

Valley Highlights

Happy Father's Day!! – June 16, 2024

Annual Unit Inspections Schedule...

- **June 12th:** Maintenance will be inspecting the 2nd floor from 9am – 12pm and the 1st floor from 1pm – 4pm

Weekly Reminders... Upcoming events/reminders used to be posted on bulletin boards at the elevator lobby on each floor. To help reduce the use of paper, these event reminders are now only posted in the new notice holders inside both elevators, by the mailboxes, in the laundry room, and emailed to those who have provided their email address.

Air Conditioner Units... As a reminder, the seasonal air conditioning fee is \$250 per A/C unit. If you have not already done so, please remit payment with your June rent or contact the office to make payment arrangements. Tenants requiring assistance installing their portable air conditioner may request such by submitting a work request to the Valley High 2 office. Once a request has been submitted, please allow at least 3 business days for staff to attend your unit to install your air conditioner. ***Please be advised the hose for all air conditioner units must be 6 inches in diameter or Maintenance will not be able to install the air conditioner plug.*** Also, Maintenance Personnel ***do not*** offer repair services to air conditioners.

Did You Know??... Please ensure the dryer does not have time left on it when removing your laundry. To do this, simply close the dryer door and press start to continue. The dryer will stop once the cycle is completed. If a dryer is used while there is time still available, it will stop once the time has run out, which is roughly about 8 minutes.

Few Things Can Match the Enjoyment of a Barbecue... Should you choose to use an electric BBQ on your balcony, please keep in mind these appliances must bear the Canadian Standards Association, CSA, certification mark. ***Always follow the manufacturer's instructions!*** Extension cords must be certified for outdoor use, have a three-prong grounding plug and be rated for the amperage that is required by the barbecue. The cord must be unplugged when not in use and out of the way to prevent tripping! When barbecuing never leave food cooking unattended. ***Absolutely no propane BBQ on balconies!***

Diana's Quote of the Month



Balcony Gardens

Gardening season has finally arrived! Watering first thing in the morning is best for your plants. Avoid overwatering or try self-watering gadgets such as ceramic water probes or water globes. Be considerate to your neighbours below, and ensure saucers are placed under all plant containers.

Building Heat...

As the weather starts to change, we understand many tenants are concerned with how hot the apartments become. So as not to interfere with vital services, which is in accordance with the Landlord Tenant Board and the City of Peterborough Property Standards, the heat in the building had to remain on until May 31, 2024. It is now off!

After hours emergencies...

Should you have an ***emergency*** after regular business hours, please call **705-876-1717 and press '5'**. As a reminder, flooding, plumbing, and electrical issues are of an urgent matter and should be reported immediately.

June Generator Testing...

Scheduled testing of the generator will take place twice in June on the 5th and 19th. Keep your doors and windows shut and refrain from using exits at the southwest end of the building.

Keep Your Apartment Cool...

- Keep the sunlight out by closing blinds, drapes and shades, especially on south and west facing sides of the building.
- Use white or light-coloured window dressings to reflect the heat.
- Moving air is cooler air. Portable fans can make it feel 3 to 4 degrees cooler.
- Use heat generating appliances during the coolest part of the day.
- Summer can be hot and humid! Follow the above tips to help keep your apartment cool!

HAPPY FATHER'S DAY

Upcoming Community Events...

Peterborough Musicfest is hosting free live music every Wednesday and Saturday at 8:00pm starting June 29th to August 17th in Del Crary Park.

June/July:

29 th	- Tenille Townes	17 th	- Metric
1 st	- Road Apples: A Tribute to The Tragically Hip	20 th	- Beau Dixon Band
3 rd	- Aysanabee with special guest Cale Crowe	24 th	- Reve
6 th	- Tim Baker + Great Lake Swimmers	31 st	- Down with Webster
13 th	- I Mother Earth		

Chicken Primavera

Ingredients:

2 ½ tsp. salt, divided	2 tsp. ground black pepper, plus more for garnish
4 Tbsp. butter, divided	¼ c. olive oil
1 32 oz. container chicken broth	3 carrots, thinly sliced (about 2 cups)
1 ½ c. fresh or frozen peas	2 c. cherry tomatoes, halved
6 garlic cloves, grated	1 ½ c. freshly grated parmesan cheese
1 lemon, zested then cut in half	½ c. chopped fresh basil, plus more for garnish
2 boneless skinless chicken breasts (1 ¼ to 1 ½ lbs.) cut into 1-inch cubes	
16 oz. dried short pasta, such as penne, rotini, or cavatappi	
2 c. asparagus pieces, about 1-inch long, from 1 bunch (woody stems removed)	



Directions:

1. Season the chicken with 1 ½ teaspoons of the salt and 1 teaspoon of the pepper. Add 2 tablespoons of the butter and all of the olive oil to a large Dutch oven; heat over medium-high heat.
2. Add the seasoned chicken to the pan. Cook, stirring occasionally, until the chicken is lightly browned all over, about 5 minutes. Use a slotted spoon to transfer the chicken from the pan onto a plate and set aside.
3. Add the pasta to the pan; stir to coat it in the oil mixture. Add the broth and 2 cups of water, and bring to a simmer. Reduce heat to medium or medium low to keep it simmering for 6 minutes, stirring occasionally to prevent sticking.
4. Stir in the carrots, asparagus, and peas. Cover the pot and let cook until the pasta and vegetables are just tender, about 4 minutes.
5. Uncover the pot. Add the tomatoes, grated garlic, and cooked chicken to the pan. Cook, stirring occasionally, for about 2 minutes to reheat the chicken.
6. Remove from the heat and add the remaining 2 tablespoons butter, parmesan cheese, lemon zest and juice, and the remaining 1 teaspoon each of the salt and pepper; stir to combine.
7. Stir in the basil just before serving. Top each serving with more parmesan and basil, if you like.