

Cherneying out the news...

Cherney Connections

Cherney Properties | Winter 2017

SPECIAL ANNOUNCEMENT

We are excited to announce a rebranding of Cherney Realty! To better reflect our business operations, we will be known as **CHERNEY PROPERTIES**. The enclosed insert provides further details of this thrilling new update for our company!

As part of this rebranding, we are pleased to reveal our first ever official logo.



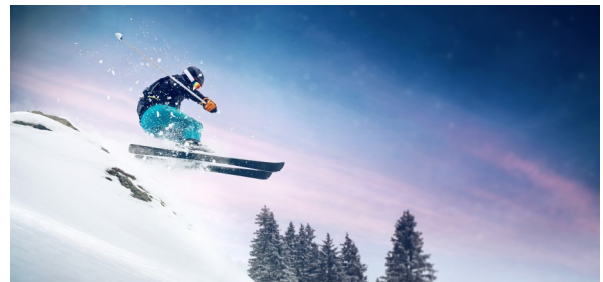
Stay tuned for the unveiling of the new Cherney Properties website.

Beat the Winter Blues and Stay Healthy

The winter can be long and tedious, and by this point in January we're all pretty sick of the cold and the snow. Here's some helpful tips to stay positive (and warm) through the winter and keep that attitude sunny and bright throughout the work day.

KEEP ACTIVE AND GET OUTSIDE. It is cold out and going outside is the last thing you want to do. But it's been proven that it will help improve your mood. If it's a sunny day, bundle yourself up and go for a walk to soak up some Vitamin D. The exercise will keep your endorphins happy,

and the sunshine will keep your mind happy. Just don't forget your hat and scarf! Another way to keep active would be some simple stretches at your desk, or doing some walking laps around the office on your lunch break. This makes it easy to incorporate new things into



your daily routine, as you don't need to leave the workplace.

EAT HEALTHILY. The holidays just ended and it's so tempting to just keep eating that leftover turkey dinner, or binge on those holiday chocolates. Keeping your diet healthy will give you more energy, which, in turn, will help improve your mood. Plus it helps with any holiday weight, which normally just adds to the winter blues. Make sure you're drinking enough water, and getting your protein, fruits and vegetables (and maybe a little chocolate here and there, just for the extra caffeine boost).

KEEP WARM. It seems obvious, but staying warm helps keep your sunny disposition just that. Everyone knows when they have cold toes, they get a little cranky. Put on your fuzzy socks, grab a blanket, and sip some hot chocolate to keep you nice and toasty.

Adding these little changes to your daily routine will help you beat the winter blues. Keep dreaming of those sunny skies, and before you know it, summer will be upon us!

Messages from Our Tenants



**Eagle Janitorial Office
& Commercial Cleaning**
159 King St. Suite 206
Peterborough, ON K9J 2R8
Tel: 705-742-1004
Cell: 705-872-8209
Fax: 705-742-8056

Happy New Year from Eagle Janitorial & Staff! We want to thank all of our customers, and look forward to another great year of providing quality Janitorial services to Peterborough and the surrounding area! If you need janitorial services, please call for a free quote!

Bill & Ethel Little
We have an eye for your cleaning.
eaglejanitorial@cogeco.net



Peterborough Musicfest is gearing up for its 31st season of **FREE** concerts! Canadian rock icon Kim Mitchell will kick it off on Saturday, July 1st - a highlight of

Peterborough's "Canada 150th Celebrations". Benefits of sponsoring Musicfest include VIP tickets, onsite and media advertising, community support and more. For details, please email us at sales@ptbomusicfest.ca or call **705-755-1111**. 2017 Diner's Cards are available now - ptbomusicfest.ca



This year we celebrated Dr. Peter Gould's 25th year of practicing veterinary medicine. Dr. Gould first started his career in 1991 as a relief vet working in many practices and seeing a variety of cases throughout Ontario. In 1997 he decided to build his own practice, and has been at the same location at **1789 Stenson Blvd** since. Dr. Gould clearly made the right career choice. He has love and compassion for our four-legged friends.

www.brealeydriveanimalclinic.com



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PETERBOROUGH
SYMPHONY
ORCHESTRA
MUSIC DIRECTOR
Michael Newnham

In 2017, the **Peterborough Symphony Orchestra** continues its exciting 50th anniversary concert season: On February 4, Terry Windrem presents *Northern Voyage*, a gala concert celebrated through a partnership with The Canadian Canoe Museum; On March 25, Bryston presents *A Life's Work*; On May 27, Scotiabank presents *The Planets*.

PSO concert tickets are available now - please contact Showplace at **705-742-7469** or buy online at showplace.org.



The Community Foundation of Greater Peterborough is a public foundation and registered charity. We work with caring people who want to make a difference - community builders, donors and charities. In 2016, we reached the

one-million-dollar mark in grants given to local charities since 2011. To find out how you can set up a fund or donate to any one of our established funds, please call us at **705-740-2347** or visit <http://cfgp.ca/donors.asp>. Together, we can build a vital community, for everyone!



Local Employment Planning Council
Conseil de planification de l'emploi local

A high-performing labour market is a critical component of welcoming, sustainable and progressive communities. WDB Local Employment Planning Council is mandated to contribute to effective workforce planning and development by providing current, local labour market information, and facilitating greater community stakeholder collaboration in developing place-based employment and training delivery solutions. To learn more, visit us at **159 King Street, Suite 208**, or online at www.wdb.ca.



Wild Rock continues to expand its non-retail operations here in Peterborough. Wild Rock has increased its travel department that operates as Wild Rock Travel. With 12 licensed travel agents on staff, and cycling trips to Barbados, Spain, France and Italy, Wild

Rock is aiming to get Peterborough residents away on active vacations this year. The variety of cycling trips means there is something to appeal to both entry level and hardcore cyclists. From planning logistics, to joining you on the road, the staff at Wild Rock will be with you every turn. They bring their passion, experience, and care to every trip they do. To explore our trips visit www.wildrock.net/cycling-trips.



Happy New Year to everyone in the Cherney Realty family! We have only been a tenant for a few months now but truly feel

at home here, at **755 Erskine Ave!** We have our Eson2 CPAP mask on special now, as well as AFIB Blood Pressure Monitors. Recently we have added ABC Mastectomy forms to our extensive lineup of medical equipment items. All the best to everyone for a happy, healthy and prosperous 2017! Visit us at www.livingwellhme.ca.

Welcome To Our New Tenants



Engage Engineering provides municipal

engineering services for both public and private sector clients. Our office at **171 King St** offers a full range of engineering services and guidance from the conceptual design stage through to project management and construction administration. The unique and diverse experience of the founding partners and staff means the firm has the expertise to deliver top quality services with a focus on strong customer relationships. Call today at **705-755-0427**.



Peterborough's newest **State Farm Agent** – **Genevieve Scott Anthony**, opened her doors December 1st, 2016 at **1789 Stenson Blvd**. She has been in the insurance and financial service industry since 2002, and looks forward to continuing her services now as an agent! Her office assists people with their concerns about everyday risk, the unexpected (good and bad) and their plans to reach their financial dreams – her team is friendly, professional and eager to help the Peterborough community. Call them at **705-741-1113**.

WINTER REMINDER

Parking Lot Snow Plowing / Sanding and Salting

Our snow removal crew and maintenance staff do their best to keep our parking lots accessible at all times through the winter. However, we are requesting your assistance, from **November 1st until April 15th**:

- if not absolutely necessary, please do not leave vehicles in the parking lots overnight
- if a vehicle must be left in the lot overnight, please park in the designated area

Storefront Tenants, as a reminder, clearing snow from your storefront is the responsibility of the tenant. Our Maintenance Staff do their best to keep all areas clear; maintaining your storefront safely is always appreciated.

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.



Specialty Hot Chocolate

Save this for an especially chilly evening when you feel like sipping on a decadent treat!

- 4 cups whole milk
- 2 tbsp. white sugar
- 1 tsp vanilla extract
- 6 ounces dark chocolate
- Pinch of salt

- ◇ Melt chocolate over stovetop, using a double boiler
- ◇ In medium saucepan, pour milk, sugar, and vanilla extract; on low heat; bring to a simmer
- ◇ Keep milk mixture on medium-low heat and pour in melted chocolate; whisk until completely incorporated and mixture is hot
- ◇ Divide between mugs and serve!

Cherney Properties

“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 Properties ~ Staff Directory

Phone: (705) 876-1717

Fax: (705) 876-9446

General Email: reception@cherneyproperties.com

Website: www.cherneyproperties.com

Kristi Dick	Property Manager	ext. 203	Brian Mickee	Maintenance Manager
Heather Barrett	Accounts	ext. 204	Joe Stewart	Maintenance
Krista Noyes	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 team member best suited to serve you. When calling our office, if you know the person you wish to speak with, enter their extension; there is no need to wait on the line.

REMINDER: To report a maintenance emergency always call our office at 705-876-1717.

CHERNEY PROPERTIES would like to take this opportunity to say we hope you had a joyous holiday season and you stay safe and warm for the remainder of the winter. We would love to hear suggestions from our tenants for future newsletters, so please send your ideas to admin@cherneyproperties.com.

