

Valley Highlights

MYER CHERNEY HOLDINGS LIMITED

April 1, 2019

Smoke Detectors, Spring Reminder...

In the fall of 2018, Cherney Properties maintenance staff changed the batteries and checked for proper operation of all smoke detectors in each unit. **Batteries should be changed every 6 months!** As spring has officially arrived, we would like to remind all tenants to change the batteries in their smoke detectors and check for proper operation each and every month. Contact our main office immediately at 705-876-1717 or send us an email at maintenance@cherneyproperties.com if you notice your smoke detector is not working properly.

New Peterborough Transit Community Bus...

Serving malls, grocery stores, senior's homes, medical clinics and the hospital! This *mini bus* provides an additional transit option for Handi-Van users or those who find the regular bus challenging. It has no stairs and seats up to 18 passengers. The Community Bus has a set route served on an hourly basis. The cost is the same as regular transit, has the same fare boxes and connects to regular buses with transfers. Bus service operates Monday through Saturday from 9am to 5pm and Sunday from 10am to 5pm. Contact Peterborough Transit by phone at 705-745-0525 or by email at transitoperations@peterborough.ca for more information.

Quiet Enjoyment...

Please be mindful and remember that you live in a building amongst multiple Residence. If you have dogs, please make every effort to ensure that they do not bark excessively, as it can be very upsetting and disturbing for those that work shift work and/or require peace and quiet in their own apartment. If anyone has any issues or complaints, please submit a written complaint to our office, with time and date of offence, so that we can address it.

NO PARKING IN LOADING ZONE...

Please DO NOT PARK in the Loading Zone at any time! Any vehicles parked in this area, even is just for a short period, will be ticketed and/or towed away at the owners own expense.

We continue to receive complaints concerning a lot of cigarette butts on the ground in the southwest area of the building.

PLEASE DO NOT THROW CIGARETTE BUTTS ON THE GROUND OR FROM YOUR BALCONY! USE THE OUTDOOR BUTT RECEPTACLES AT THE FRONT AND BACK ENTRANCES OF THE BUILDING!

Tobacco is dangerous to your health and toxic to pets.

2018 Tax Receipts...

Please contact the Valley High 2 office or main office to request your 2018 rent receipt for income tax purposes. Allow one week for processing. Receipts will be issued by tenant request only.

Air Conditioners...

Time to begin thinking about and planning for the summer! With that in mind, many tenants will soon be looking to install air conditioning units. Contact the Main Office to discuss your intentions concerning the use of an air conditioner this season!

April generator testing...

Scheduled testing of the generator will take place twice in April; the 10th and the 24th. Please keep your doors and windows shut and refrain from using the exits at the southwest end of the building.

After hours' emergencies...

In the event of an emergency outside of regular business hours, call 705-876-1717 and press '5'. On a rare occasion, you may not reach someone directly. Be sure to listen to the recorded message and follow the directions. You will be presented with an alternate emergency contact phone number.

Measurement Conversion Chart

Cup	Fluid Ounces	Tablespoons	Teaspoons	Milliliters
1 cup	8 oz	16 tbsp	48 tsp	237 ml
$\frac{3}{4}$ cup	6 oz	12 tbsp	36 tsp	177 ml
$\frac{1}{2}$ cup	5 oz	11 tbsp	32 tsp	158 ml
$\frac{1}{2}$ cup	4 oz	8 tbsp	24 tsp	118 ml
$\frac{1}{3}$ c	3 oz	5 tbsp	16 tsp	79 ml
$\frac{1}{4}$ c	2 oz	4 tbsp	12 tsp	59 ml
$\frac{1}{8}$ c	1 oz	2 tbsp	6 tsp	30 ml
$\frac{1}{16}$ c	$\frac{1}{2}$ oz	1 tbsp	3 tsp	15 ml

Measurements Conversions

1 c	=	$\frac{1}{2}$ pint
2 cups	=	1 pint
4 cups	=	1 quart
2 pints	=	1 quart
4 quarts	=	1 gallon
8 quarts	=	1 peck
4 pecks	=	1 bushel
3 tsp	=	1 tablespoon
4 tbsp	=	$\frac{1}{4}$ cup
5 $\frac{1}{2}$ tbsp	=	$\frac{1}{2}$ cup
8 tbsp	=	$\frac{1}{2}$ cup

Safe Meat Temperatures Cooking Times

Beef ...140°F... rare ... safe to eat
 Beef ...160°F ... medium ... safe to eat
 Beef ...170°F ... well-done ... safe to eat
 Pork roast ... 165°F ... done ...safe to eat
 Lamb roast ... 145°F ...safe to eat
 Pork or Lamb, ground ...160°F ...safe to eat
 Ham, precooked ... 140°F ... done
 Chicken, whole ... 180°F ... safe to eat
 Turkey, whole... 180°F... in thick part of thigh
 Stuffing in poultry ... 165°F ... safe to eat

Oven Temperature Conversion Chart

Very low	250 - 275°F =	121 - 135°C
Slow Cook	300 - 325°F =	149 - 163°C
Moderate Heat	350 - 375°F =	177 - 191°C
High Heat	400 - 425°F =	204 - 218°C
Very Hot	450 - 475°F =	232 - 246°C
Extremely Hot	500 - 252°F =	260 - 274 °C



April Office Hours

Monday	Tuesday	Wednesday	Thursday	Friday
1 8am – 10am	2 Closed	3 4pm – 6pm	4 Closed	5 10am – 12pm
8 Closed	9 8am – 10am	10 4pm – 6pm Generator Testing	11 Closed	12 10am – 12pm
15 8am – 10am	16 Closed	17 4pm – 6pm	18 10am – 12pm	19 Closed Good Friday
22 8am – 10am Easter Monday	23 Closed	24 4pm – 6pm Generator Testing	25 Closed	26 10am – 12pm
29 Closed	30 10am – 12pm			