

VALLEY HIGHLIGHTS

MYER CHERNEY HOLDINGS LIMITED

October 2025

Happy Thanksgiving!!! We would like to wish everyone a safe and happy Thanksgiving! The office will be closed on Monday, October 13, 2025.

Annual Smoke Detector Blitz... Our maintenance team will require access to all rental units to change batteries and test the smoke detectors. This annual maintenance will take place between 9:00am to 3:00pm on:

- **Wednesday, October 22nd: floors 1 through 4**
- **Wednesday, October 29th: floors 5 through 8**

Annual Fire Drill... October is National Fire Prevention month. Technicians from Trent Security Systems will be at Valley High 2 on **Wednesday October 15, 2024 at 9:00am** to conduct the Annual Fire Drill. We encourage all tenants to participate in the Fire Drill.

Alertable Emergency Notification... Alertable is a community notification system that delivers local emergency alerts and important real-time updates to residents, businesses, and visitors. Registration is free and simple through the City of Peterborough website [Alertable](#) where you can register on-line to receive alerts by email, SMS text, or phone call. Alternatively, the app is available for both IOS and Android devices.

Friendly Reminders...

- **Air Conditioning Units:** It is inevitable that colder weather conditions will approach. Therefore, we would like to remind all tenants air conditioning units **must be removed by no later than October 15th**. If you require assistance with removing your air conditioning unit, please fill out a work order and maintenance will be happy to help.
- **Balconies:** If you have a breathable rug on your balcony, it should be removed by October 15th. No other carpeting, decking and/or any mats are permitted on the balcony 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.

Fire Prevention... October is Fire Prevention Month; the following are safety tips to help avoid the leading causes of residential fires in Ontario:

- Always stay in the kitchen while cooking. If you must leave, turn off the stove.
- Do not cook if you are feeling drowsy and/or have consumed alcohol, drugs, or medication that may impair your ability to think quickly and clearly.
- Keep combustibles and flammable items a safe distance from the stove, which include but not limited to:
 - Oven mitts
 - Cooking utensils
 - Dishcloths
 - Paper towels
 - Potholders
- Never leave burning candles unattended, especially around children and animals. In place of using real lit candles, it is recommended to use battery operated candles.

Hallowe'en Goodies...

On October 31st at 5:30 p.m. come to the lounge, have some treats, and hang out with Diana!! We are pleased to accept donations of treats. Please drop off your donations to the Valley High 2 office during office hours only. If you are not feeling well, we ask you to please not participate in this event.

Generator Testing...

Scheduled testing of the generator will take place on October 8th and 22nd. Please keep your doors and windows shut and refrain from using exits at the southwest end of the building.

Summer Plants...

If you have plants to dispose of please bag them first before taking them down to the garbage room. This will eliminate fallen leaves and dirt that would otherwise be left behind.

Afterhours Emergencies...

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

Detering Pigeons on Balconies...

Here are some reminders when it comes to **winterizing** your balcony and **detering the pigeons from nesting**.

- Remove all food and water sources. Do not leave anything out that creates an area for water to pool in, as pigeons are attracted to food and water.
- If you have seasonal furniture, please ensure those items are stored in a manner that pigeons cannot build their nest in, on, or under.
- Periodically check your balcony
- If you use decoys to scare the pigeons away, ensure you are moving those around regularly so they continue to be effective.

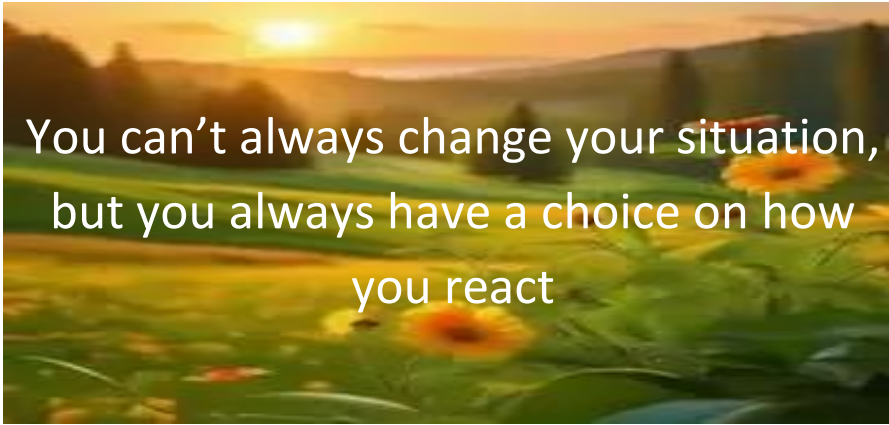
Valley High 2 Office phone number: 705-742-6047

Hours – Tuesday, Wednesday, and Thursday 12:30pm – 2:30pm

Downtown Office will be closed on Monday, October 13, 2025 for Thanksgiving



Diana's Kind Quote of the Month



VHII Building Heating System... how it works.

Heat is distributed to your apartment by way of a hot water boiler system. Hot water radiators are made from metal because it is an excellent conductor of heat. 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 underneath 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, which causes pipes to burst, triggering a flood. Frozen water pipes are a serious threat during the winter months. Avoid opening windows under exceptionally cold conditions and never turn the heat off completely in your unit. To help prevent freezing and/or bursting pipes throughout the winter months it is recommended tenants turn up the thermostat within their rental unit once daily to allow flow of hot water.

To resolve a persistent issue with too much or too little heat, fill out and submit a request for maintenance form immediately. This form allows **Myer Cherney Holdings Ltd.** staff permission to access your unit to effect repairs.

Turkey Rice Casserole

Ingredients:

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| 3 cups precooked turkey cubed (about 1 large breast, skin removed) | 4 cups broccoli florets steamed |
| 2 cups long grain white rice uncooked | 2 cans condensed cream of chicken soup |
| ¾ cup cold water | Salt & pepper to taste |
| 2 cups grated cheddar cheese divided | 1 cup french fried onions |



Directions:

1. Cook 2 cups rice according to packaged directions.
2. Steam broccoli by arranging florets on a microwave safe plate, pouring ¼ cup of water over the top of the broccoli, covering with plastic wrap, cutting a small hole in the top to vent and microwaving until tender, about 4 minutes. Drain if necessary
3. While broccoli is steaming, whisk together cream of chicken soup with water. Add in salt and pepper to your liking.
4. In a large bowl, stir cooked rice, turkey, broccoli, 1 cup of cheddar cheese and cream of chicken soup mixture all together. Mixture should be evenly mixed and coated with rice.
5. Pour mixture into a greased casserole dish. Cover the top of your rice filling with remaining cheese and french fried onions.
6. Bake at 350 for 20 minutes or until heated completely through. Serve warm