Sherwood Forrest AGM via Zoom Tues., Nov. 7th



Sherwood Forrest Residents Association

A quarterly newsletter issued by the Sherwood Forrest Residents Association

What's Inside

What's Shakin' in the Hood	2
'Tis the Season	3
Carmel Heights Update	4
Finding Inner Peace	5
Like It or Not	6
K9 Corner	7
Movie Night	7
Upcoming Events	7
SFRA Committee	7
Local Business Directory	8

Newsletter design compliments of

Pinch&Dashinc.

Seasoned Marketing Services pinchanddash.com

Saying so long to summer and the SFRA (but not goodbye)!

by Bruno Galle, SFRA President

While summer has once again come and gone way too fast, we look forward to a slower moving autumn in the hope that winter will be kind to us.

Our Open House event is looking for a new home since the Pump closed its doors in August.

The 2023 AGM will be held virtually over Zoom on Tuesday, November 7th @ 7:30 pm. Please note that 2023 is an election year for SFRA executive positions. If you wish to run for any of the positions on our committee listed on pg. 7 of this newsletter, please email SherwoodForrestRA@gmail.com.

There will be plenty of other important items on the agenda to discuss, such as the re-development of Carmel Heights, Sheridan Mall, the Long-Term Care centre in Sheridan Homelands, and more. Councillor Matt Mahoney, MPP Rudy Cuzzetto, 11 Division Community Liaison Officer Rowena Pryce and City of Mississauga Planning personnel will be on hand to update us and address any questions or concerns in and around our neighbourhood.

After this year's AGM, I will be stepping aside as President of the SFRA. It was a difficult decision to make as the last four years have been very personally rewarding. Navigating through the Covid pandemic years was a challenging experience. However, we managed to get through it by modifying events that

continue to be held today. It also gave us an opportunity to concentrate on other important issues around our neighbourhood.

@ 7:30 pm

The coordination with the CHRC (Carmel Heights Re-development Committee) to develop a common strategy and prevent an unreasonable building proposal was another success, as we slowly navigate towards the current proposal from Argo Developments (see pg. 4 for details).

All of this and much more could not have been accomplished without a great team of volunteers that work hard and continuously dedicate their time and energy towards building a sense of community in our neighbourhood and act as a voice and liaison to the City. I would like to truly thank each and every one of the team SFRA members who have gone above and beyond my constant calls of duty. THANK YOU! I am truly humbled by the SFRA Team and all the neighbours who put their trust in me to lead our wonderful team of volunteers. I look forward to remaining part of the SFRA so that I could continue to help in some other capacity.

As great as the SFRA is in its current configuration, we could always use a helping hand to make our collective work a little lighter. So, if you are able to dedicate some of your time for the betterment of our community, I encourage you to please reach out to one of our members.

I look forward in seeing everyone at our upcoming AGM and upcoming events!

What's Shakin' in the HOOD

Beware of shady contractors

We have been notified about scam artists posing as professional driveway and interlocking pavers (including one called Wall Stone Contractors). In addition to doing a terrible job, leaving work unfinished, they pressured, intimidated and physically threatened a number of residents.

- Avoid any service provider who asks for money upfront and before the job is complete.
- Ask for and check references. You can go to our Facebook page and ask for referrals.
- Report the incident to police if you are a victim of fraud or have been threatened.

Sherwood Village plans taking shape

In addition to a new appliance store and II Fornello, big plans are in store at the Sherwood Village Mall (formerly Sheridan Centre). Sheridan Retail Inc. has applied to the City to permit two 15-storey condominium apartment buildings containing 620 units and 713 parking spaces.

There will be an in-person and virtual public meeting on Monday, November 27 at 6:00 pm. The proceedings will be streamed live at: http://www.mississauga.ca/portal/cityhall/council-and-committee-videos

If you want to phone in to listen to the meeting, call 905-615 3200, ext. 5423 for instructions. The report will be available one week prior to the meeting at: http://www.mississauga.ca/portal/cityhall/planninganddevelopment

To share your views, email the Planning and Building Department by Friday at 4:00 pm, prior to the meeting date at application.info@mississauga.ca

Residents who really deliver

Thanks to our volunteers who delivered our Summer newsletter!

Adam Massicotte, Angie Lau, Ferzana Chase, Julia Halas, Julie Caty, Julie Walcott, Kathy Crosier and Mona Chitalia.



'Tis the season for a veggie dragon!

by Cara Cross

With the end of harvest season and the holidays around the corner, there will be gatherings of friends and family coming together to enjoy a meal and some quality time. A veggie dragon is a versatile dish that can be served any time of day, appeals to a variety of tastes and makes it fun for children to eat their veggies!

Ingredients:

5 large peppers (2 red, 1 green, 1 yellow, 1 orange)

7 leaves of red leaf lettuce

1 English cucumber

3 celery stalks with leaves

2 carrots

6 small dill pickles

7 large, pitted olives

½ cup red pepper hummus or your favourite dip

Directions:

- 1. Wash and dry lettuce and fresh vegetables
- 2. Separate celery, setting the small stalks and leaves aside to decorate the dragon
- 3. Trim celery and carrots and slice into thin sticks and place in a dish of cold water
- Lay each pepper on their side and carefully cut off the stem and carve a panel out of the side. Clean out the seeds from the inside to create a pepper bowl
- 5. Slice the pepper panels removed into thin sticks
- 6. Peel strips off the cucumber, cut it in thirds and then slice into thin sticks
- 7. Place the red lettuce leaves on row a long board
- 8. Place each of the peppers in a row, end to end, on top of the lettuce, starting and ending with a red pepper
- Slice each olive in half and affix it with frilly toothpicks to the front of the first red pepper to create the dragon's eyes. Affix a celery stalk or pickle to the front to create the dragon's snout
- 10. Make small slits in the peppers at intervals desired and insert the leafy lettuce and stalks to create the dragon fins and tail
- 11. Place a mix of pickles and olives in the front the red pepper, fill the next pepper with cucumber sticks, the next pepper with a mix of the pepper sticks and the next pepper with a mix of celery and carrot sticks
- 12. In the last pepper, pour in a thin layer of crushed ice and place a small bowl with the dip on top

Share and enjoy with friends and family on a cool fall evening!





Carmel Heights Redevelopment Update and Plans by Harry Henderson



STATISTICS TABLE				
SITE AREA	4.63 hectares (11.44 acres)			
NATURAL AREA & BUFFERS	2.42 hectares (5.98 acres)			
DEVELOPABLE AREA	49,934 sq m (537,481 sq ft)			
NO. OF UNITS	56			
HEIGHT	3 storeys			
NO. OF PARKING SPACES	129 spaces, including 17 visitor			

Proposed Development



On behalf of the Carmel Heights Re-development Committee (CHRC) and many concerned Sherwood Forrest residents, I'm pleased to report that our campaign to deter a large, planned redevelopment on the Carmel Heights site (two mid-rise apartment buildings plus ancillary facilities) was successful! The sale of the property to Argo Development Corporation was finalized in mid-June.

Argo has tabled for discussion with residents and City Planners, a plan to construct 56 single detached, freehold family homes on the property. Due to a single access point at Deers Wold and Sherwood Forrest Circle, it is necessary that the roadways within the planned development are Common Element Condominium (CEC) status.

Argo has submitted an application to the City of Mississauga, which is currently being reviewed as part of the pre-application process. A formal development application is forthcoming. Stay tuned for updates!





Finding and Celebrating Inner Peace and Happiness

by Olive Hanna

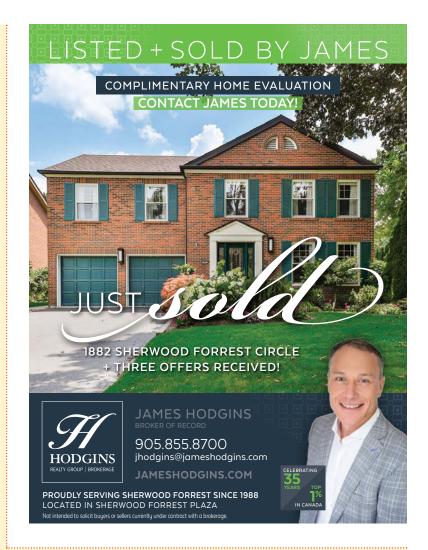
Every day I take a walk around Sherwood Forrest, I find and celebrate inner peace and happiness. The mature trees and landscaped gardens feel like a blessing. Morning walks make me happiest. It is the first thing I think about when I wake up and has become "My Moving Morning Meditation".

It helps clear my mind and keeps me in the moment. I feel part of everything around me and am thankful. Thankful for the neighbours who say "good morning" as we pass each other. For those like me who love their gardens. Especially those whose gardening days are over, but still make a point to thank me for mine. By the time I return home I feel relaxed and ready for the day.

I myself grew up part of a large family in a small house, close to nature. The front lawn was small enough to be cut with garden shears. Much-loved perennials created plashes of colour, along with annuals grown from seeds. The joy and anticipation we felt, waiting for a small seed grow into a beautiful flower, developed in us an awareness and love of nature. As a community we grew as one.

In the garden of life everyone's needs are different. Some of us can grow in the cracks in pavements. While others need well drained nutrient-rich soil. Yet despite what makes us different, we all want to grow in happiness. For some that can mean having food to eat and a roof over their head. For others it can be finding freedom from war or persecution. For many more, the demands of daily life make them wonder if inner peace and happiness really exists or is it just a childish notion that fades with time.

Just like the flower growing in the pavement crack, everything we need is inside us. From our first breath at



birth, we are programmed to survive and create an environment in which to grow. We must pull close or push away the world around us, so we can live our life with ease. Knowing who we are keeps us safe and feeds our awareness. Thus, our life's journey begins and our goals take root.

It is the ordinary perfectness of life that fills us with delight and makes us dream. A place where we can go to catch a glimpse of peace and happiness. Where the most expensive treasure lies within. We share it every time we say thank you or hello! We leave them with our joy for the peaceful road is calling and we must be on our way.

"If you want to live a life of happiness, tie it to a goal, not to people or things."

Albert Einstein

Like It or Not

Like It...

I like the way Julie Caty cleans up our neighbourhood even when it's not Earth Day!

Like It...

I really like the 'slow down' posts that have been added to the streets. We could use even more. I will be sorry to see them disappear with the coming of winter.

Not...

I may be beating a dead horse (or in this case, dead grass) but like many other readers and residents, I have seen a noticeable lack of house pride when it comes to landscaping and property upkeep across Sherwood Forrest over the past year. I suspect many of these homes are rented. I don't blame the renters (except when it comes to not cleaning up their own garbage). I blame absentee landlords who should at least be paying a service for property maintenance since they're probably charging a lot for rent.

Like It...

I like that a few trees in Sherwood Green Park were moved to accommodate the Fun Day / Summer Social events. Thanks to Bruno and Launa for spearheading that effort.

Have something to say?

Email your Likes or Nots to SherwoodForrestRA@gmail.com



Experience premium retirement living

Book a tour today, have lunch on us **905-820-8210** or **gmiksa@shannex.com**

1665 The Collegeway, Mississauga | experienceparkland.com/ontheglen

Thinking of downsizing? Tony is your one stop service provider!

When you sell with Tony you will receive the following

at no extra charge:

- De-cluttering
- Supply of all packing materials
- Packing of your belongings
- Moving service to your new residence
- Un-packing and set-up in your new residence
- Complete removal and action plan for all unwanted belongings
- Preparation of your home for the Real Estate market
- Professional Financial Consultation (if desired)

Tony Whitehouse

Sales Representative Senior Relocation Specialist Accredited Senior Agent (ASA)

Cell: 647-378-1789 twhitehouse@royallepage.ca



Say hello to Chase! Chase, is a lovable standard poodle, owned by Brook Walwyn. Chase started as a playful puppy and has always been ready to warmly greet



everyone he meets. Chase exhibits a remarkable combination of intelligence and charm. Brook says that he exemplifies the deep connection between humans and their furry companions. If you are walking in the neighbourhood or visiting Brook's business, The Poodle Parlour, you're going to see this friendly and sociable companion.





Dory found at **Sherwood Green**

To help cushion the mixed feelings that go along with back-to-school week, SFRA held two outdoor movie nights on consecutive Fridays at Sherwood Green Park. Approximately 50 movie goers enjoyed Finding Dory while a couple dozen saw how the Indiana Jones saga ended.

SFRA Executive Committee

Contact Name	Title & Duties	Contact Number	Email
Bruno Galle	President	905.855.1971	2019sfrapresident@gmail.com
Maria Fernandes	Vice President	647.390.2334	mdfernandesa@gmail.com
Steve Blaney	City Liaison	905.855.1070	steveblaney@rogers.com
Soni Sharma	Treasurer	647.330.7664	soni_sharma@outlook.com
Alouise Henderson	Membership Drive	905.823.2099	henderson.h@rogers.com
Launa Crasto	Secretary	647.274.0118	launsk@hotmail.com
Noella Caspersz	Advertising & Sponsorship	905.822.7363	noellacaspersz@yahoo.ca
Al & Mary Zizek	Newsletter, Website & Events	905.823.5321	al@pinchanddash.com
Glenna Gallant	Communications	647.234.2677	ggalla5548@gmail.com
Cara Cross	Events & Facebook	437.779.7676	caramcross@gmail.com

UPCOMING EVENTS

SFRA AGM

via Zoom **Tuesday, November 7th** 7:30 pm

Help support your



















ease email **SFRAadv**

*Mutual funds distributed by Sun Life Financial Investment Services (Canada) Inc.
Sun Life Assurance Company of Canada is a member of the Sun Life Financial group of comp
© Sun Life Assurance Company of Canada, 2019.

