

April 2019

NEIGHBOURS OF

ST. ANDREWS & HIGHLAND GATE

An exclusive magazine for the residents of the Hills of St. Andrews, Aurora Heights, Orchard Heights and Highland Gate

RESIDENT FEATURE

LIFE IS BEAUTIFUL: MEET SANDRA LONGO

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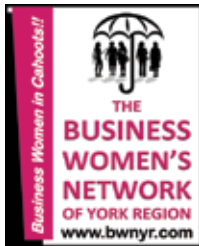
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Feedback/Ideas/Submissions

Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 25th of each month. Go to www.bestversionmedia.com and click "Submit Content." You may also email your thoughts, ideas and photos to: jachtermeier@bestversionmedia.com.

Upcoming Content Submission Deadlines

Content Due:	Edition Date:
January 25	March
February 25	April
March 25	May
April 25	June
May 25	July
June 25	August
July 25	September
August 25	October
September 25	November
October 25	December
November 25	January
December 25	February



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Dear Residents,

Spring is here!

This month we share the remarkable story of Sandra Longo, a self-described ordinary gal who overcame extraordinary odds and is now giving back through her charity, Navy Street.

Along with spring, we celebrate asparagus! Enjoy these delicious recipes with a favourite spring veggie.

As always, we love to hear from you. If you have a story to share, a unique accomplishment, favourite pet or artistic talent, send us a photo and brief description and we'll share it with the community in our next edition!

From *Neighbours of St. Andrews & Highland Gate*, we wish you a wonderful April filled with spring fever!



Chris Parfitt
Chris Parfitt
Publisher



Julie Achtermeier
Julie Achtermeier
Content Coordinator



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April 2019

29

Mar 29-31, Fri-Sun.

Newmarket Home & Lifestyle Show

@Ray Twinney Recreation Complex, 100 Eagle St.

This is the largest Show in the Heart of York Region! With landscaping to renovating to decorating, the show brings together products and vendors, expert ideas and home trends in one convenient location. Kids entertainment, DIY seminars & food!

Time: 4-8pm Fri; 9am-5pm Sat; 10am-5pm Sun

Cost: Adults \$5; Children under 12 FREE

<https://www.newmarketchamber.ca/homeshow>

04

Apr 4, Thurs.

Arts Society King Studio Tour King Opening Reception

@King Heritage and Cultural Centre, 2920 King Rd.

Meet new and returning artists participating in the 2019 Studio Tour King. Light refreshments. Join us and mix and mingle with some of our most talented and acclaimed artists! Exhibit runs from March 18 to April 24.

Time: 7-9pm

Cost: Free

11

Apr 11, Thurs.

Dinner Gala – Business Women's Network of York Region 5th Annual Awards

@The Venetian, 219 Romina Dr.

Each year we highlight successful business women in York Region in seven categories and one deserving recipient is awarded Business Woman of the Year.

Time: 6-9pm

Cost: \$65 Members; \$75 Non-Members

www.bwnyr.com

Apr 11, Thurs.

Teen Challenge Ontario Women's Centre 2019 Gala

@Bellvue Manor, 8083 Jane St.

Plan to join us for our Teen Challenge Gala Banquet featuring a very special performance of powerful singing and testimonies from the Teen Challenge Ontario Women's Choir!

Time: 5:30-9:30pm

Cost: \$65

www.tcgta.ca/spring-gala-banquet19

12

Apr 12-14, Fri-Sun.

Aurora Chamber Home & Living Show

@Stronach Aurora Recreation Complex (SARC), 1400 Wellington St E.

Over 150 vendors gather to provide expert advice while showcasing their products and services to 3000 visitors over the course of the weekend. It is an excellent opportunity for local businesses to connect with customers and for residents to find solutions for all of their home and personal improvement needs. The Aurora Chamber Home & Living Show is the must-attend Show in York Region!

Time: Fri 4-8pm; Sat 9am-5pm; Sun 10am-4pm

www.aurorachamber.on.ca/home-show

17

Apr 17, Wed.

Aurora Chamber Network & Learn Breakfast: Networking for Success

@St. Andrew's Valley Golf Club, 4 Pinnacle Trail

Join us for formal networking with a hot buffet breakfast and an informative talk by Jill Shoenhofer, MBA, Founder

of WellConnected. Making a great first impression is crucial to networking and the ability to build relationships includes skills that will improve your business.

Time: 7:30-9:30am

Cost: \$25 Members; \$35 Non-Members

www.aurorachamber.on.ca

28

Apr 28, Sun.

Giant Indoor Garage Sale

@Aurora Seniors Centre, 90 John West Way

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Time: 8:30am-3:30pm

Cost: Free Admission

**Important Dates**

Apr 14 – Palm Sunday

Apr 19 – Good Friday

Apr 20 – First Day of Passover

Apr 22 – Easter Monday

Apr 26 – Orthodox Good Friday

Apr 27 – Last Day of Passover

Apr 29 – Orthodox Easter Monday

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6 Wilkinson Pl	\$1,980,000.00	New
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215 Heathwood Heights Dr	\$3,288,000.00	Sld
15 Lacey Crt	\$1,280,000.00	New
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Easter Egg Decorating

BY JULIE ACHTERMEIER

This Easter holiday, try some different ways to decorate your Easter eggs and create something unique for the table. These are ideas you can do by yourself, without making a mess! Just ask an adult to boil the eggs ahead of time and let them cool. Then you're ready to go!

Doodled Easter Eggs

If you love to doodle and draw, this simple Easter egg idea is just for you! All you'll need are a few hard-cooked eggs, a permanent marker, and a lot of creativity.

Draw slowly and carefully, and wait for the marker to set before continuing your design on a different side. Protect your hands from marker smudges by holding your egg with a towel.

No Dye Eggs

For definite no-mess Easter eggs, ask a parent or teacher for leftover sewing scraps or unused rolls of ribbon. Narrow ribbons work best and make easy egg decorations. Use school-safe glue to attach your ribbon and use your imagination to create some amazing designs! No time to fuss with glue? Self-adhesive fabric tape makes for even easier decorating and comes in a variety of pretty colors and fun patterns.

Watercolour Eggs

Instead of dying eggs this year, use watercolor paints to make delightful designs. For a marbled look, use a round brush or the eraser end of a pencil. Create a two-tone effect by adding water to the original color and stamping on a second round of dots.





PHOTOGRAPHY BY INGRID PUNWANI PHOTOGRAPHY

RESIDENT FEATURE

Life is Beautiful: Meet Sandra Longo

We would like to thank Ripples Bathroom Boutique for bringing you this month's cover story.

BY JULIE ACHTERMEIER

Sandra Longo's story is anything but common. While many of us may have experienced one traumatic event in our lives, Sandra has lived through numerous accident and medical traumas involving her parents, her brother, and even herself.

When Sandra was very young, her father, Ferruccio Longo, was in a horrific car accident that left him with serious lower body injuries, having been crushed from the waist down. Unsure as to whether he would survive, the family lived in a constant state of fear for the initial months followed by years of agonizing recovery. A few years later, her twin brother, Mark (age 4), was trapped under a reversing car as Sandra looked on in horror. She still vividly remembers the damage to the side of his face and body as he was dragged. Thankfully, a neighbour and some construction workers were able to lift the car off and Mark survived, although he sustained serious injuries which also required a lengthy recovery.

While it may be impossible to imagine that anything else could go wrong for this young family, they were unprepared that another tragedy awaited

them. When Sandra's mother became pregnant with her fourth child, the family was overjoyed to have some long-awaited happy news. Shortly after visiting her mother and new baby sister, Liana, in the hospital, Sandra (age 9) learned that her mother had sustained a spinal cord injury during the delivery process. Something had gone very wrong with the administration of the epidural and her mother became paralyzed from the rib cage down. Just like that, Sandra's world had changed, again.

As a young girl, Sandra adapted as best she could to her new reality. Her mother, now a complete paraplegic, did her best to raise her family of four children. But doing so from a wheelchair introduced a number of challenges. Sandra, who had once been a carefree child, was now sharing the responsibilities of caregiver, helping to raise her younger sister, and assisting her mother, Mary.

The family immediately experienced many frustrations as Mary was no longer able to easily access their home. They were forced to navigate the eight steps just to get into the home, and the countless stairs inside. Finding ways to adapt to their home and work around the wheelchair wasn't easy. Their frustrations grew as they realized they would not have accessibility to their friends' homes, or extended family's homes, or to the many shops and restaurants in the community. Mary began to feel isolated and alone, and the family suffered emotionally watching her become more and more withdrawn.

CONTINUED ON NEXT PAGE »



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While wheelchair accessibility to offices and public buildings has greatly improved over the last few years, most people are unaware of how often a disabled person is unable to participate in every day activities simply because they cannot enter an establishment.

Sandra recalls as children not being able to attend play dates or being able to socialize in other friends or family member's homes as her mother could not access the homes. As a family, they grew withdrawn and isolated, often feeling as though they could no longer participate in every day activities. As Sandra grew up, she knew her calling was to help those in her community who lived with disabilities, as she had lived through so many difficult years trying to help her mother feel included. "How else could I explain everything that has happened to me?" she says.

In 2013, Sandra received another wake-up. As she drove to work one morning, her car hit a patch of black ice and slid out of control, flipping over and landing in a deep culvert where she became submerged and trapped under water. "In that moment, I thought I was going to die. I gained tremendous perspective as my life flashed before me. I decided if I made it out of that car alive, I would do something to help others," she recalls.

Thankfully, a veteran paramedic happened to pass by and noticed the car in the ditch and called for help. Sandra was seriously injured and her recovery took almost three years.

She had spent most of her childhood being aware of how a freak accident could change your life so drastically. But unlike most people, she was being subjected to this trauma over and over again. Even after growing up and starting her own family, she could not push aside the voice that told her it was all meant to lead to something greater.

In 2016, Sandra launched Navy Street, a charitable organization that donates portable wheelchair ramps to



disabled persons. The name *Navy Street* means *another street traveled*, and became a metaphor for those who must find an alternate route to enjoying the same privileges as those not confined to a wheelchair. The goal of the organization is to provide individuals accessibility wherever they wish to go, whether in their own home, visiting friends or where wheelchair access is not available. The portable ramps can be used for navigating a curb to several steps and is easy and convenient to use. Sandra understands the need for these individuals to feel included and as much a part of the community as everyone else. The thought of those living in isolation is what keeps Sandra focused on making this charity a success.

Since the charity's launch in 2016, exposure has grown tremendously and Sandra finds her story at the centre. People love the role model Sandra has become, and it's a simple formula: Sandra is an average woman who has overcome tremendous odds and turned her experiences into philanthropic work. Currently in the works is her first book about how she survived, and thrived.

To learn more about Navy Street, or Sandra herself, please visit www.navystreet.org.



Do you know a neighbour who has a story to share? Nominate your neighbour to be featured in one of our upcoming issues! Contact us at jachtermeier@bestversionmedia.com.



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The Best of Asparagus

BY JULIE ACHTERMEIER

When asparagus is inexpensive in the spring, stock up and create a great weekend quiche and delicious colourful salad.

Asparagus Quiche

- 1 bunch asparagus, ends trimmed and cut into 2" pieces
 - 2 premade frozen pie shells
 - 6 eggs
 - 2 cups milk
 - 1 ½ cups cheese (whatever is available, feta, cheddar, etc.)
 - 1 teaspoon salt
 - 1 teaspoon pepper
 - 2 pinches of nutmeg
1. Put both frozen pie shells on a sheet pan and poke the bottoms with a fork.
 2. Bake in 350-degree oven for 5-7 minutes, just until golden brown.
 3. Beat 6 eggs, and then add milk.
 4. In a large bowl, mix 1 bundle of asparagus cut in 2" pieces with egg mixture, and add 1 cup of cheese.
 5. Season mixture with salt, pepper, and nutmeg, then pour and divide between both pie shells.
 6. Top with remaining cheese and bake for 20 minutes or until eggs are done.

Asparagus Salad

- ½ bundle of asparagus, ends trimmed and cut into 2" pieces
- 2 fresh cobs of corn, shucked (or 1 can)
- 2 green onions, diced
- 1 red pepper, diced
- 1 garlic clove, finely chopped
- ¼ cup of feta cheese
- 1 lemon, juiced
- ¼ cup olive oil
- Salt and Pepper to taste

1. Place asparagus pieces on a baking sheet and toss with 1 tsp olive oil and a pinch of salt. Bake in 350F oven for 12 minutes, or until tender-crisp. Let cool.
2. Mix all of the above and enjoy. Stores well in fridge for 2-3 days.

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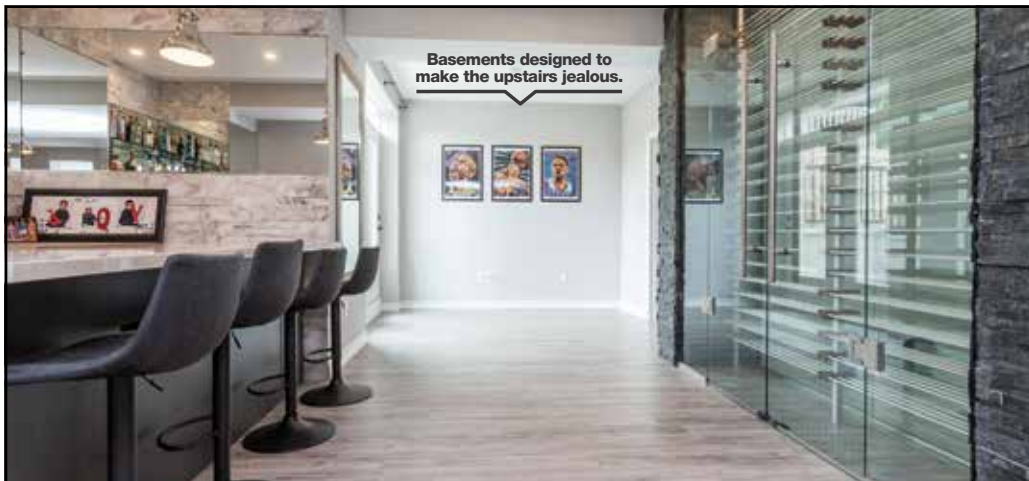
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BY LEEANN LAKE, CLINICAL COORDINATOR
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This month we will highlight two of our wonderful Associates and the contributions they make to our office.

Eugene Fridman, our denturist, uses his keen listening skills to increase our denture wearers' overall happiness and satisfaction. Eugene takes his time with each patient and really listens to and addresses their concerns. He has taken dentures that the patient has kept in a box and refused to wear, and transformed them so they can be worn comfortably and function well. The smiles on our patients' faces after a visit with Eugene say it all. Whether you need a denture for the first time, or would like to make the one you have fit more comfortably, please give our office a call. Eugene schedules FREE DENTURE EXAMS every Tuesday in the office. He would be more than happy to see you and your family members.

Dr. Paul Alter has been practicing dentistry for many years. His dedication to overall health and well-being has changed the lives of so many patients. In addition to all aspects of regular dentistry, Dr. Alter has advanced training in how jaw function and sleep affect the entire body. TMJ problems are frequently experienced as migraines or neck and shoulder pain. Often, there is no jaw pain at all. Dr. Alter's training in treating TMJ and sleep disorders, including apnea, will ensure you (and your spouse!) get a restful night's sleep. Dr. Alter uses a personalized approach and customizes your dental treatment to target the source of your problem. You won't believe how amazing you can feel! Call our office to book an appointment with Dr. Alter on Thursdays.

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Neighbours of St. Andrews & Highland Gate is all about bringing people together and fostering a closer-knit community! Check out the many ways that you can contribute to and take advantage of your monthly neighbourhood magazine:

Resident Features

Get to know your neighbours and community one resident at a time. We enjoy featuring residents from all walks of life. Make the magazine your own by submitting nominations of families or individuals who you would like to see highlighted – could be the newest or longest-living residents on the block, your friends next door, the hobbyist, entrepreneur, etc. Help us honour those people who make this community a great place to live, work and raise a family. Or use this feature as a way to share your own story with neighbours. See page 4 for one example of a resident feature.

Social Scene

What's happening in the neighbourhood? If you're part of a book club, social group or charity organization promoting fun or service in the community, share your experiences and photos, and invite others to join you!

Association Updates

If your neighbourhood has a ratepayers association, we offer an open invitation to post information to your neighbours through this publication for free. Saving association money and putting it towards ways to improve your subdivision is important, so we create customized RPA sections, saving you time and money.

Youth Classifieds

Budding entrepreneurs can submit free classifieds advertising their services to the community. With parental permission, youth can grow their babysitting, lawn care, pet care and other small business services by submitting a free ad. See page 14 for how to begin.

School and Extracurricular Activities

Showcase budding athletes, artists and actors among us by submitting photos and details on your kids' accomplishments, as well as information on school events and fundraisers that your family is involved in.

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Do you have photos from your latest vacation? Have you captured a nature scene or a touching moment that begs to be shared? Let us help preserve your memories!

Pet Corner

Share your love for your precious pet by introducing him/her to the community! Whether your friend is of the feline, canine, amphibian, avian or other species, we recognize the uniqueness of your pet and are happy to share his/her quirks, habits, favourite activities and more.

Bulletin Board

Celebrate life's milestones and events! Post announcements such as engagements, weddings or anniversaries, hats off to graduates, military recognition, new baby announcements, retiree congrats, neighbourhood garage sales and more.

» If you have a submission or feature idea, simply email us at jachtermeier@bestversionmedia.com with your name and submission info. Please note the submission deadlines found on page 2. We look forward to hearing your ideas.