

VALLEY HIGHLIGHTS

MYER CHERNEY HOLDINGS LIMITED

JANUARY 2023

Happy New Year!!!

Each year, we have before us a brand-new book containing 365 blank pages. Let us fill them with all the forgotten things from last year – the words we forgot to say, the love we forgot to show, and the charity we forgot to offer. – by Peggy Toney Horton

We would like to take this opportunity to wish you and your family a very *healthy, happy* and *successful* 2023! - Management & Staff of Myer Cherney Holdings Ltd.

Special Thank you...

This year's Christmas tree decorating was a huge success and we would like to thank all those involved in planning and assisting. It was nice to see many tenants and guests come down to the lobby lounge to assist while enjoying some Christmas music, snacks and drinks.

Friendly Reminders...

1. **Due to rising electricity rates, effective 2023, there will be an increase to the annual seasonal air conditioner fee from \$200 to \$250.**
2. **Dogs to be leashed at all times:** Tenants and guests of Valley High 2 are to keep their dog(s) controlled on a short leash ***AT ALL TIMES*** when walking them in common areas indoors and/or outside within the property boundaries. The City of Peterborough offers a free "off leash" dog park at Farmerest Park located at 1900 Ashburnham Rd. For more information and terms of use visit their website at: <https://www.peterborough.ca/en/explore-and-play/off-leash-dog-park.aspx?mid=26044>
3. **Garbage Chutes:** Every Monday and Thursday morning the garbage chute rooms are locked while the bins are removed to be emptied. Once the bins are back in place the garbage chute rooms will be accessible again. We request that you please do not leave any garbage outside of the garbage chute rooms during this time.
4. **Tenant insurance** is an inexpensive way to protect yourselves and your property. It is also required in accordance with your tenancy agreement. Our office continues to wait for some tenants to provide proof of tenant's insurance; if you have not done so already, please provide a copy to the office before January 31, 2023, so that we may update our records. Thank you for your co-operation in this matter.

Diana's Kind Quote of the Month

Advice from a SNOWMAN:

Be a jolly happy soul

Spend time outdoors

Avoid meltdowns

Be well-rounded

Live well... Life is short



2023 Tax Receipts...

Please contact the Valley High 2 or main office to request your 2022 rent receipt for income tax purposes. Allow one week for processing.

Prepare for the cold weather...

Pay close attention to the local weather forecast. Avoid opening your windows. If it gets too hot in your apartment; lower the thermostat to 15.5C (60F). To resolve a persistent issue with heat, fill out a maintenance work request form. This form allows Myer Cherney Holdings Limited staff permission to access your unit to effect repair. Never turn off the heat completely!

REQUEST FOR MAINTENANCE

Repair forms are available outside the Valley High 2 office. Name, unit #, date and a description of the work required must be filled in. Maintenance staff ***WILL NOT*** attend any units upon verbal requests, unless it is an emergency situation.

JANUARY GENERATOR TESTING...

is scheduled for January 4th and January 18th. Please keep your doors and windows shut and refrain from using the exits at the southwest end of the building.

IN THE EVENT OF AN EMERGENCY outside of our regular business hours call 705-876-1717 and press '5'. No heat, plumbing and electrical issues are classified as an emergency. Noise complaints are NON-EMERGENCY.



Happy New Year

Prepare for the winter weather...

- ✓ If you see something, say something!! Let our staff know if you see anything that could be hazardous to you, other tenants, and/or visitors such as black ice near the doors or on the sidewalk.
- ✓ Take care of yourself: eat well, get plenty of sleep, take vitamin supplements, wash your hands and cover your coughs and sneezes!
- ✓ Stay up to date on emergency evacuation plans. Unfortunately, winter marks the height of residential fires. Take time to read the 'Fire Safety in High-Rise Buildings' sheet. If you need a copy, please contact the office to request one.
- ✓ Always protect your property while away for an extended period of time. Lock doors and windows. Put Newspaper on hold. Notify family and trusted neighbours of your pending absence and dates. Have someone regularly check your apartment while you are away. Unplug electronics and appliances to conserve energy and prevent electrical-related issues. Let the office know as well.
- ✓ While the winter weather is always unpredictable, take steps to prepare yourself and your apartment for whatever will be thrown our way this season!!!

January Office Hours

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED	3 12:30pm – 2:30pm	4 12:30pm – 2:30pm <i>Generator Testing</i>	5 12:30pm – 2:30pm	6
9	10 12:30pm – 2:30pm	11 12:30pm – 2:30pm	12 12:30pm – 2:30pm	13
16	17 12:30pm – 2:30pm	18 12:30pm – 2:30pm <i>Generator Testing</i>	19 12:30pm – 2:30pm	20
23	24 12:30pm – 2:30pm	25 12:30pm – 2:30pm	26 12:30pm – 2:30pm	27
30	31 12:30pm – 2:30pm			

ONE POT WINTER VEGETABLES CHICKEN AND RICE

Ingredients:

- 1 lb. boneless, skinless chicken breasts, cut into bite-size pieces
- 3 Tablespoon butter, divided
- 1/2 teaspoon thyme
- 1 cup chopped carrots
- 1/2 cup chopped parsnip
- 1 small sweet potato, peeled and diced into 1/2 to 3/4 inch cubes, About 1 cup
- 1 package Knorr® Rice Sides™ – Chicken flavor
- Salt and pepper to taste



Directions:

1. Melt 2 Tablespoons of butter in large nonstick skillet over medium-high heat, add in your thyme. Add chicken to pan and season with salt and pepper. Cook chicken, stirring occasionally, until chicken is thoroughly cooked, about 5 minutes. Remove chicken and set aside, covered to keep warm.
2. Add last Tablespoon of butter to pan and cook vegetables, for 3-4 minutes. Add 2 cups water, Knorr® Rice Sides™ – Chicken flavor into the same skillet and prepare according to the rice package directions.
3. Serve the chicken on a bed of rice and roasted vegetables.