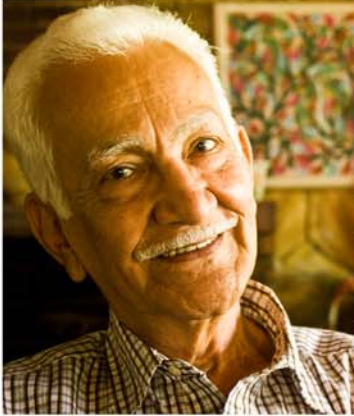


Better Living News

The Newsletter of Abbotsford Apartments

Issue 004, June 2012



Happy Father's Day

Wishing all fathers a Happy Father's Day on June 17th.

Kevin Wiebe

Tips To Remain Friends During Vacation Home Rentals

Financially, renting a vacation home with family and/or friends is a good idea and a great way to connect.

But, like any sharing relationship, it's always good to set the rules up front so everyone knows what to expect and no misunderstanding occurs.

Many a friendship has been lost over people feeling they did the majority of the work or paid more than their fair share of food, supplies and rent.

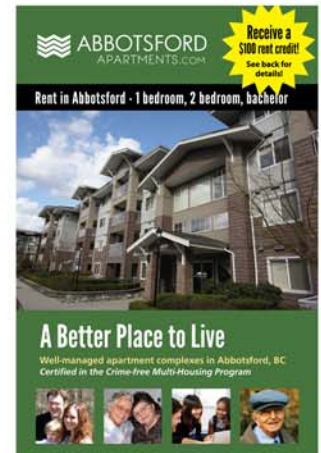
Kathy Bertane has a book on just this subject called, *The Art of the Visit*, and suggests four key areas to share:

1. Bedroom
2. Food
3. Supplies
4. Chores & Duties

Each person should pay for his or her own room. Similarly, groceries can be split evenly. Making a grocery list ahead of time, with agreed upon meals, is helpful and cost effective.



No one likes doing more work than necessary, particularly on holiday. In a vacation home the rule is: Everyone is responsible for keeping things neat and relatively clean in the common areas. A list of who is responsible for cooking and cleaning, on which days, will go a long way to keep the peace!



ABBOTSFORD
APARTMENTS.COM

Receive a \$100 rent credit! See back for details!

Rent in Abbotsford - 1 bedroom, 2 bedroom, bachelor

A Better Place to Live
Well-managed apartment complexes in Abbotsford, BC
Certified in the Crime-Free Multi-Housing Program

Receive a \$100 rent credit!
Referral cards are available from
your building manager.



Missed A Workout? No Worries

You can make-up for a missed workout while watching your favourite TV shows. Do some strength training moves like, lunges, squats and crunches.

Add in some weights for an even better workout.

Decorating Your Patio

As we move from inside to outside with the warmer weather, our patio may need some sprucing up. A few tips from the experts include:

- 1. LAYOUT** - First decide what you'll be using your outdoor space for.
- 2. FURNITURE** - Choose easy-to-clean seats if your patio is for eating and buy only what fits your space. All-weather materials to withstand the elements are the recommended choice.
- 3. RUGS** - Yes, it's trendy to bring the inside out. Look for indoor/outdoor rugs which are reversible and made of durable and water-resistant materials.
- 4. PERSONALITY** - Bring out your personal touch through the textures and colours of your plants and furniture.



Getaway Contest on Facebook

– One Of Our Own Wins!

John Sykes from Mayfair wrote on our Facebook wall – telling us why he liked living in Abbotsford – during our getaway contest.



Randomly drawn when the contest closed at the end of May, we're happy to present John with a two-night getaway package (for two) to Harrison Hot Springs Hotel. Included in the package is one dinner in the Copper Room and breakfast both mornings. Enjoy!

Be sure to tell us what it was like, on Facebook, when you get back – John. We are all envious.

If you haven't seen our Facebook page yet, be sure to Like Us. You'll stay up-to-date on our contests and special offers at Abbotsford Apartments.

Find us at: facebook.com/AbbotsfordApartments

Free Tips

Green Cleaning Products

FLOOR CLEANER

– Move Over Pine-Sol®

Mix 500 ml of vinegar into a bucket of hot water.

Add a few drops of pure peppermint, pine or lemon oil for a pleasant scent.

Add tea tree oil, if you need disinfecting.

The smell of vinegar will dissipate quickly and leave behind the scent of the oil.



Source: BCLiving

Wellness

Stiff or Sore Back?

Here are four easy ways to avoid back pain:

1. Stand Up

Sitting for more than one hour increases stress on the back muscles. Get up and move around every 20 minutes.

2. Remove Your Wallet

Sitting on a thick wallet twists the pelvis, creating tension in the back. Take your wallet out of your back pocket when sitting or driving.

3. Elevate Your Feet

When standing for long periods, elevate your feet by alternately propping a foot on a low stool.

This allows the lower back muscles to relax and helps prevent muscle fatigue.

4. Lie On Your Side

When sleeping, try lying on your side with your knees bent. Place a small pillow between your knees to prevent twisting at the spine.



Source: Wellness Matters

What's On In Abbotsford?

Please check dates, times and venue before travelling as each event is planned well in advance.

Enjoy Abbotsford!

The Vancouver Men's Show

June 15-17

@ Abbotsford Tradex

vancouvermensshow.com

Abbotsford Berrybeat Festival

July 7-8

@ Historic Downtown Abbotsford

downtownabbotsford.com

Abbotsford Agrifair

Aug 2-6

@ Abbotsford Exhibition Park

agrifair.ca