

BETTER LIVING

The Newsletter of Abbotsford Apartments

Protect Yourself from Identity Theft

Identity theft can happen to anyone. The good news is that you can minimize your risk by managing your personal information wisely.

Identity theft is a crime. It occurs when someone else (an imposter posing as you) uses your name and your personal information (such as your Social Insurance Number (SIN), your credit card number or some other piece of your personal information) to commit fraud.

To guard against identity theft, the Canadian Anti-Fraud Centre recommends:

- Before you reveal any personal identifying information, find out how it will be used and if it will be shared.
- Pay attention to your billing cycles. Follow up with creditors if your bills don't arrive on time.
- Select passwords which don't contain easily available information like, your mother's maiden name, your birth date, the last four digits of your SIN or your phone number.
- Carry less identification information and cards.
- Don't give out personal information on the phone, through the mail or over the internet unless you have initiated the contact or know whom you're dealing with.
- Avoid giving your SIN. Ask to use other types of identifiers when possible. Don't carry your SIN card on your person.

An identity thief will go through your garbage and recycling bins. It's important to tear or shred your receipts, copies of credit applications, insurance forms, physician statements and credit offers you get in the mail.

What's New? Montecito North!

After getting final permits and opening our doors on March 1st we've been delighted to show our latest building to many new and current Abbotsford Apartment residents.

We're so happy to announce that our latest building is now full! As with all of our buildings there is always a movement in and out so please do enquire about any of our 11 buildings.





"You must be the change you wish to see in the world."
-Mahatma Gandhi

10 Tips to Downsize & Organize Your Life

1. Know Your Authentic Life

Get to know the real you and what's important to you. When you choose to live the life that is a reflection of your values, you will have more joy, less stress and a sense of personal accomplishment.

2. Choose Your Beliefs

Positive beliefs contribute to positive behaviours; negative beliefs bring negative behaviours. Surround yourself with creative and results-oriented people. Seek advice from a professional, when you need help.

3. Set Your Goals

When we set goals we are creating guidelines. For example, a general (and not very helpful goal) would be to get organized. A more specific goal would be to schedule 30 minutes every day from 4:00 – 4:30 pm to organize your garage, lose weight or pay your bills.

4. Take Five

Some people feel energetic in the early morning, some people are night owls and others peak in the afternoon. Figure out when you have that extra boost of energy and take five minutes to do the things you don't like to do. For example, take five minutes to organize one of your kitchen drawers, write a to-do list, wipe your table or weed out a few files in your filing cabinet.

5. What's In Your Home?

Take a bag or a box and visit each room in your house. If you have papers or clothes going back to the Trudeau era, then it's time to let them go. Shred important papers, recycle the rest and donate clothing and household items to charity.

6. Overwhelmed by Clutter?

Start with one area of your home to work on. Write a list and prioritize your projects. Avoid zigzag organizing and attack visible clutter first.

7. Organize Your Medication

Keep all your medications together in a linen closet (out of reach of children) and not in the bathroom or kitchen where the heat can alter their effectiveness. Make a daily chart to note when you have to take your medications and use a pill organizer.

8. Keep Your Documents Safe

Keep track of your documents and file them in a safe place. Using a portable filing container, choose up to ten categories for health, insurance, finance, travel, tax papers etc...

9. Where is Your Stuff?

Many people are not ready to part with their possessions and are paying for public storage for things they will never use again. Take an inventory of your stuff and decide if you want to sell or donate items you no longer use. Temporary storage should be just that - temporary.

10. Selling Your House

When you're ready to sell your home, de-clutter your house, garage and outdoor shed. Store all but a minimal amount of furniture and things in temporary storage, and remember that potential clients are buying the space not your things. Clean your house from top to bottom and keep it clean during the time your house is on the market.



Ranka Burzan is a professional organizer, presenter, author and owner of Solutions Organizing Simple. Ranka's energetic, non-judgemental and motivational style helps clients get and stay on top of spaces. Find her at solutionsorganizing.com.



Blackberry Galettes

- 2 - 8" flaky pastry rounds
- 1/2 c (120 ml) sugar
- 2 Tbsp (30 ml) cornstarch
- 1 Tbsp (15 ml) lemon juice
- Pinch of salt & cinnamon
- Fresh blackberries - rinsed and dried
- Granny Smith apple - peeled and grated
- Egg wash



Preheat oven to 375F. Combine sugar, cornstarch and salt in a large bowl. Add blackberries, grated apple and lemon juice. Toss with the sugar mixture.

Place pastry rounds onto counter. Divide filling between pastries, mounding it in the centre. Fold the pastry over the filling leaving the centre open. Brush pastry with egg wash and sprinkle with coarse sugar.

Transfer galettes to a baking sheet. Bake for 35-40 minutes, or until pastry is golden brown. Remove from oven and transfer to cooling rack.



About the Chef

Having always loved to bake, Tracy Dueck opened Tracycakes in 2006 to continue her love of baking and cooking. In case you haven't sampled one of Tracy's cupcakes, she has included a coupon for all of us at Abbotsford Apartments to do just that. Enjoy!

Apartment Safety

Do not put your salutation (Miss, Mr., Mrs., Dr. etc...) on intercom panels or mailboxes.

Remove labels from doors that identify common areas.

Request that windows be installed on doors leading to common areas such as stairways, parking lot or garage, laundry room etc...

Do not admit anyone you don't know to your building.

When entering or leaving the parking garage, or complex gate, watch the gate close completely before driving off.

Be involved in your complex or building by getting to know the other residents.

Your Safety is our #1 concern. These reminders are from the Abbotsford Police Department, abbypd.ca

Local Events

Please check dates, times and venue before attending events. Enjoy Abbotsford!

Flea Market Sundays @Abbotsford Exhibition Grounds
32470 Haida Dr.
abbotsfordfleamarket.com

Abbotsford Farm & Country Market
Saturdays, 9 am – 1 pm
@George Ferguson Way & Montrose Ave
abbotsfordfarmandcountrymarket.com



A Special Offer from Tracycakes

Share a day with a friend at Tracycakes Bakery Cafe and try our new menu.

Buy one entree (\$12 value) and get one half off! Please present this coupon on ordering. Make your reservation today at either of our two cafe locations!



Borscht

Fall Comfort Food

6 c chicken broth
 6 c water
 1 ½ Tbsp salt
 1 c carrots - sliced
 ½ c green pepper - chopped
 1 c celery - sliced
 2 medium beets
 2 - 28 oz. cans of tomatoes - diced
 5 potatoes, peeled & cubed
 2/3 c butter
 1 c onion – diced
 6 c cabbage - shredded
 ½ c cream
 2 Tbsp dill weed
 ½ tsp pepper (or to taste)
 Salt to taste
 Chicken bouillon to taste

Place water, chicken broth, salt, carrots, bell pepper, celery, beets, tomatoes and potatoes in stockpot over high heat. Bring to a boil. Melt butter in separate pot and sauté onions and cabbage.

Remove beet from boiling liquid and dice. Remove some of the potatoes from the liquid and mash. Put diced beets and mashed potatoes back in the pot. Add dill, salt and pepper. Add cream (1 c) and return to simmer, once again.

Serve once vegetables are cooked through. Recipe from Tracy Dueck.

Recycling: What's In, What's Not

When we recycle, we all benefit. To do your part, here is a list of what you CAN and CANNOT put in your blue or clear plastic bags for recycling in your apartment building:

Recyclable Materials

Newspaper and inserts
 Cardboard
 Wax cardboard/paper
 Junk mail/flyers
 School and office paper
 Cereal and pizza boxes
 Phone books/catalogs
 Plastic containers (#1, 2 or 5 only)
 Glass bottles and jars
 Tin and aluminum cans
 Milk jugs
 Tetra-paks
 Pop, water and juice bottles

NON-Recyclable Materials:

Gift wrap and tissue paper
 Styrofoam
 Plastic without approved codes
 China, ceramic plates and cups
 String
 Light bulbs
 Aerosol/paint cans
 Motor oil containers
 Building/renovation materials

Each year in Abbotsford and Mission, the Abbotsford Community Services Recycling Program diverts over 18,000 metric tonnes of recyclables from Abbotsford's landfill. Thanks for doing your part in Abbotsford Apartments to make our community an even better place to live!



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Looking for a better place to live?

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