

# Valley Highlights

MYER CHERNEY HOLDINGS LIMITED

FEBRUARY 2026

**Building Heating System...** Although we have shared this before, it is important and we are therefore sharing again.

Heat is distributed to your rental unit by way of a hot water boiler system. Hot water radiators are made from metal because it's 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 in each suite are located directly beneath the living room and bedroom windows. When windows are left open in extreme cold, the incoming air can freeze the metal radiator pipes. **Frozen pipes can burst**, causing significant flooding and damage to your unit and surrounding areas. To protect the building's heating system and prevent flooding, **all windows must remain fully closed during subzero temperatures, 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 inspect and conduct any necessary repairs.



**Noise Complaints...**As a reminder, the building **QUIET HOURS are between 11:00 p.m. and 8:00 a.m.** The following are recommendations to help reduce noise transferring from your rental unit:

1. Always be conscientious of your activities to avoid substantially interfering with the quiet enjoyment of other tenants.
2. Place felt coasters and/or covers on table and chair legs. This will greatly reduce the sound of furniture being moved across the floor.
3. Place area rugs or carpet tiles over hardwood floors to help reduce sound, focusing on areas where you walk a lot to muffle your footsteps; this can also help muffle sounds from units below.
4. Remove shoes when walking around your apartment as they can be very noisy, especially for someone living below you.
5. Try to avoid shutting doors, closets, and/or cupboards loudly. This includes common area doors, which are all equipped with automatic door closers.
6. Hang soft materials on the walls, focusing on hanging those items on shared walls.

## *Diana's Kind Quote of the Month*



**A great relationship is about two things. First, appreciating the similarities, and second, respecting the differences.**



## **2025 Tax Receipts...**

Please contact Diana at Valley High 2 or Jamie at the main office to request your 2025 rent receipt for income tax purposes. Allow at least one week for processing.

## **Buddy System...**

In the event of an emergency situation, it would be beneficial for Valley High 2 tenants, who live on their own, to have a buddy system in place. A buddy system is a neighbour or friend living in the building who would be willing to check up on one another, particularly during times of illness.

## **February generator testing...**

Please keep your doors and windows shut and refrain from using the exits at the southwest end of the building; Generator testing for February is scheduled for the 11<sup>th</sup> and 25<sup>th</sup>.

## **Request for Maintenance...**

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

## **Celebrations...**

Congratulations and a shout out to those who may be celebrating a special occasion this month!

## **Peterborough Snofest...**

Stay busy this Family Day long weekend with fun activities that you can do with your friends and family of all ages to get active outside! Peterborough Snofest is happening from February 13<sup>th</sup> to February 16<sup>th</sup>. For more information:

<https://www.peterborough.ca/en/explore-and-play/snofest.aspx>

## **Common Hallways...**

Do not leave any items in the common hallways outside of your entrance door, like footwear or walkers. These items can become a tripping hazard if there is an emergency.

## **Balconies...**

Refrain from throwing items over the balcony, even if someone is "catching" the item below. It creates a safety hazard for people and property below.



**Valley High 2 Office Hours: Tuesdays, Wednesdays, and Thursdays: 12:30pm – 2:30pm**  
**Telephone: 705-742-6047.**

**Main Office will be closed on Monday, February 16, 2026 for Family Day.**

# HAPPY Family DAY

## Some fun Facts from the National Geographic, “Kids Weird but True” Book...

- Gorillas burp when they're happy
- Chewing gum burns about 11 calories an hour
- A waterfall in Hawaii sometimes goes up instead of down
- Some monkeys in Thailand teach their young to floss
- Peanut butter can be converted into a diamond
- Happy birthday was the first song transmitted from space to Earth.
- Spiders have clear blood
- The North Pole is warmer than the South Pole
- A sneeze travels 161 kilometers an hour.



## Hearty Hamburger Soup

### Ingredients:

- |  |                                 |
|--|---------------------------------|
| 1 ½ pounds ground beef                   | 1 onion, minced                 |
| 4 carrots, sliced                        | 3 celery ribs, thinly sliced    |
| ½ cup barley                             | 3 (10 ounce) cans of beef broth |
| 1 (28 ounce) can diced tomatoes          | 2 cups water                    |
| 1 (10.5 ounce) can condensed tomato soup | 1 bay leaf                      |
| 1 tablespoon parsley                     | 1 teaspoon minced garlic        |
| ½ teaspoon dried thyme                   | Ground black pepper to taste    |

### Instructions:

1. Gather all ingredients.
2. Heat a large soup pot over medium-high heat, and crumble in ground beef. Cook and stir until beef is evenly browned and no longer pink. Drain and discard any excess grease.
3. Stir in onion, carrots, celery, and barley. Pour in beef broth, diced tomatoes, water and condensed soup. Season with bay leaf, parsley, garlic, thyme, and pepper. Bring to a boil then reduce heat and cover.
4. Simmer for 2 hours, stirring frequently. Remove bay leaf before serving.
5. Serve hot and enjoy!