



Photo: IPT Investments

Island Park Towers Residents' Association

*Building friendships within
the Island Park Towers community*

November 2025



Barnyard Races & potluck dinner

Saturday, November 1 starting at 4 PM

Social Room



Come enjoy another popular Barnyard Race event. Cheer on toy animals as they race down a track with their speed determined by the toss of dice.

Add to the excitement by bringing along a handful of quarters and placing bets. All proceeds go back to the winners.

Dinner will follow at around 6 PM. Bring food for yourself — or to share — and your favourite beverage and keep on socializing!

Come for the races, the dinner, or both.

Children are welcome.



Canadian War Cemetery, Bény-sur-Mer, Normandy region of France.

NEW!

Life-writing workshop

Mondays, Jan. 5 — Feb. 23

1:30 — 3:30 PM

Social Room

Spend winter
afternoons with
your neighbours
exploring different
ways to reflect
back on your life and leave a
legacy for the next generation.



You'll do some memoir writing, some free-form creative writing, and some structured reflections on specific aspects and seasons of your life.

The facilitator — Nancy Pawelek — has been designing and leading life-writing sessions for three years and is interested in testing material for a workbook she hopes to publish. As a result, there will be only a nominal fee of \$10 for the eight-session workshop (paid at the first session) to cover photocopying and incidental expenses.

Bring your notebook and pen (or laptop) and share your story.

If you have questions, please email Angela Mackay at angespace2401@gmail.com.

Registration details will be in the December newsletter.

November Events

Events new or changed this month are in **red**.
Details are on page 3.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27 Mindful Meditation 10—10:45 AM Knitting 101 6:30—8 PM Weeknight Walkers	28 Canasta 1:30—4 PM	29 Workout Wed. 10—11 AM Weeknight Walkers	30	31 Canasta 1:30—4 PM Hallowe'en 5:30—7 PM All lobbies	1 Barnyard Races 4—6 PM Potluck dinner 6—8 PM
2	3 Mindful Meditation 10—10:45 AM Knitting 101 6:30—8 PM Weeknight Walkers	4 Canasta 1:30—4 PM	5 Workout Wed. 10—11 AM Brown Bag Lunch 12—1:30 PM Weeknight Walkers	6	7 Canasta 1:30—4 PM	8
9	10 Mindful Meditation 10—10:45 AM Knitting 101 6:30—8 PM Weeknight Walkers	11 Canasta 1:30—4 PM	12 Workout Wed. 10—11 AM Weeknight Walkers	13 Pub Night 4: 30 PM Clocktower Brew Pub 418 Richmond Road	14 Canasta 1:30—4 PM	15
16	17 Mindful Meditation 10—10:45 AM Knitting 101 6:30—8 PM Weeknight Walkers	18 Canasta 1:30—4 PM Dining Club 6 PM Absinthe (RSVP req'd)	19 Workout Wed. 10—11 AM Weeknight Walkers	20 Stuff Swap 2:30—7:30 PM	21 Canasta 1:30—4 PM	22
23	24 Mindful Meditation 10—10:45 AM Knitting 101 6:30—8 PM Weeknight Walkers	25 Canasta 1:30—4 PM	26 Workout Wed. 10—11 AM Weeknight Walkers	27	28 Canasta 1:30—4 PM	29
30	1 Mindful Meditation 10—10:45 AM Knitting 101 6:30—8 PM Weeknight Walkers	2 Canasta 1:30—4 PM	3 Workout Wed. 10—11 AM Brown Bag Lunch 12—1:30 PM Weeknight Walkers	4 Pub Night 4: 30 PM House of Pizza 160 Richmond Road	5 Canasta 1:30—4 PM	6 As of October 24.

Regular events in more detail

Mondays

Mindful Meditation: [Mindful Meditation](#) can reduce stress, depression, and pain and can boost emotional well-being. Monday mornings.



Knitting 101: If you don't know how to knit, someone will teach you. Bring any needlework or just come to chat. Monday evenings.



Weeknight Walkers: Monday and Wednesday evening walks of 30 to 60 minutes at a good, steady pace on smooth well-lit surfaces. In November, start times are 5:30 PM. For info on location, email ambra01@yahoo.com.

Tuesdays



Canasta: For all levels. Don't know how to play? Someone will teach you. Tuesday afternoons.



Dining Club: Folks meet at nearby higher-end restaurants on the third Tuesday evening of each month. If you plan to come, email newsletter@iptra.org by the Sunday beforehand.

Wednesdays



Brown Bag Lunches: Bring lunch to these casual get-togethers and catch up on news with your neighbours. First Wednesday of every month.



Workout Wednesdays: Everyone's welcome at these mainly chair-based sessions that focus on stretching to maintain or regain mobility. Wednesday **mornings** instead of afternoons.



Weeknight Walkers: Monday and Wednesday evening walks of 30 to 60 minutes at a good, steady pace on smooth well-lit surfaces. In November, start times are 5:30 PM. For info on location, email ambra01@yahoo.com.

Thursdays



Stuff Swaps: Bring items you don't want or come for something (free) you might need. Or bring items to be donated for reuse and recycling. Second-last Thursday afternoon and evening of every month.



Pub Nights: Pub Nights are every third Thursday and rotate through a series of nearby venues. The latest info is on posters on the mailroom locked bulletin boards, the [Events tab](#) of the Island Park Towers R.A. Facebook group, or the iptra.org calendar.

Fridays



Canasta: For all levels. Don't know how to play? Someone will teach you. Friday afternoons.

Walk & Talk returns in the spring

Walk & Talk Wednesday morning events are over for the season but will resume in the spring. Thank you, Stella Zapata, for running this weekly event.

Dining Club

Tuesday, November 18, 6 PM



The Dining Club meets at nearby higher-end restaurants on the third Tuesday evening of every month. Come as singles, couples, or multiples.

The next destination is [Absinthe, 1208 Wellington St.](#), just west of Parkdale Ave.

If you plan to come, email newsletter@iptra.org by Sunday, November 16.

The December dinner will be Tuesday, December 16, location to be announced in the December newsletter.

Hallowe'en at Island Park Towers

Friday, October 31

5:30 — 7 PM

All lobbies

Homestead will decorate all the lobbies and supply candies. IPTRA volunteers will hand out the treats in the lobbies. If you want to help dispense goodies, simply come to one of the lobbies. Enjoy the fun!

Trick-or-treating isn't allowed in the buildings except in these lobbies.



Introducing your 2026 board of directors

At the annual general meeting on Sunday, October 19, residents took part in lively discussions on various topics of interest to all of us.



As in previous years, members discussed whether to add an advocacy spokesperson to the board. And this year the response was yes!

Members then elected the 2026 board of directors. All incumbents were returned to their positions, and three new people joined the board.

Welcome, Lynda Danford, who returns as events planner after a year off the board, and Sandra Milne, who will assist Larry Cunningham as building rep (200) for a few months.

Welcome also, Ron Lemieux, as the new advocacy spokesperson. Ron describes the role as advocating to Homestead on behalf of the Island Park Towers community as a whole (not on behalf of individual residents) concerning issues that concern our community. He says the role is a work in progress and will evolve.

Leona Gray takes on the role of online communications manager, which includes the Island Park Towers R.A Facebook group and the association's website (iptra.org).

See the sidebar for all board positions.

Stuff Swap volunteers shine

Second-last Thursday of every month, 2:30 — 7:30 PM

Please note — You don't have to have donated an item to take one. Drop by to see the varied array of (free) items available.



Stuff Swap volunteers do a *lot* — Every month they set up display tables, erect clothing stands, arrange the donations, stay to greet people and accept more donations, take down and store the tables and stands, pack up any leftover items, then take them to various organizations that sell them or donate them to people in need.

Kathryn thanks all the volunteers who come out month after month and make her job so easy.

(Photos by Ed Ellis.)

New board of directors

Co-presidents

Kathryn Holman (195)

Bernetta Starkey (195)

Secretary

Marnie Campbell (195)

Treasurer

Betty Rogers (200)

Membership coordinator

Ed Ellis (185)

Events planner

Lynda Danford (185) **NEW!**

Newsletter editor

Leona Gray (185)

Online communications (online comms) manager

Leona Gray (185) **NEW!**

Advocacy spokesperson

Ron Lemieux (185) **NEW!**

Building rep (185)

Nancy Hamnes

Building rep (195)

Janice Pereira

Building rep (200)

Larry Cunningham

Sandra Milne

NEW!



Christmas party

Sunday, December 14

2:30 — 5:30 PM

Social Room

Mark your calendar so as not to miss this party.

Details will follow.

Seniors Helping Seniors has started



Some IPTRA members have formed Seniors helping Seniors and have held their first meeting. Their goal is to assist neighbours (not just seniors) who need help in emergencies or with things like being taken to appointments.

To join the group, email newsletter@iptra.org and you'll be put in touch with the members.

If you need assistance, email newsletter@iptra.org with a few details and someone from the group will contact you.

The Green Team scene

Black boxes

Green Team volunteers — who manage the black-box program for recycling empty wine, beer, and spirits containers — empty the boxes almost daily in all three recycling rooms. Money from the returned empties is used for ongoing and future programs.



They'd be happy to have more helpers. If you want to help, email newsletter@iptra.org

“Keep it out of the Landfill”

The team thanks everyone for making their “Keep it out of the Landfill” initiative such a success. Collection is done in conjunction with the Stuff Swaps on the second-last Thursday of every month.

Welcome donations include shoes, egg cartons, plastic bottle caps, aluminum can tabs, bread bag clips, eyeglasses, jewellery, pill bottles, suitcases in good condition, washed milk bags, batteries, and lightbulbs.

Volunteers take donations to area organizations that then distribute them accordingly. Currently, reusable items go to Belong Ottawa, Earthhub, Bioped, Walmart eye department, and Unitarian House.

The current tally is 21 suitcases, 295 egg cartons, 136 pairs of shoes, 549 pill bottles, and many miscellaneous items.

Getting rid of books?

If you're getting rid of books, why not donate to the library in the Social Room? If you have more than a few, email info@iptra.org and the library volunteer will arrange the donation. Otherwise, drop them on one of the library shelves — fiction on the Fiction shelf, nonfiction on the Nonfiction shelf.



New groups or events?

Here are a few ideas for new groups or events. If you're interested, please email newsletter@iptra.org. You'll be put on a mailing list for the group, and members can proceed from there.

To reach new IPTRA members, newsletter will repeat this info.

Musicians and singers

Interested in entertaining your fellow residents or want to connect with other IPTRA musicians or singers?



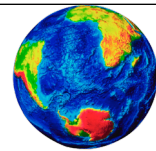
Artists, artisans, and crafters

Want to connect with like-minded IPTRA folks and perhaps host an exhibition of your work?



Dart players

There's a dart board in the Social Room just waiting for players to start using it.



Autumn Earth Day

The IPTRA Green Team plans to host Autumn Earth Day on Thursday, November 20 (date to be confirmed).

The event will provide residents with eco-friendly tips and education.

For the confirmed date, times, and locations, look for notices in your building and on the Facebook group.

Updates to previous articles

AGI for 200 Clearview

Background: The above-guideline rent-increase case management hearing was on August 27.

Update: Affected tenants recently received the Landlord and Tenant Board “order” stating the AGI for every unit. As of this writing (October 23), affected tenants haven’t yet received Homestead’s letter with their specific info — the amount owing or due and the new rent. Amounts due are deducted from the next month’s rent.

If you owe, you have to pay within 90 days of the order date. The order date is October 8, so you need to pay by Tuesday, January 6, 2026. (The mail strike probably affected the time between the order date and when you received the letter.)

Rent reduction

Background: Starting in 2025, the city reduced property taxes paid by owners of multi-unit residential buildings built before 2001. The tax ratio was reduced from 1.4 to 1.0, to be phased in over four years. The ratio for 2025 was reduced from 1.4 to 1.3 (a 7.14% reduction).

According to [info](#) on the Landlord and Tenant Board website, a tax reduction of more than 2.49% automatically triggers a rent reduction. Since our buildings have seven or more units, our rents are decreased by 20% of 7.14%, which is 1.43%.

The city had until September 15 to notify Homestead and has from October 1 to December 15 to notify tenants. The reduction takes effect December 31.

Update: There’s no news, but the city has until December 15 to notify tenants. A future newsletter will report.

Fourth tower, 210 Clearview

Background: The site plan control application for 210 Clearview was approved in August. Homestead must meet numerous requirements in the [site plan approval report](#) before work can begin. This can take months.

Update: There’s no news. Future newsletters will report.

Police warn of distraction thefts

Police warn of distraction thefts that often target seniors.

Thefts often involve a crook approaching someone under the guise of asking directions and offering a thank-you “gift,” such as a necklace around the neck. At the same time, the crook removes the victim’s jewellery and drives off.

Keep jewellery covered and never let strangers come close.



Grab-and-go kits

The city of Ottawa website has extensive info on full [emergency preparedness kits](#). It also



includes suggestions for a grab-and-go kit, which is a smaller kit to use when you might need to evacuate quickly.

Put the items in an easy-to-carry container like a backpack. Keep grab-and-go bags at home, at work, at school, and in your vehicle. Suggested items are:

- ready-to-eat packaged food
- water and water bottle
- phone charger or battery bank
- battery-powered or crank-powered radio and flashlight
- first aid kit
- toothbrush, toothpaste, soap
- copies of your emergency plan and important documents
- cash in small notes
- map
- seasonal clothing
- pen and paper

(With info from [Checklist and kits](#) on the city of Ottawa website.)

Mahjong anyone?

One of our members is learning to play the fascinating game of mahjong. If you’re interested in learning and practising along with her, preferably during the daytime, email newsletter@iptra.org.



Tips for using Sparkle website features

One of our members suggested describing Sparkle website features that help you plan doing laundry. To use the features, go to mysparkle.ca and enter your Sparkle card number.

Check your account balance and machine availability

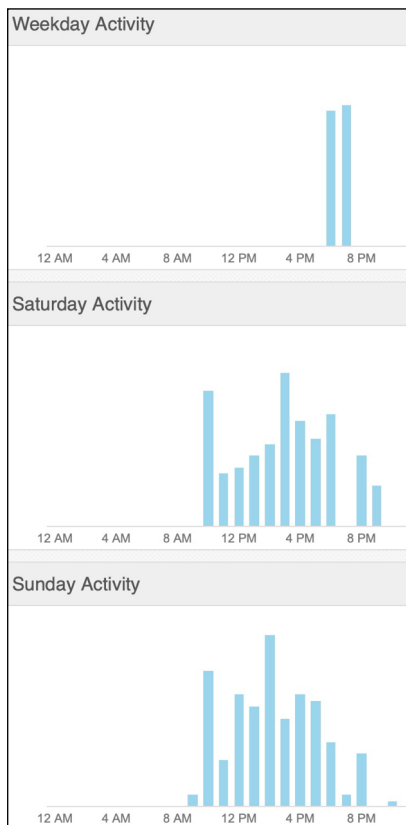
Your account balance is at the top of the window.

Lower down in the window is the status of all machines in your building — whether they're available and, if not, how much time remains.

For 185, the info is straightforward since all machines are in one room. Here are machine IDs for 195 and 200 Clearview:

195 Clearview laundry machine IDs		
Floor	Washer	Dryer
2	W01	D01
3	W02	D02
4	W03	D03
...	W...	D...
12	W11	D11
14	W12	D12
15	W13	W13
...	W...	D...

200 Clearview laundry machine IDs		
Floor	Washer	Dryer
2	W01	D01
4	W02	D02
6	W03	D03
8	W04	D04
10	W05	D05
12	W06	D06
15	W07	D07
17	W08	D08
19	W09	D09
21	W10	D10
23	W11	D11
25	W12	D12
27	W13	D13



Set up notifications

To get texts when your machines are finished or emails of your purchase receipts, tap/click

Subscriptions and check the appropriate boxes.

Check activity/usage trends

To better plan when to do laundry, you can check usage trends. Tap/click **Trends**.

The chart on the left is the sort of info you see for 185. Info for the other buildings, where machines aren't in one room, won't be as useful.

Remembrance Day in Westboro

Tuesday, November 11

Westboro War Memorial

[472 Richmond Road](#)

Every year, a parade has begun at Richmond Road and Churchill Avenue around 1:30 PM, ending at the memorial for a wreath-laying ceremony around 2 PM.

The Westboro War Memorial is on Byron Avenue near Golden Avenue. This memorial, erected by the Westboro War Memorial Association, was dedicated on June 8, 1985, to honour the fallen members of Westboro and surrounding areas in World War I, World War II, and the Korean War.



Getting rid of sharp waste

Our recycle rooms have containers for disposing of sharp waste, such as scalpels, X-Acto knife blades, and hypodermic needles.





Notes from the editor

Comments, suggestions, questions?



Do you have suggestions for future newsletters or about anything to do with IPTRA? Email me at

newsletter@iptra.org.

Photo and image credits



Unless otherwise noted, photos are by me and graphics are stock images, open-source, or used with permission.

Thanks



Thanks go to folks who post useful info in our Facebook group. Thanks also go to those who offer me in-person or email suggestions. I often include that info in newsletters.

No email access?



Are you one of our members who doesn't have email access? If you want to respond to an article in a newsletter, you're welcome to phone me at the number attached to the front of your printed newsletter.

Errors

X I do my best to get things right, but sometimes I make mistakes or details change. Thanks for understanding — and feel free to share any mistakes with me so that I can correct them next time. Email me at newsletter@iptra.org

December deadline



I'll send out the December newsletter around November 26. Please **submit input** by November 23.

Signed

Marnie and Rachelle putting the patio garden to bed for the season ... in the rain.

Thank you to all the garden elves who produced such a lovely space for all of us to enjoy.

Photo by Janice Pereira



Getting the latest about events

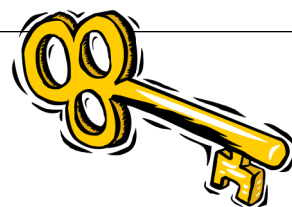


Newsletters and calendar-format event summaries in the mailrooms come out monthly, so it's often hard to include the latest for events that aren't always at the same place or time. For the latest, try:

- locked bulletin boards in the mailrooms
- posts in the **Island Park Towers R.A. Facebook group**
- **Events tab** of the Island Park Towers R.A. Facebook group
- calendar at iptra.org

Weeknight Walkers

ambra01@yahoo.com



Become an IPTRA member

If you receive newsletters, you're probably an IPTRA member. In case you're not and want to join, email your name, phone number, and apartment number to info@iptra.org

You can become a sustaining member and help contribute to the association's expenses by making an e-Transfer of the \$10 annual dues to finance@iptra.org (one payment per apartment) then emailing the same **email address** to give your name and apartment number.