

Summer 2021

# Sherwood Forrest

## neighbourhood news



A quarterly newsletter  
issued by the  
Sherwood Forrest  
Residents Association

### What's Inside

What's Shakin' in the Hood	2
Easter Scramble Solved	2
Carmel Heights Zoom Meeting	3
Celebrating Canada Day	4
K9 Corner	4
'Tis the Season	5
Like It or Not	6
Earth Day Art	7
SFRA Committee	7
Local Business Directory	8

Newsletter design compliments of  
**Pinch&Dash inc.**  
Seasoned Marketing Services  
[pinchanddash.com](http://pinchanddash.com)

## Summer Can't Get Here Soon Enough!

by Bruno Galle, SFRA President

Hopefully the stay-at-home order has been lifted by the time you read this newsletter (after being extended yet again!). It feels like we have been on lockdown forever. But with COVID-19 cases trending downward and vaccination numbers ramping up, we could finally be moving towards something that resembles our pre-coronavirus normal.

Many of the social events that SFRA normally holds throughout the year had to be altered or cancelled altogether, including our largest event of the year: Fun Day & Summer Social. If there is a tiny bright side to this, some of our modified events turned out to be quite popular and we are considering holding them again next year.

This year marks the 30th anniversary that SFRA has been representing the interests of residents and hosting events for our neighbourhood. We are holding out hope that we'll be able to celebrate this special milestone with a social event in the fall.

**If you have a favourite photo or memory of an SFRA event over the past 30 years (the older, the better!)**

**that you'd like to share, please send it to [SherwoodForrestRA@gmail.com](mailto:SherwoodForrestRA@gmail.com). We'll put a collection of them in our next newsletter and post them on our website.**

The CHRC sub-committee has been busy submitting questions to the City of Mississauga planners in response to the most recent Carmel Heights redevelopment proposal. CHRC welcomes any questions or concerns that you may have. If you would like to ask a question, post a concern or find out the most recent news, visit our website at [SFRA.ca](http://SFRA.ca) and follow the CHRC link. **The CHRC is also hosting a Neighbourhood Zoom Meeting for all residents on June 22nd.**

Even though summer isn't officially here yet, the days are longer and warmer and the humidex has already hit 30 degrees a few times! It feels like we are nearing the light at the end of this very long tunnel, so let's all continue to get vaccinated ASAP so that we can get there even faster.

We're almost there... be well, stay safe and enjoy your summer!

**Carmel Heights Zoom Meeting**  
Tuesday, June 22 @ 7:30 p.m. See pg 3 for details.



Join us on Facebook and visit the SFRA website for news about our neighbourhood.

[www.sfra.ca](http://www.sfra.ca)

# What's **Shakin'** in the HOOD



## Little Libraries, Big News

Through the tenacious efforts of Maria Fernandes, the City has approved our Little Library project! **We have been given a grant to build three little libraries** that

will help foster literacy and social interaction (safely of course!). The li'l library locations have not been finalized but potential sites throughout the neighbourhood include Sherwood Green Park, Sevenoaks and King Forrest.

## SFRA Membership Drive Update

Thank you to everyone who has already paid their 2021 membership dues. Thus far we have collected just over \$3,500.



If you are able to contribute, please **drop off a cheque payable to SFRA in the mailbox at 2581 Robin Drive or send an Interac e-Transfer to [sfratresury@gmail.com](mailto:sfratresury@gmail.com)** (no password required).



## Lot Severance Application

The property owner of 1949 Lincoln Green Way has made an application to the City's Committee of Adjustment (File No: B32.21 A191.21 A192.21)

for the approval to sever the existing parcel of land and create two lots. A virtual public hearing has been scheduled on Thursday, June 3rd at 1:00 p.m. **For more information and to provide your comments, concerns and objections:**

**Email [committee.adjustment@mississauga.ca](mailto:committee.adjustment@mississauga.ca) or call 905-615-3200 x 5209**

# Easter Scramble Solved

Though we're looking forward to hosting a real Easter Egg Hunt next year, the first-ever SFRA Easter Words Scramble Hunt was a great success! We had 20 correct entries representing 40 inquisitive young gumshoes. The 11 large letters displayed on homes around Sherwood Forrest spelled PETER RABBIT.



Special thanks to Soni and Alouise for gift prep and delivery!



LOOK WHO'S SELLING HOMES  
in **SHERWOOD FORREST!**

Thank you  
for allowing me to be the

**#1 Sales  
Representative**

in Sherwood Forrest for 2020\*  
(21 years in a row)



**GARY BETTS**  
Sales Representative



[www.garybetts.com](http://www.garybetts.com)  
[gary@garybetts.com](mailto:gary@garybetts.com)

#22 RE/MAX INDIVIDUAL AGENT IN CANADA (2020)  
#55 RE/MAX INDIVIDUAL AGENT WORLDWIDE (2020)  
AWARDED BY REMAX INTERNATIONAL FOR SALES ACHIEVEMENTS

**905-272-3434**

Follow me on Instagram @garybettsremax

\*Sales Statistics from The Toronto Real Estate Board, Years 2000 through 2020



# Carmel Heights Zoom Meeting

**Tuesday, June 22 @ 7:30 p.m.** by Don Hendry

The Carmel Heights Redevelopment Committee (CHRC) invites all Sherwood Forrest residents to a Neighbourhood Zoom Meeting to update everyone on the status of the Carmel Heights redevelopment proposal.

To register for the Zoom meeting on June 22nd, and submit any questions or concerns, please email [chrc2021sfc@gmail.com](mailto:chrc2021sfc@gmail.com).

You must be a Sherwood Forrest resident and be pre-registered to attend the meeting. **If you do not have access to Zoom or email, please call 416-565-3689** so that we can address and include your questions or comments and/or provide you with a telephone number to hear the meeting over the phone.

The CHRC, on behalf of Sherwood Forrest residents, continues to oppose the rezoning application by Micor Developments that would permit the massive redevelopment of Carmel Heights.

The CHRC welcomes the renewal of Carmel Heights as a seniors' residence, but believes it should reflect the property's unique characteristics: very limited access routes, long and narrow dimensions and the fact that it is nestled within an established residential neighbourhood.

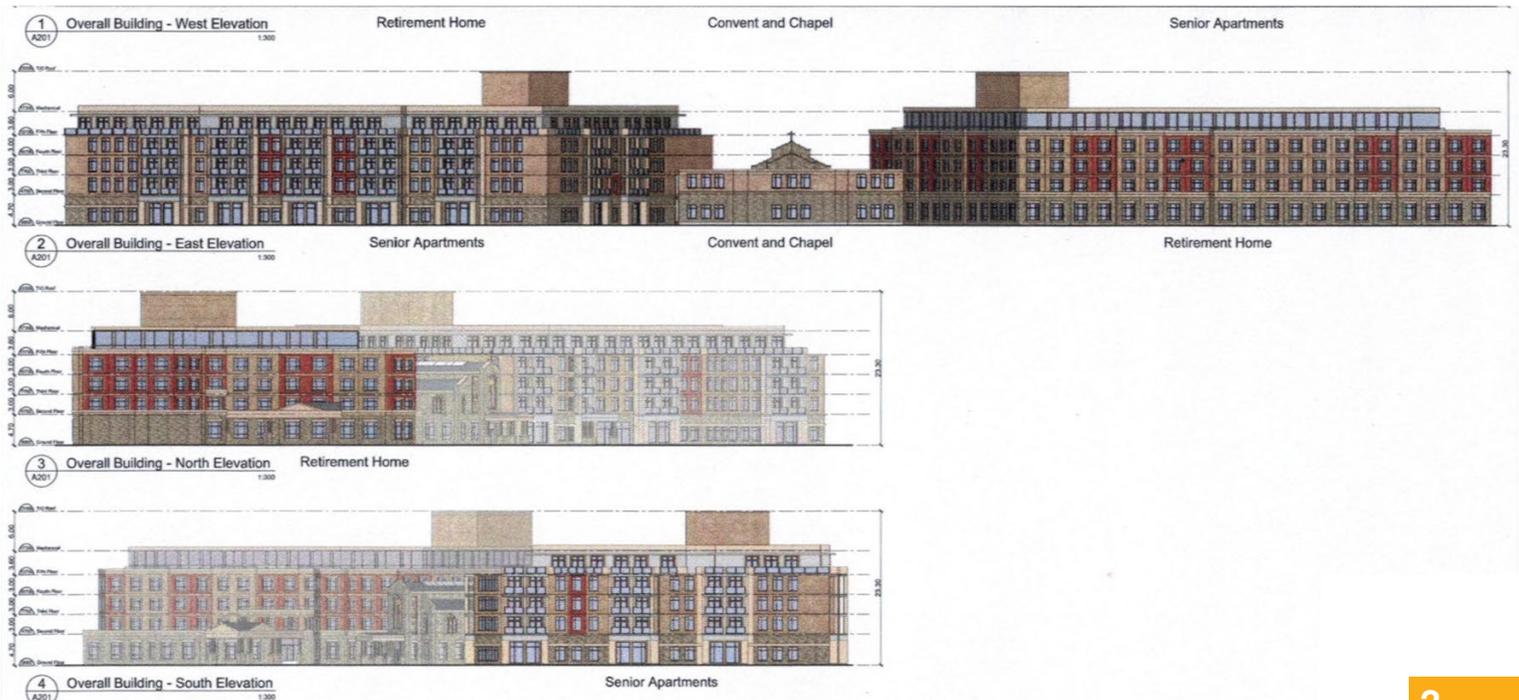
The revised application to The City of Mississauga ignores these factors. It currently includes two 5-storey buildings, a 2-storey convent (285 total units) and a large chapel (capacity unknown).



Heating • Cooling • Plumbing  
 Drains • Duct Cleaning

[atlascare.ca](http://atlascare.ca) (905) 829-1296

Editor's note: Last issue, we inadvertently left out the contact information in the Atlas ad. We would like to thank Atlas for their continued patronage and for printing our newsletter.



# Celebrating Canada Day

by Cara Cross

True north strong and free, Canada has always been a symbol of peace and friendship to the world. Looking for some fun ways to celebrate our collective 154th birthday? Here are six family friendly suggestions:

**C**ook up some delicious Canadian favourites. Did you know that butter tarts, poutine and Nanaimo bars were invented in Canada?



**A**dorn your home in red and white and fly the Canadian flag.



**N**atural wonders are all around for us to explore. Walk or bike along one of our many nature trails and identify the native birds, flowers and trees that call Canada home.



**A**ddress a card or email to someone you miss with a famous Canadian quote. Celebrate the accomplishments of Lester B. Pearson, Lucy Maud Montgomery, Oscar Peterson, Wayne Gretzky, etc.



**D**ress up in your most festive reds and whites!



**A**muse your family with a game of Canadian themed charades or challenge them with Canadian trivia. Find resources at [westminsterpc.ca/tgctc2020/](http://westminsterpc.ca/tgctc2020/) and [dltk-kids.com/Canada/canadian\\_trivia.htm](http://dltk-kids.com/Canada/canadian_trivia.htm)



Hi! I'm **Lola** and I am a showgirl. I am a 9-month-old Golden Retriever and I live on Hammond Road backing onto Dean Henderson Park with my foster parents Karen and Mark. Around 8 am I hit the streets for a 40-minute walk, looping around Hammond Road, down King Forrest and around the tennis courts. I do chase the odd blowing leaf, stalk a few squirrels and birds, but other than that I am a pretty good walker for my age. No time to stop to pee, poop or sniff! I say hello to anybody and any dog, although you may want to stand back a bit because I get so excited that I do tinkle a tad. My best buddies are Joanne, Liam and Andrew, Fern and Rudy, Bennett, Kathleen and Russel, Keith who gives me treats, and our letter carrier Amanda. My idol is Shooter, a 12-year-old Golden who is still rocking the body of a showgirl!



2021 MARKET FORECAST IS OFF THE CHARTS!

WHAT'S YOUR HOME WORTH?

FREE, QUICK ONLINE HOME EVALUATION

[housevalue4me.info](http://housevalue4me.info)



**JAMES HODGINS**  
Broker Of Record

905-855-8700  
[jhodgins@jameshodgins.com](mailto:jhodgins@jameshodgins.com)

(Located in Sherwood Forrest Plaza)  
Not Intended To Solicit Properties Currently Under Contact



# 'Tis the Season... for BBQ!

by Cara Cross



Make the most of long summer days by moving dinner to the great outdoor BBQ. Prep and cleanup can be easy by using a couple of tried and true cooking tricks.

1. Start with a clean grill: Heat up your grill to burn off any leftover residue and then use a scraper for any tough bits.
2. Oil your clean grill: Use a cooking spray formulated for grilling.
3. Use foil grill pans: This is the secret to evenly cooked skewers and veggies without burning.



For a delicious and light homemade marinade, try this Greek style dressing.

Ingredients: 1 fresh lemon juiced, 1 tsp minced garlic, 1/4 cup white wine, 2 tbsp olive oil, fresh thyme, oregano, and rosemary, salt and pepper to taste.

Mix all the ingredients together in a freezer bag and let the skewers marinate for several hours. **Enjoy!**



## Fresh Sparkling Lemonade

Ingredients: 2 lemons, 1 litre bottle of lemon flavoured sparkling water, 2 cups of prepared brand lemonade.

In a large glass pitcher, fill half way with ice, squeeze the juice from one lemon and slice the other into thin slices and add to pitcher. Pour in the prepared brand lemonade and sparkling water and stir.



## Coleslaw with Apples, Almonds and Cranberry

Ingredients: 2 Gala apples, 1 package of tri-coloured coleslaw, 1/3 cup sliced almonds, 1/3 cup dried cranberries, 1/3 cup light mayonnaise, 1/3 cup coleslaw dressing.

Chop apples into small cubes and combine all ingredients in a large bowl.

## BBQ Skewers

The trick to a perfectly cooked skewer is grilling them on a perforated foil tray. This method allows the food to cook evenly without burning. Many grocery stores sell pre-seasoned skewers. In this case all you need to do is spray your pan and place on the BBQ. Flip every 5 to 7 minutes.

SHOP ONLINE: [VILLAGESPAS.COM](http://VILLAGESPAS.COM)



## VILLAGE WELLNESS SPA

RECEIVE 10% OFF YOUR FIRST SPA SERVICE WITH US. NEW CLIENTS ONLY

1900 DUNDAS STREET WEST,  
SHERWOOD FOREST PLAZA

# Like It or Not

## Like It...

Our Sherwood Forrest book club has become one of my favourite activities each month. With interesting and lively conversation, it's a great way to spend a Tuesday evening.

## Not...

Squirrels, rabbits and other creatures that eat every one of my tulip bulbs as soon as they bloom. I am happy to share if they would just leave half!

## Like It...

Our friendly Canada Post carrier. Next time you see him (or her), wave hello and say thank you!

## Like It...

The recent Zoom fitness session was very good and showed how close this great community is... congrats to all!

**Have something to say?** Email your Likes or Nots to [SherwoodForrestRA@gmail.com](mailto:SherwoodForrestRA@gmail.com)

## Grass Clippings No Longer Accepted

As many residents may have already found out, grass clippings are no longer accepted at the curb or at any Community Recycling Centre. You can practice grasscycling by leaving grass clippings on the lawn after you've mowed it. Grasscycling reduces water and fertilizer use, and keeps your lawn healthy by providing nutrients and preventing weeds from growing.



### You're With Community

Parkland team members are dedicated to delivering the exceptional service and care we are known for. Placing residents first is as important now as it has always been. Join the Parkland community and enjoy services and amenities specifically designed to give you the freedom to maintain your active, healthy and independent lifestyle.

As always, we're in this together. Always Parkland.

### Offering a \$1,000 moving incentive\*

Connect with Grace to learn more.  
905-820-8210 or [gmiksa@shannex.com](mailto:gmiksa@shannex.com).



1665 The Collegeway, Mississauga  
[experienceparkland.com/ontheglen](http://experienceparkland.com/ontheglen)

\*Conditions apply.



While we couldn't host our annual Earth Day Community Cleanup due to COVID restrictions, our neighbourhood was considerably brighter for a couple of weeks as a result of our Earth Day Art contest.

We randomly selected 10 entrants (Sandra Shoufani, Adam Massicotte, Paige Massicotte, Shanaya Sharma, Penny Westgate, Karen Blanchette, Sarah Horn, Daniel Horn, Gabriella Lotesto, Amy Baig) who each won a Dairy Queen e-gift card. Thank you to all of our talented artists for sharing!



# UPCOMING Events



Post-COVID-19  
**Social·21**  
**DATE TBD**  
**Stay Safe, Stay Tuned & Get Vaccinated!**

## SFRA Executive Committee

Contact Name	Title & Duties	Contact Number	Email
Bruno Galle	President	905.855.1971	2019sfrapresident@gmail.com
Maria Fernandes	Vice President-Internal	647.390.2334	mdfernandes@gmail.com
McKenzie Edwards	Vice President-External	647.990.1060	2018sfra@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

Contact the SFRA and get involved in your neighbourhood.

# Help support your local businesses

Interested in advertising with us?  
Please email [SFRAadvertising@gmail.com](mailto:SFRAadvertising@gmail.com)



**RE/MAX**  
Re/Max Realty Specialists Inc.,  
Brokerage

**GB** **GARY BETTS**  
Sales Representative

#22 RE/MAX INDIVIDUAL AGENT IN CANADA (2020)  
#55 RE/MAX INDIVIDUAL AGENT WORLDWIDE (2020)  
AWARDED BY REMAX INTERNATIONAL FOR SALES ACHIEVEMENTS

www.garybetts.com • gary@garybetts.com  
905-272-3434 Follow me on Instagram @garybettsremax

**coronamortgages.ca**  
RESIDENTIAL - COMMERCIAL - PRIVATE  
EQUIPMENT LEASING



**Sharon Corona**  
Mortgage Agent  
Lic.#M18000009

416-985-5559  
[corona4mortgages@gmail.com](mailto:corona4mortgages@gmail.com)

**DOMINION LENDING CENTRES**  
Independently Owned and Operated FSCO 12360

**Lambert Chiropractic Health Centre**

Dr. Bruce R. Lambert  
Family Chiropractor

150 Lakeshore Rd, West, Suite 104  
Mississauga, ON. L5H 3R2  
Tel: 905 271 5557 Fax: 905 271 8950

[www.healthy-spine.com](http://www.healthy-spine.com)

*Sandy Sun* Broker  
Cell: 416-823-6913

Bus: 905-828-1122  
Fax: 905-828-7925  
www.sandysun.ca  
sandysun@royallepage.ca



**ROYAL LEPAGE** 5055 Plantation Pl.,  
Mississauga, ON L5M 6J3

**INDER SINGH**  
REAL ESTATE GROUP

**SOLD FOR TOP DOLLAR  
NOT JUST SOLD**

DIRECT: 416.414.2093 | OFFICE: 905.855.2200

**RE/MAX** by ENTERPRISES CHAIRMAN'S BY PLATINUM

Inder Singh - Broker



Over 25 yrs of beautiful transformations  
Knowledgeable, Reliable, Professional

Frank Torrelli  
torrellihomes@bell.net  
(Cell) 416-985-9589  
(Alt) 905-274-0041

**TORRELLI HOMES**  
Complete Home Renovations/Build  
[www.torrellihomes.com](http://www.torrellihomes.com)



**GET A FINANCIAL CHECK-UP**

There are lots of reasons to save money for the future - and lots of ways I can help.

Annuities • Mutual Funds • Life Insurance



**Amarina Singh**  
647-328-3860  
amarina.singh@sunlife.com

**Sun Life Financial**  
Life's brighter under the sun

\*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 companies.  
© Sun Life Assurance Company of Canada, 2019.

*Commission Special For Our Sherwood Forrest Neighbours*

**HODGINS** Realty Group Inc., Brokerage

**JAMES HODGINS**  
TOP 1% IN CANADA  
BROKER OF RECORD | 905-855-8700  
jhodgins@jameshodgins.com | jameshodgins.com

30 YEARS OF SERVICE



**VISIT US AT SHERWOOD FORREST PLAZA**



**BARBARA BONIFACIO**

Personal Trainer  
Functional Aging Specialist  
Fitness and Wellness Coach  
Pre-Post Natal  
Running Coach  
Fitness Instructor

Contact: 416 627 6948  
[exhalefit@rogers.com](mailto:exhalefit@rogers.com)

**Russ Novoselov**  
Mortgage Agent, Lic# M20001399

**polo loans**  
you're approved™

**C: 613.601.8143**  
**E: [russn.poloans@outlook.com](mailto:russn.poloans@outlook.com)**  
[www.poloans.com](http://www.poloans.com)  
Brokerage License # 11523

28 Drewry Ave, Lower Level  
North York, ON M2M 1C8