



Park Royal Community News

Park Royal Community Association since 1956

December 2018

Volume 8 Issue 4



Courtesy of The Compass Food Bank

PRCA board members Trevor Isaac (left) and Dorothy Syer (centre) deliver 1200 pounds of food.

PRCA Food Drive for The Compass

On Monday, November 26, 2018 volunteers with the Park Royal Community Association picked up from over 25 Park Royal residents over 1200 pounds of donated non-perishable food and goods.

The food was donated to The Compass Food Bank as part of the GivingTuesday initiative on Tuesday, November 27, 2018.

Willow Glen Park commences in 2019

The construction of Willow Glen Park, featuring a soccer field, playground, parking lot and pathway system, will commence in 2019.

Residents near the park will receive notification prior to the start of construction. The City of Mississauga has ensured that The Willow Tree, given by former mayor Hazel McCallion, will be protected during construction.

Multi-use Trail construction continues

As of Monday, November 5, 2018 a new bridge over Sheridan Creek began construction as part of the new Sheridan Creek Trail. This section is anticipated to be completed by December 24, 2018 weather permitting.

A portion of the Sheridan Creek Trail within the Hydro One corridor is closed for its full reconstruction in conjunction with the new bridge construction. The Sheridan Creek bridge installation is scheduled for the first week of December.

This trail may be temporary re-opened (for public convenience) before December 2018 for a shorter access to the Clarkson GO and schools. Public safety is paramount and reopening the trail can only occur after the bridge is installed, which is anticipated by November 26, 2018.

The Winston Churchill Blvd to Bromsgrove Road section of the trail will commence in April with anticipated completion in June 2019.

Clarkson Transit Station Area Study

The Government of Ontario and their partners at Metrolinx are investing in convenient, integrated transit across the province. This includes electrification of the GO train lines. In Mississauga, the Lakeshore West GO line will undergo changes to allow for electrification and 15 min, all-day two-way service.

To prepare for these changes, the City of Mississauga is developing a plan for the area surrounding the Clarkson GO station. The Clarkson Transit Station Area Study will provide a planning framework to guide future development, ensuring it supports transit and contributes to the walkability of the area. In addition, the study seeks to:

- Gather feedback from stakeholders and the local community
- Complete a transportation assessment
- Explore the possibility of employment land conversions
- Develop a land use plan and policies

The City of Mississauga is leading the Clarkson Transit Station Area Study in partnership with the Region of Peel. A consultant team is providing specialized expertise in land use planning, policy development, urban design, transportation and economic viability.

There are two community meetings on Wednesday, December 5, 2018 from 3:30 pm to 5:30 pm or 7 pm to 9 pm at the Clarkson Community Church. To participate in a One on One Interview please email romas.juknevicius@mississauga.ca.

New pet clinic opens in Park Royal

On November 5, 2018 the Truscott Animal Hospital officially opened its doors. The reception area at first glance is modest yet inviting but, it's the welcoming smile of Dr. Medhat Meawad that draws you in.

Having practiced veterinarian medicine for over 20 years the decision to come to Park Royal was an easy one.

"Having spoken to many of the residents here while researching locations, I came to realize that there was a huge demand for affordable veterinarian services." Dr. Meawad went on to say, "my focus will always be on service, reliability and affordability."

The clinic offers flexible hours, is open 7 days a week and for 24/7 emergency calls.

Community Calendar

Christmas in the Village

Thursday, November 29, 2018 (7 pm to 11:30 pm). 1880 Lakeshore Road West. Annual tree-lighting event, hosted at Chartwell Baptist Church. Featuring local musicians, community choirs, hot soup, hot chocolate, cookies, candy canes, petting zoo and Santa.

Happy Christmas Family Craft

Saturday, December 1, 2018 (11 am to 12:30 pm) Clarkson Library. Children and families can create several different Christmas crafts to decorate their tree. Collecting unwrapped toys for Toys for Tots.

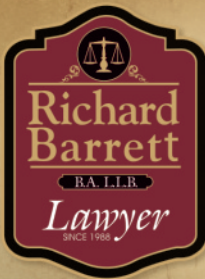
If you have news or an event that would interest the residents of Park Royal and Benedet Woods let us know at newsletter@parkroyalca.org.

Clarkson Transit Station Area Study

Wednesday, December 5, 2018 from 3:30 pm to 5:30 pm or 7 pm to 9 pm, Clarkson Community Church, 1880 Lakeshore Road West. Help create a vision for the future of the Clarkson Transit Station Area. If you wish to attend the presentation and workshop activities you must register.

Winter Wonderland

Saturday, December 15, 2018 (11 am to 1 pm) Clarkson Community Centre and Library. Free activities include: winter storytime pictures with Santa, face painting, making crafts, building lego, photobooth and hot chocolate.



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Benedet Drive closed at South Sheridan Way

Region of Peel continues watermain replacements in Park Royal

Residents should expect park trail closures, traffic disruptions, road and lane closures, and reduced street parking

The Region of Peel is continuing to replace watermain, water services and fire hydrants throughout the Park Royal area and in Ward 2. The current infrastructure is outdated and requires frequent repairs, and some areas have experienced low water pressure. The Region is also installing new (large) transmission watermain to enhance the water supply distribution.

Construction

Assignment B (13-1347 B) is in the industrial park northwest of Erin Mills Parkway and the QEW. This work will include a tunnelled crossing of the QEW and tunnelling work on Benedet Drive, and construction is anticipated to begin this month (November 2018) to the fall of 2020.

Assignment C (13-1347 C) is located along the multi-use trail in Kogaydiwin Park between Benedet Drive and Southdown Road, and the north half of Thetford Court. The construction

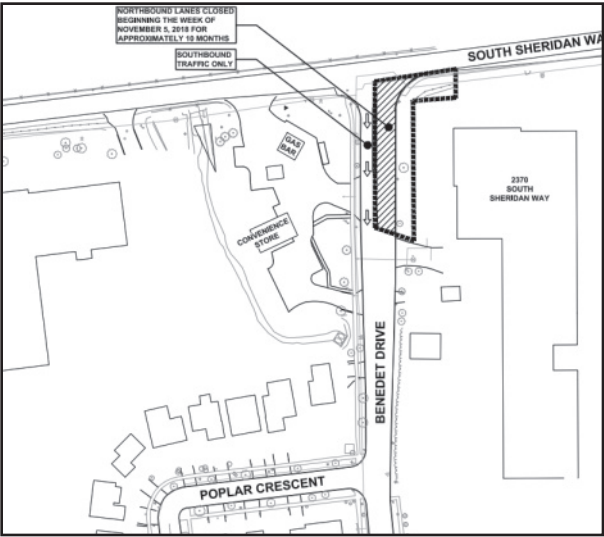
began in the summer of 2018 and is anticipated to be complete by summer 2019. Sections of the multi-use trail will be temporarily closed during construction and pedestrians are asked to obey safety signage.

While the Region is working to minimize the impacts of construction, residents should continue to expect park impacts, traffic disruptions, lane closures and reduced on-street parking while the watermain construction work progresses. Once the work has been completed any disturbed areas will be restored.

Road closures

Benedet Drive is closed to northbound through traffic between Poplar Crescent and South Sheridan Way for approximately 10 months to accommodate the necessary construction. Local traffic will be permitted from Poplar Crescent to access the convenience store and gas bar only. There will be no access to South Sheridan Way.

North Sheridan Way and Flavelle Boulevard will be closed for approximately 50 metres north and east of the intersection to accommodate the



Courtesy of the Region of Peel

Benedet Drive is closed northbound through traffic between Poplar Crescent and South Sheridan Way.

necessary equipment and materials required to complete the watermain crossing. Access to Shaw (2055 Flavelle Boulevard) will be maintained from both North Sheridan Way and Flavelle Boulevard during the road closure. The closure is expected to begin the week of January 7, 2019 and last for approximately seven months.

Getting rid of those winter blues

by Neena Popat, Pharmacist
Truscott I.D.A. Pharmacy

The holiday season is winding down, tempatures are dropping and the countdown to summer is on. Does this sound all too familiar?

Seasonal Affective Disorder (SAD) or sometimes known as the "winter blues" is very common amongst the public and otherwise healthy individuals. It typically affects one's mood and daily behaviour including oversleeping, overeating, withdrawal from social contacts and low energy levels.

We are here to help you and your loved ones. Here are some tips to help you get through these next few months:

Brighten your surroundings

Using articial light or sitting next to a window for at least 30 minutes per day.

Excercise

Keep that body moving. The Canadian Physical Activity Guildelines recommend 150 minutes of moderate intensity excercise per week.

Put those dancing shoes on

Several studies have shown the short-term and long-term benefits of music and dance therapy.

Volunteer and help others

Local charities and food banks are always in need of volunteers which can help with overall satisfaction of helping someone else in need.

Get outside but bundle up

There's nothing like a breath of fresh air to help clear the mind and reduce stress levels.

Vitamin D

The "sunshine vitamin" must be acquired from other sources including food and supplements to help boost the immune system and reduce the occurrence of certain disorders such as osteoporosis or rheumatoid arthritis.

During the winter months, exposure to natural Vitamin D is scarce due to the frigid temperatures and angle of the sun. Osteoporosis Canada recommends a minimum intake of 400 to 1000 IU of Vitamin D intake daily in healthy individuals.

2019 PRCA membership

With the end of the year approaching it is time to renew your Park Royal Community Association membership for 2019. For just \$5 for the year, you'll be apart of our busiest year in decades. We are planning many events for 2019 while continuing to keep you informed of what is happening through this newsletter and our ongoing email communications. Any Park Royal resident may join by completing the form below or online at www.parkroyalca.org.

The Park Royal Community Association (PRCA) strives to foster a sense of belonging, pride and commitment to the people, businesses, and institutions within its community.

This free newsletter will be published four times a year and distributed to all members of the community.

Special thanks to Karen Ras, Gaggan Gill, Trevor Isaac, David Field, Dorothy Syer, Dan Duncan, Chris Ganowski, Karen Ryan, Richard Barrett, Karen Switzer, Neena Popat, Nicole Sartor, Michele McDonald, David Harris, Derek Chaves and Nigel Boubert for making this edition of the newsletter possible.

Contact us at:
President: Chris Ganowski
Email: prcaboard@parkroyalca.org
Web: www.parkroyalca.org
Like us on Facebook



Join the Park Royal Community Association

Membership fee: \$5 per person. Enclose a cheque payable to "Park Royal Community Association" in an envelope labelled PRCA and deposit the envelope in the mailbox at 1515 Thetford Court. Call Tamara at (905) 822-3786 if you need help obtaining your membership.

Join online.
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www.parkroyalca.org

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By completing the form and submitting the annual membership fee:

- I request to become a member of the Park Royal Community Association.
- I confirm that I live within the PRCA geographical boundaries at the address declared.
- I consent to being contacted by the PRCA using the provided information.

The PRCA confirms that it will:

- Not publish your contact information without requesting your consent.
- Maintain the privacy of your information within its powers to reasonably do so.
- Update your membership information when you provide same.
- Unsubscribe you from membership, mailings or emails upon your request.