

Cherneying out the news... Cherney Connections



Cherney Realty | Summer 2016

How to Actually Relax on Your Summer Holidays (Really!)

Here's a helpful reminder for you: Vacations are actually supposed to be relaxing. But for most entrepreneurs, the trouble isn't too many meaningful, but potentially stressful getaways. It's that a break with family or friends that's supposed to be a chance to kick back and clear your head, instead becomes an occasion for work-related guilt and worry. You stress about the state of your business while you're away, annoy your travelling companions by working instead of relaxing, and generally end up coming back (to a pile of accumulated work) less refreshed than when you left. Is this fate avoidable? Indeed it is, insists author and happiness expert Christine Carter on the blog of UC Berkeley's Greater Good Science Center. She offers a three-step plan of attack to make your time away actually relaxing.

PLAN WISELY. "We pack our vacations with nonstop action when what we really need is time at the pool

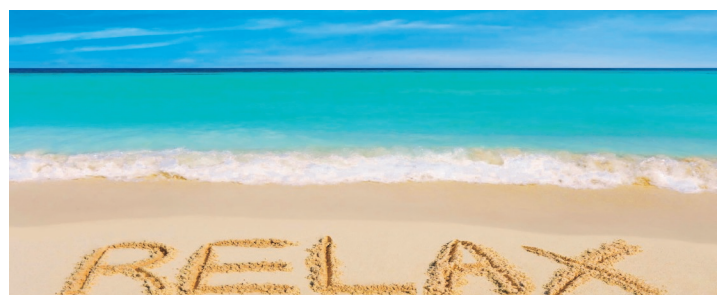


to nap... Our more more more culture leads us to believe that more will definitely be better--more activities, more destinations, more sights to be seen," she writes, but more excitement isn't always better. "Before you pack your vacation with a lot of stuff that will look good on Facebook, but will actually leave you needing a vacation from your vacation, schedule yourself some downtime," Carter insists.

STOP WORKING. There are those out there who argue that it is OK to bow to the inevitable and work a bit while on vacation, claiming it is possible combine a holiday with an unsevered connection to the office and still come back refreshed. Carter isn't among them. "This might be blazingly obvious, but not working is a critical aspect of actually taking time off," she admonishes type-A professionals. How do you accomplish total disconnection in the real world? "See if you can find a vacation partner, someone who will cover for you at work should an urgent situation arise and you reciprocate."

HAVE A RE-ENTRY STRATEGY. Even if your vacation was the mellowest break ever, you're going to quickly lose that relaxed feeling if you come back to a stressed out team and insane to-do list. Carter suggests you give yourself a little bit of time to get your head in the game when you return (no getting in on a six a.m. flight and heading to the office at nine!) and having someone sort through your email while you're away, deleting junk, responding to (or forwarding) anything urgent, and moving items that you'll need to respond to into a special folder.

The bottom line: Enjoy your family and friends in the sunshine. The winter will be here before we know it!



Tenant News

PETERBOROUGH MUSICFEST



Peterborough Musicfest is celebrating its 30th Anniversary with 19 evenings of live music, June 25 to August 24, Wednesdays and Saturdays at Del Cray

Park. See artists like Serena Ryder, The Spoons, Gowan and more! Full line-up at www.ptbomusicfest.ca. Musicfest is a non-profit organization that relies on support from the community. To donate or for information on VIP packages, please visit our website or call **705-775-1111**.

KAWARTHA THERAPY SERVICES, INC.



Kawartha Therapy Services, Inc. at 1789 Stenson Blvd, Unit 9 provides Physiotherapy, Occupational Therapy and Speech Therapy

services in the community. We have therapists available for walker and wheelchair ADP assessments, home safety assessments, in-home treatment visits, children's fine motor & sensory assessment/treatment, children/adult communication or swallowing treatment and more. Contact us at **705-874-1072** to determine how KTS can best meet your in-home needs.

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WORKFORCE DEVELOPMENT BOARD (WDB) is a non-profit organization serving Northumberland, Peterborough, Kawartha Lakes, and Haliburton. Funded by the Ministry of Training, Colleges, and Universities, WDB is now leading the Local Employment Planning Council (LEPC) Pilot Project. The LEPC aims to improve conditions in local communities by developing place-based employment and training delivery solutions.



MONKMAN, GRACIE & JOHNSON



MONKMAN GRACIE & JOHNSON Effective June 1, 2016 the Ontario

Government has made changes to Auto Insurance coverage. If you are injured in an accident some basic benefits have been reduced. Also, water damage coverage for homes is changing. Some companies now offer "overland" water coverage. Other insurers are expected to follow in offering enhanced water coverage. Each company is different. Now more than ever you need to speak to an Insurance Broker. Contact our office for further details **705-742-8863**.

PETERBOROUGH SYMPHONY ORCHESTRA



PETERBOROUGH SYMPHONY ORCHESTRA
MUSIC DIRECTOR
Michael Newnham

Peterborough Symphony Orchestra invites you to celebrate the journey in 2016/17, when the PSO presents its 50th Anniversary concert season! In honour of 50 years, PSO is offering 50% off the cost of subscription to the first 100 new season subscribers who buy before November 5, 2016.

Contact the PSO at **705-742-1992** to find out more about this deal and the 2016/17 season.



Welcome To Our New Tenants

Community Foundation of Greater Peterborough says join us for our 6th Annual Philanthropy Forum, happening in the heart of Downtown Peterborough. This two-day event will bring together Non-Profit employees, volunteers, and donors for professional development and networking. **Save the dates: Nov. 15 & 16, 2016** Tickets go on sale in September. For more information or sponsorship opportunities visit www.cfgp.ca/forum

HAPPY PALACE CHINESE & CANADIAN FOOD

Happy Palace Chinese & Canadian Food is a new restaurant in Peterborough located in The Hunter Ridge Plaza at the corner of Stenson Blvd and Brealey Drive. Owned and operated by Becky Dong who has over 20 years experience in the restaurant industry, Becky is a friendly, hardworking woman who is always smiling. She wants to give her customers good food at a fair price. The food is made fresh to order every day and is served hot to your table or ready for takeout. Try one of the 75 different menu items to choose from.

Closed Monday
 Tues 11:30am-8:30pm
 Wed-Sun 11:00am-8:30pm
Phone: (705) 874-2323

LIVING WELL HOME MEDICAL EQUIPMENT

We would like to welcome them to their new home on the Kingsway. Sales, rental, and service of power scooters, walkers, lift chairs, bathtub lifts, bath safety, adjustable beds, wheelchairs and other home health care products.

Visit their **NEW** showroom at:
 755 Erskine Ave.
(705) 740-2650
allison@livingwellhme.ca



DRAGON VALLEY GAMES

Dragon Valley Games offers Classes in MineCraft Game Development and Game Design for ages 8-14. Fun summer classes available!

159 King Street –Unit 109
Info@Dragonvalleygames.com
(705) 768-5386



GEORGE/KING



1123 WATER STREET



700 CLONSILLA AVE

Commercial Leasing Opportunities

DOWNTOWN locations are close to shopping, banking, and restaurants and range in area from 300 square feet to 2,300 square feet.

NORTH END storefront location on **Water Street**, en route to the Peterborough Zoo, Trent University and cottage country, with on-site parking, has availability from 825 sq. ft. up to 1,430.

WEST END Located at Lansdowne St. W. on **Clonsilla Avenue**, this prime commercial location offers 25,936 square feet of space on the ground level; accessible from both Lansdowne St. and Clonsilla Ave.

Contact **Kristi Dick**, Property Manager, for complete details.

P. 705-876-1717, ext 203 or Email: kristi@cherneyrealty.com

Residential Leasing Opportunities

Do you or someone you know need to rent an apartment? Applications are accepted on an ongoing basis for 1 and 2 bedroom units. Contact **Bonnie** at 705-876-1717, ext 201, for more details.



Watermelon Slushy Recipe

This watermelon slushy is just perfect for hot summer days! Watermelon, ice, and a bit of lime juice are simply blended together in this quick treat.

- 4 cups cubed seedless watermelon
- 10 ice cubes
- 1/3 cup fresh lime juice
- 1/4 cup white sugar
- 1/8 teaspoon salt

Place watermelon and ice into a blender. Pour in lime juice, sugar, and salt. Blend until smooth.

Cherney Realty

“Peterborough’s Greatest Landlord” is a full-service property management company, providing rental accommodations for retail, commercial, industrial and residential tenants. The Cherney Family values are reflected in our excellent working relationships. We genuinely care about those we do business with and champion teamwork and mutual respect.

Cherney Realty ~ Staff Directory

Kristi Dick	Property Manager	ext. 203	Brian Mickee	Maintenance Manager
Heather Barrett	Accounts	ext. 204	Joe Stewart	Maintenance
Melinda Trudeau	Administrative Assistant	ext. 205	Drew O’Neill	Maintenance
Bonnie Powers	Office Assistant	ext. 201		

Our staff are eager to assist you or direct your inquiries to the individual best suited to serve you. When calling our office, if you know the person you wish to speak to, enter their extension; there is no need to wait on the line.

Phone: (705) 876-1717 Fax: (705) 876-9446
General Email: reception@cherneyrealty.com
Website: www.cherneyrealty.com

CHERNEY REALTY would like to take this opportunity to wish our tenants and their families a safe, happy and fun summer. See you this winter!

