



Photo: IPT Investments

January 2025
(Amended) 

Island Park Towers Residents' Association

*Building friendships within
the Island Park Towers community*

The IPTRA newsletter has a new editor

I'd like to introduce myself as the new editor of the IPTRA newsletter. I'm taking over from Kathryn Holman, who has ably kept everyone informed through newsletters for around eight years. Thank you, Kathryn.

I've lived at Island Park Towers (at 185 Clearview) for almost five years and thought it was time to get involved with the residents' association. So here I am!

If you have suggestions for content to add (or remove) for future newsletters, contact me at newsletter@iptra.org. If you have comments or suggestions on anything to do with the IPTRA, send to the same address.

Leona Gray

Getting info about events

In addition to event info in newsletters, there's info in these places:

- coloured graphics on the IPTRA locked bulletin board in each mailroom
- neon poster on the open community bulletin board in each mailroom
- calendar at iptra.org. (On a phone? Turn it sideways to better read it)
- Events tab in the [Island Park Towers R.A. Facebook group](#)

Summary of events

Most events are in the Social Room (195 Clearview). The room is on the right after you enter the inner lobby. If you're not a resident of 195, you'll need to go to the office to have your building fob programmed for entry to the building. The programming also gives you access to the Social Room.

Pub Nights are at Churchill's ([356 Richmond Road](#)). They're every three weeks so as to minimize the chance of coinciding with Stuff Swaps, which are the second-last Thursday of a month.

Every so often, IPTRA puts on special events, such as seminars, fabric/craft exchanges, pot lucks, BBQs, barnyard races, and day trips.

Interested in starting a new activity?

Since a lot of residents are retired, most events are in the daytime. If you'd like to start an evening event, [let me know](#) and the IPTRA will try to coordinate. If you'd like to start a new event day or evening, let me know too. Here are some suggestions — darts, chess (regular or speed), poker, cribbage, or jigsaw puzzling.

Events in January

Pub Nights are Thursday **January 2** and Thursday **January 23**. Meet at 4:30 at Churchill's, [356 Richmond Road](#).

A **Brown Bag Lunch** is on Wednesday **January 8**, 12:00 to 1:30.

A **Stuff Swap** is on Thursday **January 23** from 2:30 to 7:30.



Mindful Meditation sessions are **Mondays** from 10:00 to 10:45.

Knitting 101 is every **Monday** from 6:30 until no later than 8:00 PM. These events are for all levels of knitters. If you don't know how to knit, someone will teach you. You can also bring any needlework or come just to chat.

Euchre games are **Tuesdays** from 1:30 to 4:00. If you don't know how to play, the group will gladly teach you.

Workout Wednesdays are on **Wednesdays** from 2:30 to 3:30, but not on New Year's Day.

Canasta games are **Fridays** from 1:30 to 4:00. If you don't know how to play, someone will teach you. (This event used to be called Cards & Games.)

IPTRA membership

Any Island Park Towers resident can take part in IPTRA activities and join its [Facebook group](#). IPTRA members also receive the newsletter. If you're not already a member, you can join by sending email to info@iptra.org. Include your apartment number. To become a sustaining member, e-Transfer \$10 to finance@iptra.org then send a [second email](#) that includes your first and last name and apartment number. All residents can attend the annual general meeting, but only sustaining members can run for board positions or vote.

In becoming a sustaining member, you help cover IPTRA expenses, such as the website, banking charges, and printing.

IPTRA is a social group

This is just a reminder that IPTRA is focused on the social side of living at Island Park Towers. However, topics related to tenant advocacy are covered in newsletters and discussed in the [Facebook group](#).

Above guideline rent increases

Even though IPTRA isn't an advocacy group, it makes its mailing list available to those who want to organize a defence against AGIs. As I write this, Hearings with the Landlord Tenant Board haven't yet been scheduled.

Homestead's applications for an AGI (called an L5) and their supporting documents are available at the following locations:

185: [AGI documents](#)

195: [AGI documents](#)

200: [AGI documents](#)

Let's help Workout Wednesdays continue

Ottawa West Community Support provides weekly workout sessions on Wednesday afternoons in the Social Room, but low turnout may cause OWCS to cancel them.

Everyone is welcome to join these mostly chair-based sessions that focus on stretching to maintain or regain mobility. The instructor (Emily Gooding-Castellani) offers exercises for specific muscle groups and helps participants focus on mind-muscle connections. She incorporates movements that we do as part of our daily lives and suggests stretches and movements to do throughout our week.

Classes are sometimes in the Exercise Room (185 Clearview). There, Emily provides workouts that include how to safely use equipment and free weights. She will customize workouts to address participants' concerns.

Give a workout a try!

If you prefer online classes, Emily offers virtual classes Tuesdays and Fridays from 1:00 to 1:45. [Register here](#). She also has a number of videos (one to two minutes long) on [her YouTube channel](#).

Mindful Meditation

Each mindful meditation session includes 30 minutes of mindful practice and 15 minutes of sharing. The practice is done sitting on a chair.

Mindfulness may improve attention, lower blood pressure, boost the spirits, reduce anxiety, and reduce loneliness.

Here's a five-minute audio [introduction to mindful meditation](#).

The new IPTRA board

Members at the November annual general meeting discussed adding an advocacy director. Since no one stepped forward, the position remains empty. The topic will be revisited at the next AGM.

Co-presidents

Kathryn Holman (195) and
Bernetta Starkey McLellan
(195)

Membership secretary

Ed Ellis (185)

Treasurer

Betty Rogers (200)

Secretary

Marnie Campbell (195)

Communications: online

Shaily Allison (200)

Communications: newsletter

Leona Gray (185)

Social director

Lynda Danford (185)

Building representatives

185 — Nancy Hamnes

195 — Janice Pereira

200 — Larry Cunningham

These positions are empty:

- members at large (2)
- advocacy

Scrabble anyone?

The organizer of the Canasta games is interested in starting a weekly Scrabble group, perhaps on Wednesday evenings from 7:00 to 9:00.



If you're interested, [let me know](#), and I'll pass it on to the organizer.

Keeping items out of landfill sites

One of our members (Sammy) is involved with Earthub, which, according to their website, is an organization dedicated to fostering sustainable practices and environmental stewardship across Ontario. One of their programs collects various items — such as egg cartons, can pull tabs, plastic tags, plastic bottle caps and rings, milk bags, crayons, and empty lip balm and glue stick tubes — and gets them to various organizations for recycling or reuse. For more info, see [their website](#).

Later in January, Sammy will be coordinating with monthly Stuff Swaps to collect these items. Stay tuned!

IPTRA libraries

IPTRA supports two libraries — one in the lobby of 200 Clearview and one in the Social Room (195 Clearview). Both include books and DVDs, and the Social Room library has jigsaw puzzles too. Drop by and borrow or donate.



The library in the Social Room.

Odds & ends

Churchill Avenue North underpass

The under-construction underpass at the north end of Churchill Avenue North that goes under the Kichi Zībī Parkway is now open for the winter so that people can get to the winter trail. It will close again in the spring as more work is still needed to be done on it.

Our city councillor

Jeff Leiper is our councillor for Kitchissippi Ward. See [his website](#) for ward and city info and to subscribe to his newsletter. Or [follow him on Facebook](#) and [Bluesky](#).

Westboro Beach community

Our buildings are near the eastern edge of the Westboro Beach community. For info on the community and its events, see [their website](#).

Smart Aging Core Program

This online eight-week course, which is offered by the Council on Aging of Ottawa, runs January 16 through March 6 from 6:30 to 8:30 PM.

The course is designed to better equip people with navigating life transitions in their senior years. Each week, participants will take an active role in preparing for these transitions by assigning themselves homework on the topic presented.

The cost is \$69 for COA members and \$99 for non-members. Register for the course [here](#). For more info on what the Council on Aging of Ottawa offers, see [their website](#) or call 613-789-3577.

What's in the 'hood?

The **Kichi Sibi Winter Trail** is right at our doorsteps!

This trail is meant for active users of all kinds: cross-country skiers (classic and skate), fatbikers, snowshoers, walkers (including dog walker), and runners. The main rules are leave the classic ski tracks to the classic skiers and avoid bringing salty snow onto the trail.

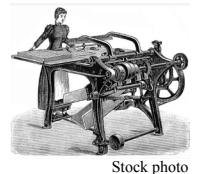
You can get to the trail directly by going through the woods behind 195 Clearview. Go to the east, and you'll come to the intersection of Island Park Drive and the Kichi Zībī Parkway. Go to the west, and you can go along the south side of the parkway and eventually get to the north side of the parkway at the Churchill Avenue underpass. Crossing between these two spots is not recommended, especially when there's lots of traffic or snow banks are high.

Follow the trail on [Facebook](#) or visit its [website](#). Follow the conditions of this trail and others in the area at [Nordic Pulse](#).



February newsletter deadline

The February newsletter will be going out around January 29. Please [submit input](#) by January 24.



Stock photo