

Cherneying out the news....

Cherney Connections

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 traveling 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 it is OK to bow to the inevitable and work a bit while on vacation, claiming it is possible to 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!

A Warm Welcome to Cherney Properties newest Tenant at the George King Building! Victoria Yeh, will be opening a new studio at #207 - 159 King Street this summer! Classically trained, Victoria is a fusion electric violinist with a dynamic and distinctive style. She performs on stages across Canada, appearing as both a solo artist and with various groups including her original band *The Spirit Awakens*, jazz fusion band *Paul DeLong's ONE WORD* and *Art Griffin's Sound Chaser*. You may even see her as a periodic soloist for Toronto's Summerhill Orchestra. Victoria can be found composing and recording on everything from indie rock tracks to full symphony film scores, and her work has been lauded by reviewers and critics internationally. If you're looking for unique live music at your upcoming event, or are a student looking for a new teacher, please contact Victoria by email or phone.



1-416-799-0737;

victoria@victoriayeh.com

www.VictoriaYeh.com

facebook.com/victoriayeh.violin

youtube.com/victoriayehviolin



Messages From Our Tenants

Cherney Properties | Summer 2022



159 King Street – Suite #103

705-745-6858

www.ghrc.ca

Global Human Resource Centre is celebrating its 29th year in the employment industry! We offer industrial, clerical and administrative personnel placements with full payroll services and professional applicant testing. Let us provide you with the common element of every successful company - good people. Wishing everyone a safe and happy summer!



Located at Unit 5 – 1789 Stenson Blvd

Full Service Grooming Facility

Contact us to schedule your pets appointment

705-748-6262

OR

Email Us: brealeydrivepetspa@gmail.com

Spa Hours:

Monday, Tuesday, Wednesday, Thursday, Friday

9am to 5pm

Saturday 9am to 3pm



In May, Engage Engineering completed our annual Spring clean-up. We waded into Jackson Creek removing over 40 kg of garbage from the area and planted shrubs and flowers along the banks edge. Engage has committed to improving our environmental impact and working towards meeting more local environmental sustainability goals. A huge thank you to our team for coordinating everything!



WHERE BETTER BEGINS www.cbihealth.ca

CBI Health is Canada's leading community healthcare provider, offering rehabilitation and home health services to clients across Canada. Our national, interdisciplinary team shares a common goal to improve the physical and mental health of our clients

FARBER

Licensed Insolvency Trustee

With over 40 years of experience, Farber understands the stress that debt can put on all aspects of life. We've helped over 100,000 Canadians leave their debt behind and embark on a journey toward financial health.



Unit 5/6 – 1123 Water Street, Peterborough

705-749-1993

Middle Eastern cuisine stemmed from the Iraqi kitchen, the first of its kind in Peterborough offering a unique experience with our special way of cooking. Our dishes and sandwiches vary from Beef, Lamb, Chicken, and veggies cooked to perfection; served alongside our uniquely flavoured rice, grilled Kebab, Tikka, Burgers and Falafel. Don't forget about our authentic soup of the day!



Treblecock Studio at 159 King St has partnered with Petrock Radio to provide local content and advertising. 12 adverts daily for local business at \$99/mo on a subscription service. Petrock Radio has been supporting local for over nine years.

Summer is here!

Eagle Janitorial Inc. is here to Service all your office and commercial cleaning needs.

Please call for a free quote.

705-742-1004





**Community
Foundation**
of Greater Peterborough

The Community Foundation of Greater Peterborough

About fifteen years ago, a group of people got together to discuss starting a community foundation to serve charities and philanthropists in the City and County of Peterborough, Curve Lake and Hiawatha First Nations. The Community Foundation made its first grants in 2011. Ten years later, we've granted \$5,578,316 to 177 different charities. Check out some of this year's highlights [here](#). You can also donate [here](#).

JOANNE'S PLACE HEALTH FOODS...After over 45 years in business, we know that selecting the right products to support your family's health can be challenging, and given the vast amount of product selections can be very time consuming. So, at Jo Anne's Place, we hand-picked a list of "essential" products to help foster a healthy household. We call them "Jo Anne's Place Essentials". We have applied a value price to these products for everyday shopping! You will see these products identified with a unique logo throughout the store to make shopping selections quick and easy. Start building your Jo Anne's Place Essentials shopping list today!

<https://joannesplace.ca/jo-annes-place-essentials/>



Floortrends is celebrating 55 years of flooring Peterborough. Established in 1967 as Kawartha Karpel & Tile and originally located near George & Charlotte St., Floortrends has grown to 5 locations including Belleville, Bowmanville, Cobourg, Lindsay, and the flagship showroom at 700 Clonsilla Avenue, Peterborough.



Undated photo late 1960s showing Kawartha Karpel & Tile location at the corner of George & Charlotte (now occupied by Ewart O'Dwyer).



Workforce Development Board

WDB's LMI Help Desk service provides free local labour market data, making it quick and easy to find information you need for career choices, hiring decisions, labour market trends, wage data, business plans and more. Email your questions to helpdesk@wdb.ca or learn more about the LMI Help Desk by visiting wdb.ca/lmi-help-desk/.



MAPLEWOOD HOMES



With over 30 years experience in the home building industry, we are committed to using only exceptional quality materials and techniques. Maplewood and Parkview Homes uses up-to-date architectural designs for all of our homes, condos and communities. We strive to deliver unique homes and remarkable living spaces, providing you with a valuable investment as well as an extraordinary place to thrive.

Commercial Leasing Opportunities



DOWNTOWN

Leasing opportunities from 450 square feet, up to 4,800 square feet available; locations close to shopping, restaurants, banking and public transportation.



SOUTH END

Approx. 2,600 square feet of second floor office space available at 637 The Queensway; easy access to Hwy 115, close to Lansdowne Place Shopping Centre and on-site parking.

Contact **Kristi Dick**, Property Manager for complete details. 705-876-1717, ext. 203 or kristi@cherneyproperties.com

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.

Our Staff Directory

Phone: (705)-876-1717 Fax: (705) 876-9446

General Email: reception@cherneyproperties.com

Website: www.cherneyproperties.com

Kristi Dick	Property Manager	203	Steve Mann	Maintenance Manager
Heather Barrett	Accounts	204	Joe Tassone	Maintenance
Linda Sage	Lease Administrator	205	Jesse Mercer	Maintenance
Jamie Robinson	Office Assistant	201	Ed Lynch	Maintenance

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**.

For non-emergency maintenance matters you may email: maintenance@cherneyproperties.com

CHERNEY PROPERTIES would like to take this opportunity to wish everyone a safe, warm and happy summer! We would love to hear suggestions from our tenants for future newsletters, so please send your ideas to reception@cherneyproperties.com.