

VALLEY HIGHLIGHTS

MYER CHERNEY HOLDINGS LIMITED

November 2024

REMEMBRANCE DAY... November 11th is a day to remember all those who so bravely fought for our freedom. We have a few occupants of Valley High 2 who have served for our country, and we would like to take a moment to say **THANK YOU!**

GARBAGE CHUTE ETIQUETTE... About a month ago the garbage chutes were all professionally cleaned. Over the Thanksgiving holiday, food waste was being freely disposed of down the garbage chutes, without being properly bagged. This does not only create a huge mess, but the residual waste contributes to unpleasant odours in the building. To help keep the garbage chutes clean, **anything placed in the garbage chute must be bagged and securely tied.** When disposing of kitty litter, ensure it is secured in a tightly sealed bag and disposed of down the garbage chute on your floor. Please do not place it on the floor of the 1st floor garbage room as it could be there for a number of hours and the odor that emanates from it can be quite horrific.

BUILDING HEATING SYSTEM... We would like to share some very important information regarding the heating system at Valley High 2. Heat is distributed to your unit by way of a hot water boiler system. Hot water travels through the radiator and the exterior fins naturally heat up. As the air around the radiator heats up, it rises up and out of the way, new cooler air comes in to take its place. A rotational current of air forms around the radiator causing all the air in the room to slowly heat up. The hot water radiators are located directly below the living room and bedroom windows. Extremely cold air coming in through open windows condenses on the metal radiator pipes and poses a serious threat of frozen water pipes. Pipes can then burst triggering a flood. Also, you may occasionally hear what sounds like hammering or banging in the middle of the night. This is as a result of air pockets in the water lines and it will clear once all units have turned their heat on. Please know, there is no need for concern. Should you hear this noise, please remember that it is not necessarily coming from the neighbouring tenant above, below or beside you.

Please avoid opening windows under exceptionally cold conditions and never turn the heat off completely within your rental unit. Make sure furniture is at least 15cm away from the radiators. If radiators are blocked by furniture or window treatments, warm air will not spread out properly to heat the rental unit.

To resolve a persistent issue with too much or too little heat, please fill out and submit a request for maintenance form immediately, which is located beside the Valley High 2 office door. This form allows our maintenance staff permission to access your rental unit to assess the issue and conduct any necessary repairs.

Diana's Kind Quote of the Month:



Valley High 2 Office phone number: 705-742-6047
Hours – Tuesday, Wednesday, and Thursday 12:30pm – 2:30pm

November Generator Testing...

Scheduled testing of the generator will take place twice in November; 6th and 20th. Please keep your doors and windows shut and refrain from using the exits at the southwest end of the building.

After-hours Emergencies...

Should you have an emergency outside of our regular business hours, please call 705-876-1717 and press '5'.

Fall Back... Remember to set your clocks back one hour to mark the conclusion of daylight savings time on Sunday, November 3, 2024 at 2am.

Expecting a Delivery... Please book the service elevator at least 24 hours in advance. Call 705-876-1717 ext. 201 or stop by the Valley High 2 office during posted office hours.

Parcel Deliveries... With the holiday season rapidly approaching, Canada Post offers a free shipping address at any of their 6,000 post office locations. If you are shopping on-line and are uncertain whether you will be home at the time of your delivery, why not safeguard your package. For more information visit:

[FlexDelivery: pickup at the post office](#)
[| Personal | Canada Post \(canadapost-postescanada.ca\)](#)

Upcoming:

Tree Decorating... Mark your calendars for December 2nd from 2:00pm – 4:00pm for some tree decorating fun in the lounge! We do ask if you or anyone in your household is not feeling well, please do not attend.

Christmas Potluck... Please join us on Sunday December 8th from 4pm – 6pm for a Christmas Potluck Dinner in the Valley High 2 Party Room. A sign-up sheet will be posted outside of the office on November 1, 2024.



FRIENDLY REMINDERS...

- **AIR CONDITIONING UNITS:** As a reminder, all air conditioning units should have been removed as of October 15th. If you have not done so, or require assistance with removing it, please fill out a work order and maintenance will be happy to help.
- **BALCONIES:** If you have a breathable rug on your balcony, it too should have been removed by October 15th. No other carpeting, decking or any mat is allowed as it can damage the concrete. If you have seasonal furniture on your balcony, you may want to consider storing it indoors during the winter months to help protect it. Please ensure anything left on the balcony during the winter months is positioned in a manner that the local wildlife cannot nest.



Remembrance Day Poppy

The symbol of Remembrance Day is the red poppy, which grows on the First World War battlefields of Flanders (in Belgium) and northern France. As the artillery barrages began to churn the earth in late 1914, the fields of Flanders and northern France saw scores of red poppies appear.

The first person to use the poppy as a symbol of remembrance was American Moina Michael, who had been inspired by Lieutenant-Colonel John McCrae's poem "In Flanders Fields." Michael pledged in 1918 "always to wear a red poppy of Flanders Fields as a sign of remembrance and the emblem of 'keeping the faith with all who died,'" referencing a line in the poem.

The first "poppy day" in Canada occurred on November 11, 1921. By 1922, lapel-worn poppies were manufactured and distributed by veterans in Canada. The Royal Canadian Legion, formed in 1925, has run the poppy fundraising campaign in Canada ever since.



Pumpkin Soup with Canned Pumpkin

Ingredients:

1 tablespoon olive oil	1 small sweet onion, diced
1 teaspoon minced garlic	2 tsp. cornstarch
1 tablespoon fresh thyme	2 15oz cans pumpkin puree
1 teaspoon pumpkin pie spice	1-quart low sodium vegetable broth
1-2 cup plain Greek yogurt	1 teaspoon salt & pepper, to taste
Garnish: toasted pumpkin seeds, drizzled Greek yogurt and fresh thyme	

Directions:

1. In a large pot, sauté the onion in the olive oil over medium heat. Be careful not to burn. Cook until translucent for about 3 minutes.
2. Add the garlic. Cook for an additional 30 seconds. Do not brown or burn. Season the onions and garlic with a pinch of salt and pepper.
3. Add the pumpkin puree, vegetable broth, pumpkin pie spice, fresh thyme, salt and pepper to the pot. Bring the soup to a boil and then reduce to a simmer. Cook for 20 minutes.
4. Remove the soup from the heat and stir in the Greek yogurt.
5. Blend soup using an immersion blender.
6. Serve with a drizzle of Greek yogurt, pumpkin seeds, and fresh thyme.