

Valley Highlights

MYER CHERNEY HOLDINGS LIMITED

JUNE 2026

Happy Father's Day!! – June 21, 2026

Upcoming Community Events...

- **Living Well HME Senior Showcase - June 17th** – The annual Senior Showcase will take place on June 17th, from 9:00 a.m. to 4:00 p.m. at the Peterborough Sports and Wellness Centre.
- **Peterborough Musicfest – Starting June 27th** – Musicfest concerts will be held **every Wednesday and Saturday evening** at **Del Cray Park**, beginning **June 27th** with **Gowan**.

Laundry Room Etiquette... The laundry room has a limited number of machines to service 132 apartments. To ensure fair access for all residents:

- Remove your garments immediately when the washer or dryer cycle ends.
- A **15-minute grace period** is permitted after the cycle ends.
- After this time, items left in the machines may be placed on top of the appliance so others can use the machines.
- The **Landlord is not responsible** for any missing or damaged garments.

Air Conditioner Units... The seasonal **air conditioning fee is \$250 per A/C unit**. If you have not yet submitted payment, please remit it with your **June rent** or contact the office to arrange an alternate payment plan. Residents requiring assistance installing a portable air conditioner may submit a work request to the Valley High II office. Once submitted, please allow at least 3 business days for staff to attend your unit. **Please note:**

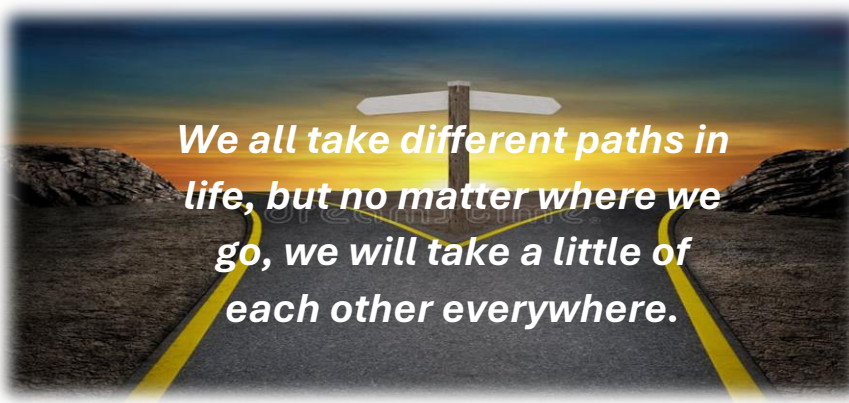
- All A/C hoses must be **6 inches in diameter** for installation.
- Maintenance Personnel **do not** provide repair services for air conditioners.

Balcony Barbecue Safety... Residents choosing to use an electric BBQ on their balcony must ensure:

- The appliance bears the **CSA (Canadian Standards Association)** certification mark.
- Manufacturer instructions are followed at all times.
- Extension cords are **certified for outdoor use**, have a **three-prong grounding plug**, and are rated for the required amperage.
- Cords are unplugged when not in use and kept clear of walkways.
- Food is **never left unattended** while cooking.

Propane BBQs are strictly prohibited on balconies!

Diana's Quote of the Month



We all take different paths in life, but no matter where we go, we will take a little of each other everywhere.

Balcony Gardens... Gardening season has finally arrived! Residents maintaining balcony plants are reminded of the following:

- Watering early in the morning is recommended for plant health.
- Avoid overwatering; self-watering options such as ceramic water probes or water globes may help regulate moisture levels.
- Saucers must be placed under all plant containers to prevent water runoff.
- Please be mindful of neighbours below, ensuring no water or soil spills over balcony edges.

Cigarette Butts... If your lease permits smoking on your balcony, please ensure cigarette butts are disposed of in a windproof, fire-resistant ashtray container.

Flicking cigarette butts off the balcony is strictly prohibited, as it creates a fire hazard and results in debris on the property.

Your cooperation helps maintain a safe and clean environment for all residents.

After hours emergencies... For emergencies occurring **after regular business hours**, please call **705-876-1717** and press 5.

Flooding, plumbing issues, and electrical concerns are considered **urgent** and should be reported immediately.

June Generator Testing... Scheduled generator testing will occur on **June 3rd** and **17th**. During testing, please keep **doors and windows closed** and avoid using the **southwest exits** of the building.

Building Heat... Building heat will be turned **off for the season on June 15, 2026**.

Annual Unit Inspections & Repairs... All annual unit inspections and related repairs have been **postponed until further notice**. Updated notices will be issued once scheduling resumes.



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

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



Balcony Reminders...

We would like to remind all tenants of the balcony rules and regulations:

- a) Keep the balcony/patio free of carpeting, interlocking stone or mats, or decking of any kind that can damage the concrete. You may choose a breathable rug that lets the water evaporate. Breathable rugs must be removed from the balcony by October 15th through May 1st, annually.
- b) There can be **absolutely no drilling or boring into the balcony/patio slab or building exterior whatsoever.**
- c) Should you wish to hang small decorative items, choose a damage free hook such as Command Outdoor Hook or similar damage-free product(s).
- d) Do not install any satellite or hardware on the building or balcony/patio, which includes the rails, glass panels, floors, and ceilings.
- e) Do not place anything on the outside of window sills or hang anything on the inside or outside of balconies. Tenants are permitted to place seasonal flowers/planters on tables and/or stands provided, when watering, care is taken so as not to overflow onto the balcony below; self-watering systems are recommended.
- f) Do not throw anything off the balcony, out the windows or doors. This applies not only to Tenants, but also to their families, guests, or caregivers.
- g) The balcony shall only be used for seasonal furniture and shall not be used as a storage area. The Landlord prefers clothing not be hung on the balcony but if you do, please immediately remove items once they are dry. Electric BBQ's may be used, but may not be left unattended while in use and, must not interfere with your neighbors' enjoyment of their living area.
- h) No frosted film/coverings permitted on the balcony glass panels. Privacy/protective screens (not flags) may be used but shall only be the same size and similar shade (beige/taupe) to that of the glass panels and shall only be attached by way of non-marring products such as rubber bungee cord tie downs, silicone cable ties, or similar non-damaging products.

Grilled Pork Salad with Strawberries

Ingredients:

2 tsp ground coriander	1 tsp ground ginger
1 Tbsp. plus 2 teaspoons packed light brown sugar	4 1-inch-thick boneless pork loin chops (about 1 ¾ lbs total)
1 tsp kosher salt	black pepper to taste
6 Tbsp. olive oil	2 tsp Dijon mustard
2 Tbsp. balsamic vinegar	2 cups strawberries, hulled and quartered
15-ounce package mixed greens	14-ounce log goat cheese, crumbled
1/3 cup chopped fresh chives	

Directions:

1. Preheat the oven to 350 degrees F. Combine the coriander, ginger and 1 tablespoon brown sugar in a small bowl. Season the pork chops with ½ teaspoon salt and a few grinds of pepper and rub with the spice mixture.
2. Heat a large cast-iron skillet over medium-high heat and drizzle with 2 tablespoons olive oil. Add the pork chops and cook until browned, 1 to 2 minutes per side.
3. Put the skillet in the oven and roast until the pork is just cooked through and a thermometer inserted into the pork registers 145 degrees F, about 10 minutes. Let rest 5 minutes on a cutting board while you make the salad.
4. Whisk the mustard, vinegar, remaining 2 teaspoons brown sugar, ½ teaspoon salt and a few grinds of pepper in a large bowl, Whisk in the remaining ¼ cup olive oil in a slow, steady stream until smooth
5. Add the strawberries to the dressing and toss to coat, add the greens and toss again. Slice the pork and layer on top of the salad. Sprinkle with goat cheese and chives.