

# Better Living News

The Newsletter of Abbotsford Apartments

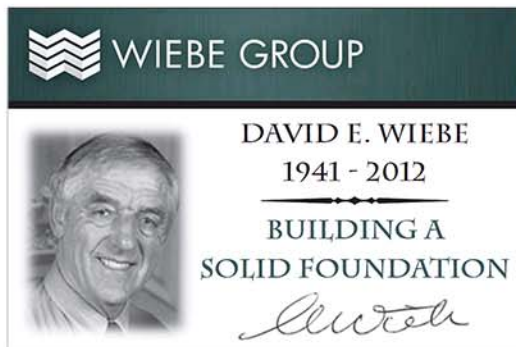
Issue 007, September 2012



Determination, initiative and persistence are the foundation of success. My Dad will continue to be my inspiration.

*Kevin Wiebe*

## David Wiebe, 1941 - 2012



August was a sad month for all of us at The Wiebe Group. David Edwin Wiebe, our Founder, passed away peacefully at the age of 70, with his family by his side. David was diagnosed three and a half months ago with pancreatic cancer.

We honour our father by carrying on his vision and operating the family business which he started in 1967 according to his core values. We ask you not to mourn his passing but rather celebrate with us in the memory of David – husband, father, grandfather and entrepreneur.

David is lovingly remembered by his wife Phyllis of 43 years, children - Leah (Rob) Hasselmann, Kevin (Amanda) Wiebe, Allen (Maria) Wiebe; and 8 grandchildren. One of David's greatest pleasures was spending time with his grandchildren. Outside of swinging a hammer, he enjoyed playing hockey for many years and, most recently, traveling with friends and his family.

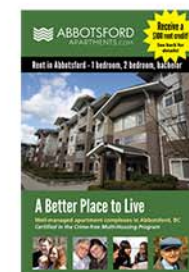
Thank you to all of you for your kind words of condolence.

## Referral Cards & Move-in Offer

Many new tenants are now living with us at Abbotsford Apartments thanks to your referrals.

Just to let you know, our Move-in Offer hasn't expired. **Special conditions do apply.**

**More details** can be found at [AbbotsfordApartments.com](http://AbbotsfordApartments.com), under **Special Move-In Offer**. Look for the yellow tab.



Receive a \$100 rent credit!

Referral cards are available from your building manager.

## Dog Sense

For children, it's often irresistible to pat a dog. If taught the proper way to approach a dog (even the seemingly friendliest looking dog) bites can be preventable.

1. **Ask the owner** if it's okay to pet the dog.
2. **If the owner says yes**, slowly extend your closed hand to the dog.
3. **Let the dog sniff the back of your hand.**
4. **Then pet the dog gently on the neck or chest** – not the head.

### And remember:

- Don't disturb a dog while it's sleeping or eating.
- Never take a toy or a bone away from a dog.
- Children should never play with a dog, unless an adult is watching.



## Follow Us On Facebook

Find us at: [www.facebook.com/AbbotsfordApartments](http://www.facebook.com/AbbotsfordApartments)



## Free Tips

### Green Living Tips

**Reduce your shower by one minute.**

*Save four gallons of water.*

**Unplug your electronics.**

*They still use 75% of their electricity in standby mode.*

**Put computers in sleep mode.**

*Save \$25-\$75, per computer, annually.*

**Buy locally grown fruits & vegetables; packaging makes up 30-50% of municipal waste.**

*On average, food on the dinner table travelled 400 miles.*



*Source: livegreen.iastate.edu*

## Wellness

### Eating Healthy Doesn't Have To Cost More

Get the most from your food budget just by shopping smarter. Eat healthier and save money with a few simple tips:

- Make a weekly meal plan, then your shopping list. Avoid buying more than you need.
- Adding beans and lentils (instead of meat) for two or more dinners every week – you'll get the protein you need for less money.
- Choose whole grains, but don't be fooled just because it looks brown. Read the label and make sure "whole" is the first ingredient listed. "Multi-grain" or "wheat" isn't enough.
- Dairy products like cream cheese, sour cream, cream and butter have little or no calcium and should be used sparingly.
- Buy in bulk and stock up during sales.
- Children older than 2 can drink low-fat (1%) or fat-free (skim) milk – like the rest of the family. For kids not used to low-fat milk, mix it in gradually.
- Vegetables going bad in the fridge – freeze them or make soup.
- Fruit – cut and freeze fresh fruit when it's on sale (or overripe) to use later in smoothies, oatmeal or yogurt.



*Source: ewg.org*

## What's On In Abbotsford?

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

### Enjoy Abbotsford!

**Various Musical Concerts for 2012/13**

**Matsqui Centennial Auditorium**  
[valleyconcertsociety.com](http://valleyconcertsociety.com)

**Clayburn Village Museum**  
Open Saturdays (12pm – 3 pm)  
till the end of Sept  
[clayburnvillage.com](http://clayburnvillage.com)

**Abbotsford Farm & Country Market**

Saturdays (9am – 1pm) till Oct. 13  
[AbbotsfordFarmAndCountryMarket.com](http://AbbotsfordFarmAndCountryMarket.com)