written, we have already successfully celebrated our 25th Anniversary of serving our youth and we have held the Grade 5 Spelling Bee, 2 oratoricals, and the essay competition.

Our Youth Nights at Westvale Public School are continuing with dates on April 6 & 20 and May 4 & 18.

We're looking forward to seeing the kids at the Easter Egg Hunt on March 31 and the Bike Rodeo on May 26. If you would like to join

our team of somewhat crazy volunteers we would love to hear from you (maurieshep@rogers.com or 519-747-2344). Enjoy the spring and we will see you all in the summer at the Fun Fair!!



Interested in trying something new in your garden, and for free? Bring your perennials to the front of Westvale Public School on Sunday May 13, from 1:00-2:00 pm, share experiences with fellow gardeners, and trade for something different. Even if you are new to gardening or new to Westvale and have nothing to trade, please come and join us anyways as we always have extras.

Optimist Lawn Aeration Fundraiser

Submitted By: Caroline Stuart
Support our local Westvale Optimist club which provides many events for Westvale. Lawn aeration is back! Let the Optimist team come and aerate your lawn and get it ready for the Spring season! We will be out on Sunday May 6th. Cost is \$30 for and \$45 for front and back yards. Email maurieshep@rogers.com to set up your appointment. Appointments are made on a first come first serve basis and they book up fast!

Waterloo Outdoor Rinks Submitted By: The WCA Executive

The best part of skating on Waterloo's volunteer-operated outdoor ice rinks is knowing that you are taking part in one of our Canadian traditions and also provides a fun, free and healthy community activity! We were



thrilled to have our outdoor rink committees returning for the 2017-2018 rink season. The Westvale neighbourhood is fortunate to have two outdoor rinks located right in our local parks. Outdoor rinks typically begin operation around the end of December and run into the beginning of March, however they are dependent on Mother Nature and volunteers. We are tremendously thankful for volunteers that run the outdoor rinks. A huge **thank you to all of our outdoor rink volunteers** for their dedication and hard work! They put in a lot of time and energy to help make our community a great place to live! For more information on our outdoor rink program please visit www.waterloo.ca/outdoorrinks.

ATTENTION! WESTVALE FAMILIIES!

Submitted by: Quentin McLeod









The Toonie Campaign is back!

After a one-year hiatus, the Westvale Community Association is conducting a toonie campaign in the spring of 2018. Volunteer canvassers will be going door-to-door throughout Westvale once winter finally releases its grasp. Volunteers will be requesting donations of \$2 per person or \$5 per household to support the beloved WCA events such as the Soap Box Derby, the Corn Roast, and most importantly the Fun Fair and Fireworks!

Donations can also be made by Interac e-Tranfers to < treasurer@westvale.ca > and use the password wcatoonie.

Without the support of the community and volunteers, events such as these are not possible. We have more than 2300 homes in Westvale to canvass...volunteers are needed!! This is a great way to give back to your community or for students, to get your volunteer hours in. Please contact volunteer@westvale.ca to sign up!

Thank-you everyone for your donations and your time. Let's have a great $20\frac{5}{18}$ Toonie Campaign!

Westvale Soapbox Derby

Submitted By: David Britton Well, what do you know! NOT whoa but GO! Although the WCA is not part of the regionally organized Soapbox Race, qualifier organizations have been at Wellesley and New Dundee events in the past; we honor a past and a pastime -- a tradition of parental involvement in what is, fundamentally, a kid's activity. We've had great turnouts with photographers, the police, student volunteers, street resident audience, newcomers and old-timers all.

So, if you're in that interest group, set aside Saturday June 16th from 8:30 to Noon and join us! Please remember when planning construction that WCA has some rules about your racer.

Wheels must be rubber or rubberized, not of plastic composition, Brakes are mandatory and will be inspected (by amateurs with some experience) for full functionality, Helmets are mandatory and other protective gear (e.g. knee and elbow pads) highly recommended. You must read, understand and sign

a Liability Waiver to participate (yes, we've had a broken collarbone and various scrapes and bruises in the past – generally indicates it's a great race.)Race heats for practice start early and racing (by pairs) will start by 9:30-10 am (TBA more details will

be posted on street signage and Facebook).





Westvale is likely in the grip of change - according to many if not all expert climatologists — like the rest of the planet. Short-term human impact on the Earth's resources has been considerable within the established planetary long-term climate cycles that have given us both ice ages as well as vast seas covering the interior of North America and other parts of the world. Life has adapted to change in the past; so what does our future hold?

One of the more direct consequences of climate change is thought to be the accelerated encroachment of invasive species, or at least biological representatives that do not normally reside in Westvale (European Buckthorn, Garlic Mustard and Giant Hogweed among others). They are Earth's creatures and fight for survival like the rest of the wild world. However, they displace other species in competition for scarce resources, species that have surrounded us as part of our comfortable environment. Earth Day seeks to recognize and educate folks about Stewardship for the Land, the Air and the Water – and the Life so evolutionarily dependent on those

resources. We are frequently challenged by media presenters like David Suzuki and David Attenborough to respond in a meaningful way to direct change appropriately; so what can we as individuals do? The Japanese have a wonderful term for the employment of small process changes to improve things — "Kaizen"- normally used in a business sense about production. We as residents can adopt the same philosophy with regard to our surroundings and Earth Day gives us that opportunity to start and then to continue the effort throughout our year.

Join us this spring on Sunday, April 22nd at Holy Rosary School where the WCA will coordinate a Neighbourhood Cleanup and where you are welcome to share your environmental concerns. We'll have a day (or even just an hour) to work to clean-up our neighbourhood as a Westvale team!



Nature challenge

Submitted By: Christine Serwatkiewicz

A City Nature Challenge is occurring for 2018 in cities across the world for a little competition on local urban natural elements. Which city has the most nature? The City Nature Challenge 2018 will help us find out! More than 60 cities in 17 countries around the world are **asking people to explore nature in their urban areas and document the species they find.** Help Waterloo Region show the world **how biodiverse our region is** by making as many observations of as many species as possible April 27-30! Any observation of plants and animals and fungi you find in Waterloo, Kitchener, Cambridge, Wellesley, Woolwich, Wilmot, and North Dumfries will qualify.

The City of Waterloo will be hosting an activity at Millen Woodlot on April 20th from 6pm to 7pm 2018. Staff will provide training for the inaturalist app used for this challenge and will assist in a nature walk to gather observations. For more information, please visit http://inaturalist.ca/projects/city-nature-challenge-2018-waterloo-region

We began last year with a Neighbourhood Grant; we continued to learn about **Reconciliation** through activities where families created hearts during craft time at two recent Family Skates . This Spring we will be reaching out again to the local schools during June, Aboriginal History Month, in order to create Heart Gardens . Look for us in June at the TakePART and fireworks events events in Red River Park and get your picture taken with your hearts. We look forward to seeing you there!



Celebrated in May and June, Honouring Memories, **Planting Dreams** invites individuals and organizations to join in reconciliation by planting heart gardens in their communities. Each paper heart represents the memory of a child lost to the residential school system, and the act of planting represents that individual's commitment to finding their place in reconciliation. Each year hearts are planted in gardens across Canada. https://fncaringsociety.com/



Reconciliation Project Continues

Submitted By: Judy Cantwell de Macz

Did you know? A Land Acknowledgement is a formal statement that recognizes the unique and enduring relationship that exists between Indigenous Peoples and their traditional territories.

In Kitchener, Waterloo, Cambridge and Brantford, we acknowledge we are on the traditional territory of the Neutral, Anishnawbe and

June is National Aboriginal History Month.

Yoga in the Park

Haudenosaunee peoples.

Submitted By: Christine Serwatkiewicz
Have you ever wanted to try Yoga but haven't had the opportunity? Well, here's your chance! Flow State Yoga is back and we have two sessions scheduled for all Westvale residents this summer! Bring your towel, a drink and a mat and join us for some relaxing Yoga in Red River Park. All ages are welcome. This is your time to relax and learn a little about how Yoga can work for you.

Join us on Saturday July 21 & August 18 from 10:00am-11:00am.

We're All Ears Corn Roast

Submitted by: Theresa Ullyot

Our annual corn roast will take place on Sunday September 23^{rd.}



Come and join us any time between 1:00 pm and 3:00 pm. You can bring your family, and enjoy a delicious cob of corn and a beverage. It's a great event to meet other Westvale residents and our WCA Executive. This relaxed and fun event takes place next to the playground behind Holy Rosary School.

Westvale Family Fun Softball starts Saturday June 2!

Submitted by : Tim Taylor

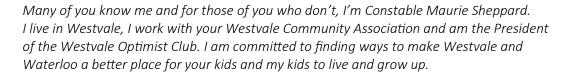


Last year, we tried expanding the season to start in June. We had such a great turnout, we're doing it again this year! Westvale's popular Family Fun Softball starts Saturday June 2. Dust off your baseball glove and come out to Westvale's Family Fun Softball from 7 to 8:30 pm on Saturday nights in June, July and August (except for the long weekends). It is our 14th season of fun and it happens at Westwind Park baseball diamond behind Westvale School. All ages and skill levels welcome. We play for fun and we let everyone bat until they get a hit. It's not a formal league, just a fun night for families and children age 8 and over. We make up teams from whoever comes that night – there's no obligation to show up every week. For safety reasons, children age 10 and under must have a parent present to be able to play.

Volunteers are needed to help organize some of the games, but you don't need to commit to every game, just one or two will help. We'll work out a schedule based on when you're available. High school students are welcome and will earn volunteer hours. Email us at volunteer@westvale.ca if you can help out. Come out on Saturday nights all summer to play, watch or cheer!

Cop's Corner

Submitted By Constable Maurie Sheppard, Waterloo Region Police Service





Fraud is a serious and costly problem where you rarely get your money back.

Be vigilant. Fraudsters are everywhere !! They are on the phone or online or at the door. 1st Rule to remember - If it sounds too good to be true, it probably is!!! 2nd Rule - The government or a valid business will *never* demand that you pay an outstanding bill with gift card purchases immediately. They will *never* tell you to not discuss your conversation with them with anyone. Do not post your information to unknown or insecure sites online. If a company sends you an email requesting personal information to confirm or update your account, do NOT provide that information in a return email. Call that company via a phone number that <u>you verify</u> and speak with a customer service representative. Legitimate companies will *never* request any form of personal information in an email. If someone offers you something free for a small fee (comparatively speaking) ignore it, it is a scam. Never leave any personal identification or bank cards in a vehicle. Every night thieves break into cars looking for wallets and purses. Your personal information is the current currency of drug dealers and con artists.

Be smart—Protect yourself!! Together we can un-employ the thieves one opportunity at a time!!

Upcoming Events

EVENT NAME	DATE & TIME	LOCATION	DESCRIPTION	CONTACT INFO
Westvale Youth Nights	Friday Nights 7:00-9:00pm Feb 9, Feb 23, Mar 9, Mar 23, Apr 6, Apr 20, May 4, May 18	Westvale School	A great chance for our youth to play games and socialize!! Open to ages 6-12	wwopti- mist@gmail.com
Tobogganing Meet-up	TBD. Watch for Facebook or com- munity sign up- date	Red River Park	Gather together for some impromptu sled- ding fun at the Red River Park hill!	west- vale@westvale.ca
Westvale Community Skate	Sat. Feb 10th 4:00 – 6:00pm	Albert McCor- mick Rink	Join us from 4-5 pm for the family skate at Albert McCormick Arena.	west- vale@westvale.ca
Siskins Game	Sun. Feb 18 th 1:30pm	Waterloo Rec Centre	Waterloo Siskins vs Brampton Bombers!	west- vale@westvale.ca
Plunger Plop	Mon. Feb 19 9:30am – 4:00pm	Waterloo Knights of Co- lumbus	Looking to start a new Family Day tradition? Look no further!	wwopti- mist@gmail.com
Spelling Bee Applications Due	Wed. Feb 21 8:30am – 3:30pm	Send application to: maurieshep@rogers.com	Grade 5's! Submit your applications to be considered to participate in the Spelling Bee! Email maurieshep@rogers.com	wwopti- mist@gmail.com
Spelling Bee	Sat. Mar 3 8:45 am – 12:00pm	Mary Johnston Public School	Spelling Bee – Applications due Feb 21 for current Grade 5 students only	wwopti- mist@gmail.com
Easter Egg Hunt	Sat. Mar 31 11:00am – 1:00pm	Heather Hill Link (on West- vale Dr.)	Hop on over and meet the Easter Bunny and find all the eggs he has hidden!	wwopti- mist@gmail.com
Earth Day Clean-up	Sun. Apr 22 11:00am – 2:00pm	Holy Rosary Parking Lot	Let's keep our neighbourhood beautiful! Please join us as a community and clean up our neighbourhood and park areas.	west- vale@westvale.ca
Westvale Optimist Aerating	Sun. May 6 8:00am – 4:00pm	Westvale Neighbour- hood	The Westvale Optimist Club is happy to offer their Spring Grass Aeration program again this year!	wwopti- mist@gmail.com
Perennial Exchange	May 13, from 1pm-2pm	Westvale Neighbour- hood	Bring your perennials to trade for something different. New to gardening and have nothing to trade? Come and join us! We always have extra.	west- vale@westvale.ca
Toonie Cam- paign	TBD (Spring)	Westvale Neighbour- hood	To support our Fun Fair and community events, your WCA will be hosting another toonie event this year! Volunteers are urgently needed. Contact us at west-vale@westvale.ca or our WCA Facebook page to sign up!	west- vale@westvale.ca

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Police Week Open House	Sat. May 12 10:00am – 4:00pm	WRPS Head- quarters 200 Maple Grove Rd	This is a community opportunity to tour the facilities and take part in numerous family friendly events and activities. Try some French fries from the Optimist Chip Truck!	wwopti- mist@gmail.com
Westvale Bike Rodeo	May 26 11:00am – 1:00pm	Holy Rosary Parking Lot	Come out and showcase your knowledge of bike and road safety and your riding skills!	wwopti- mist@gmail.com
Westvale Softball	Saturday Nights 7:00pm – 8:30pm July: 7, 14, 21, 28 August: 4, 11, 18, 25	Westwind Park	Let's play ball! We play for fun, and let every- one bat until they get a hit. For safety reasons, children under 10 must have a parent present to be able to play. Everyone is welcome to play, watch and definitely to cheer!	west- vale@westvale.ca
Westvale Garage Sale	Sat. June 2 8:00am – 12:00pm	Westvale Neigh- bourhood	The WCA advertises the event in local papers and everyone has their own garage sale in their driveway at the same time.	west- vale@westvale.ca
Soapbox Der- by & Pancake Breakfast	Sat. June 16 8:30am – 12:00pm	Middlebury Drive	Enjoy a delicious and free pancake breakfast from 8:30 to 9:30am. Then turn your attention to the Soapbox Derby! Pre-race at 9:30 for a warm-up and then race at 10am. Enter your soapbox or just come out and watch the fun. Safety helmets are required to participate.	west- vale@westvale.ca
Westvale Fun Day TakePart and & Fireworks	Sat. June 23 3pm-6pm Food Trucks (3-dusk) Fireworks at dusk	Red River Park	Take PART children's activities, face painting, balloon twisting, circus arts, and the best fireworks show in town! Contact us at west-vale@westvale.ca or our WCA Facebook page. ***NEW this year—FOOD TRUCKS	west- vale@westvale.ca
Yoga in the Park	Sat. Jul 21 & Aug 18 10:00am-11:00am	Red River Park (near entrance of Red River Drive)	Yoga for all ages and all levels! Release tension and stress in an outdoor yoga class with a certified yoga instructor from Flow State Yoga. Bring a yoga mat, a towel and a bottle of water. See you there!	west- vale@westvale.ca
Corn Roast	Sun. Sept 23 1:00pm - 3:00pm	Holy Rosary Playground	Come enjoy a delicious cob of corn from Herrle's with us! Perfect opportunity to say hello and meet other Westvale residents.	west- vale@westvale.ca
Kids Hallow- een Party	Oct - TBD	Westvale Public School	Calling all ghosts, goblins and ghouls! Come out with your costume for a night of magic, games, face painting and fun!	wwopti- mist@gmail.com
Westvale Social and Annual Gen- eral Meeting	Wed. Nov 14	TBD	Join us for the Annual General Meeting (AGM) & election of the 2018/2019 WCA Executive. If you are interested in joining the WCA Executive - this is your opportunity!	west- vale@westvale.ca
Westvale Community Skate	Nov - TBD	Albert McCor- mick Rink	Join us for another family skate at Albert McCormick Arena!	west- vale@westvale.ca
Westvale Lights	Dec 1 to Dec 18	Westvale Com- munity	Feeling festive? Like decorating? Enjoy some friendly neighbourhood competition? Decorate your house between Dec 1 st and Dec 18 th to win! The WCA Executive will judge the house with the most "holiday spirit" by December 20th!	west- vale@westvale.ca

Landfill Update

Submitted by: Eric Boyd

In order to reduce odour issues in areas surrounding the dump it is important to notify regional staff at the site of unpleasant odours:



By phone: 519 883-5100 Ext 8421

By Email: LChurchill@regionofwaterloo.ca Twitter: tweet information to @WasteWR

Please include the location and time you noticed the smell.



Keep your eyes out this year for the return of the

Toonie Campaign

We will see you at the Fun Day.



Would you like to help your neighborhood and be part of the event success? Everybody is welcome to volunteer. This is a great way to meet new people, learn new skills, and it is also an amazing way for students to complete their volunteer hours. You can also join the WCA, give it a try and come to one of our monthly meetings.

There are different roles available and one is yours!

Join Us!!

Contact us at volunteer@westvale.ca
or our Facebook page
"Westvale Community Association"



Graffiti in Westvale

Submitted By: Christine Serwatkiewicz

Have you seen graffiti in Westvale and wondered what you can do about it?

There are two ways you can report graffiti. You can report it through the City of Waterloo website http:// www.waterloo.ca/en/government/ graffiti.asp. Or, you can download the "Pingstreet" app (http:// www.waterloo.ca/en/eservices/ pingstreet) on your phone. Choose "Report" and then "Report a Problem". From there you can take a picture of the graffiti and send along your report directly to the City of Waterloo. This is a cool app to check out for other things too. Try the "Dashboard" view for information on road closures, garbage collection, local news, overnight parking, a recreation finder and more!







UNEMPLOYED?

Contact the Career Centre for job search and connection to employers.

Services are free and open to the public.

Waterloo Campus

108 University Avenue E. 519-885-0300 ext. 5226 waterloocareercentre@conestogac.on.ca



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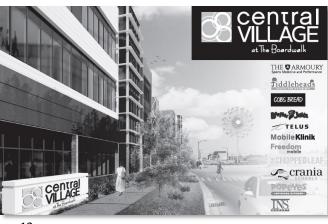




REGISTERED MASSAGE THERAPIST



PM ME TODAY TO SCHEDULE AN APPOINTMENT: Near Fisher Hallman and Erb, Waterloo **Evening and Weekend Appointments Receipts Provided for Health Insurance**





Your finances change as your life changes, be it marriage, a new job or a baby. I'm here to help navigate life's changes.

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Quentin McLeod Tel: 519-885-4000 ext 2355 quentin.mcleod@sunlife.com www.sunlife.ca/quentin.mcleod 94 Bridgeport Road East, 2nd Floor Waterloo, ON N2J 2J9



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Sincerely: Michelle Duma Broker of Record



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VALID AT BOSTON PIZZA Erbsville 65I Erb Street West, Waterloo, Ontario N2J 3Z4 EXPIRY: JUNE 30, 2018

**No coupon per table per visit. Dine-in only. No cash value. Not valid with any other promotional offer. Does not include alcohol, taxes and/or gratuities. Note: Substitutions of ingredients may after nutritional values. Although this data is based on standard portion product guidelines, variations can be expected due to minor differences in product assembly per restaurant and other factors. Except for limited time offerings or test market Items, menu products as of this posting are included on the menu. Product data is based on current formations as of date of posting.

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