



Photo: IPT Investments

Island Park Towers Residents' Association

*Building friendships within
the Island Park Towers community*

December 2025



Christmas party

Sunday, December 14

2:30 — 5 PM

Social Room

Come join us for this
year's Christmas party.

Refreshment will be served.

IPTRA member Ken Holman will provide live music to
accompany a carol sing-along.

Don't miss this perfect and enjoyable opportunity to mingle
with our community and meet new people.

Everyone is welcome.

Life-writing workshop

Eight Mondays: January 5 — February 23

1:30 — 3:30 PM

Social Room

Spend winter afternoons with neighbours
exploring ways to reflect on your life and leave a
legacy for the next generation. The facilitator —
Nancy Pawelek — has been designing and leading life-writing
sessions for three years.

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

Bring a notebook and pen (or laptop) to write and share your
story. If you bring a laptop, bring a notebook and pen as well
to take advantage of some printed templates.

The low cost of this eight-session workshop is just \$10 to
cover incidental expenses.

The minimum number of participants is 10.

The deadline to register is **Wednesday, December 31.**

To register or get further info, email Angela Mackay at
angespace2401@gmail.com.



Socks for charity

Lobbies of 185 and 195

In early December, IPTRA
volunteers will decorate the 185
and 195 lobbies for Christmas,
which, of course, will include a
Christmas tree in each lobby.

In addition, volunteers will set
up a decorated tree in the Social
Room.

This year, residents are
encouraged to hang a new pair of
socks or two — men's,
women's, or children's — on
one of the trees or put them in
the nearby collection box.

Someone will thank you on the
cold winter days ahead.



Meet the IPTRA board

Members of the new board of
directors deserve to be intro-
duced. The first is one of our co-
presidents — **Kathryn Holman.**

Kathryn writes:

Ken and I learned
about the IPTRA
almost as soon as
we moved here
in 2014.



Continued on page 6.

Events are in the
Social Room
except as noted.

December Events

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1 Mindful Meditation 10—10:45 AM Knitting 101 6:30—8 PM	2 Canasta 1:30—4 PM	3 Workout Wed. 10—11 AM Brown Bag Lunch 12—1:30 PM	4 Pub Night 4:30 PM House of Pizza 160 Richmond Road	5 Canasta 1:30—4 PM	6
7	8 Mindful Meditation 10—10:45 AM Knitting 101 6:30—8 PM	9 Canasta 1:30—4 PM	10 Workout Wed. 10—11 AM	11	12 Canasta 1:30—4 PM	13
14 Christmas party 2:30—5 PM 	15 Mindful Meditation 10—10:45 AM Knitting 101 6:30—8 PM	16 Canasta 1:30—4 PM Dining Club 6 PM Wellington Gastropub RSVP req'd	17 Workout Wed. 10—11 AM	18 Stuff Swap 2:30—7:30 PM	19 Canasta 1:30—4 PM	20
21	22 Mindful Meditation 10—10:45 AM Knitting 101 6:30—8 PM	23 Canasta 1:30—4 PM	24 Workout Wed. 10—11 AM	25 Pub Night 4:30 PM	26 Canasta 1:30—4 PM	27
28	29 Mindful Meditation 10—10:45 AM Knitting 101 6:30—8 PM	30 Canasta 1:30—4 PM	31 Workout Wed. 10—11 AM	1	2 Canasta 1:30—4 PM	3

As of November 24, 2025



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.

Tuesdays



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



Dining Club: At nearby higher-end restaurants on the third Tuesday evening of every month. Singles or couples. 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 mostly chair-based sessions focusing on stretches to maintain or regain mobility. Wednesday mornings.

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/recycling. For what to donate for reuse/recycling, see page 4. Third Thursday afternoon/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, a pinned post on the **Featured** tab of the IPTRA **Facebook group**, or the iptra.org calendar.

Fridays



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

NEW!

Stuff Swap change

By popular demand, Stuff Swaps are now the third Thursday of every month instead of the second-last Thursday. These two dates usually coincided, but not always, which led to confusion.

Getting the latest about events

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



- locked bulletin boards in the mailrooms
- events calendar [here](#) or [here](#) or (new) from a pinned post on the **Featured** tab of the IPTRA **Facebook group**
- posts in the IPTRA **Facebook group**



Dining Club

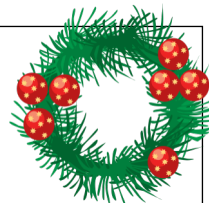
Tue, Dec. 16, 6 PM
Wellington Gastropub
1325 Wellington St.

Singles and couples are welcome. If you're planning to come, please email newsletter@iptra.org by Sunday, December 14.

Holiday schedule changes

These events are cancelled in December:

- **Stuff Swap:** not on Thursday, December 18
- **Workout Wednesdays:** not on December 24 or 31
- **Pub Night:** not on Thursday, December 25 — obviously!
- **Canasta:** not on December 26
- **Mindful Meditation:** not on Monday, December 29



Weeknight Walkers return in the spring



Weeknight Walkers events are over for the season but will resume in the spring. Thank you to the dedicated organizer for running this twice-a-week event.



The Green Team scene

Autumn Earth Day

The Green Team held an Autumn Earth Day info session on November 20 in all lobbies.

Volunteers discussed ways residents can easily recycle and properly dispose of items they no longer need.

To learn more, the team suggests visiting the Circular Materials

[website](#). As of January 1, Circular Materials will manage Ottawa's recycling program. This national not-for-profit organization is committed to building an efficient and effective recycling system in Ontario.



Photo by Laticia Rangel

“Keep it out of the Landfill”

This Green Team initiative works in conjunction with Stuff Swaps on the third Thursday of every month in the Social Room.

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.

Reusable items go to Belong Ottawa, Earthub, Bioped, Walmart eye department, Unitarian House, and more.

Seniors Helping Seniors



Some weeks ago, some IPTRA members formed Seniors Helping Seniors, and a couple more joined after that. They met to discuss their goals to assist neighbours who might need help.

They met again to choose a leader. Since no one felt they could commit to the task, they are disbanding the group for the time being.

If you feel you can lead, email newsletter@iptra.org. You'll be put in touch with the members.

In the meantime, note that Ottawa West Community Support offers a variety of services. If you need assistance, check its [website](#) or call 613-728-6016.



New groups or events?

Here are some ideas for groups or events. If you're interested, 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, newsletters 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?



Interested in sharing your expertise by giving a workshop?

Dart players

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



Kichi Sibi Winter Trail walkers

IPT is so close to the Kichi Sibi Winter Trail, we can get to it right from the 185/195 parking lot.



Mahjong anyone?



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



Updates to previous articles

Previous newsletters included articles on the following topics. While the topics are still of interest to residents, info on them will be included in newsletters.

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.

Update: In October (after the input deadline for the November newsletter), all residents received a notice of rent from the city of Ottawa stating that effective December 31, 2025, our rents will be reduced by 0.90%.

One of the key statements in the letter is “The rent reduction is “automatic”; this means that tenants do not have to apply to the LTB to have the amount of the rent reduction approved in an LTB order. Also, tenants do not have to get permission from the landlord to reduce the rent. *However, it is recommended that tenants communicate with their landlord before reducing the rent.*” (Emphasis is mine.)

Homestead’s accounting office has said it will notify each tenant of their new, reduced rent. As of this writing, that hasn’t happened yet.

***Note:** The calculation of a 1.43% reduction in previous newsletters was obviously wrong. It’ll take too long to figure out why, so let’s just forget about the error and accept the city’s calculation of 0.90%.

Fourth tower, 210 Clearview Avenue

Background: The site plan control application (D07-12-24-0138) for 210 Clearview Avenue (sometimes called 200 Clearview Avenue in documents) was approved on August 21. Homestead must meet 39 general and special conditions as outlined in the [site plan approval report](#) before work can begin. This can take months.

Items Stuff Swaps don’t accept



At the end of each Stuff Swap event, volunteers take leftovers to an agency that accepts donations. If an item is difficult to move or isn’t something the agency accepts, Stuff Swaps don’t want it.

Please do **NOT** donate:

- electronics
- large furniture
- opened containers or packages of food, cleaning supplies, or beauty supplies
- expired food
- books, VHS tapes, or audio tapes

For everything else, if you wouldn’t consider buying it at a garage sale, please don’t bring it to a Stuff Swap.

Thank you!

If a fob stops working

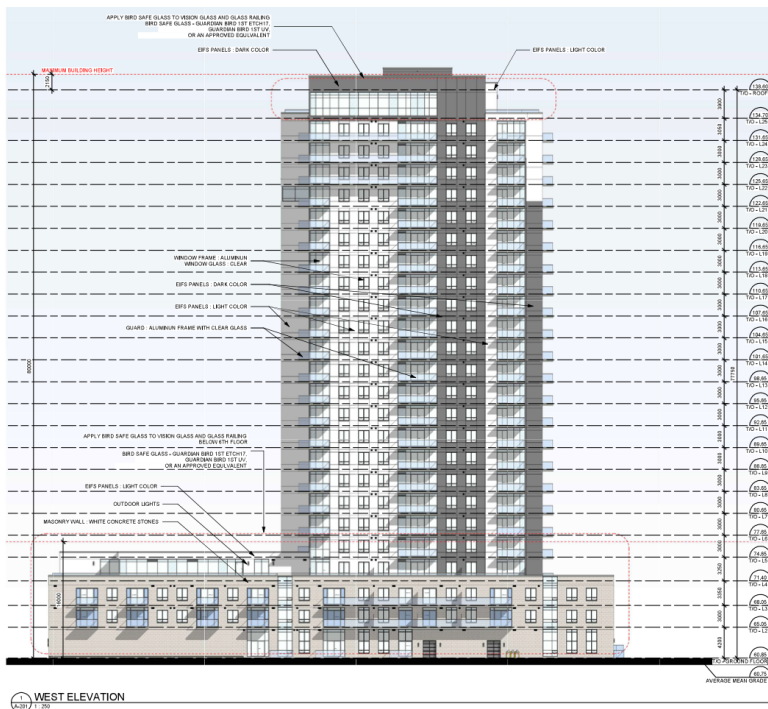
A fob will stop activating a reader if it hasn’t been used in a while. This might happen if you have two fobs and use one only occasionally.

If your fob stops activating a reader, go to your building’s main entrance and place the fob in front of the reader. This action will reset the fob.





To better view the details in the following figure (which is looking east at 210 Clearview Avenue; Lanark Avenue to the right), see the [original document](#), *Approved Elevations West and North*, dated October 14, 2025.



Update: Based on the info at the [ottwatch website](#)* for this application, documents have been filed with the city up to October 14 (at this writing). It's hard to tell how the documents relate to the 39 conditions, but it doesn't look like they cover all of the conditions yet.

*OttWatch is an organization that scans ottawa.ca for new information on development applications in the city, summarizes them, and reports.

Meet the IPTRA board

Continued from page 1.

Kathryn continues:

We had come from a village of about 1,000 people. Ken figured IPT was that size, so he wanted to make this our new village. We joined the weekly walking group and took part in the events the group had that first year.

When the existing president moved away, she invited anyone interested to step up to continue the organization. Several of us did since we saw the value of a social group.

Being involved with the IPTRA gave me a chance to settle into our new home and develop new friendships. It also made

Quiz corner

A. Unscramblings

Rearrange IOTLNEA to form a noun that means *cheer*.

Rearrange ATDETUIGR to form a noun that means *thankfulness*.

Rearrange LHAHET to form a noun that means *vigour*.

B. Synonyms

What's a nine-letter word that starts with *A* and means *prosperity*?

C. Fill in the blanks

Fill in the blanks to create a synonym of *happy accident*:

s _ _ en _ _ pi _ _

D. Collective nouns

What's a term for a group of owls?

E. Beautiful words

What does *apricity* mean?

Answers are on page 8.

Warning for fobbed doors



If you go into a room that's controlled by a fob — a laundry room, bike room, or locker room — bring along your phone. If you don't have a phone, bring a door stop and prop the door open.

There was an issue recently where a resident wasn't able to get out of a laundry room because the door knob wouldn't turn the bolt far enough to let the door open. Luckily, someone heard the calls for help and notified staff, who were able to release the person.



it harder for me to just hide away in my apartment. (As a shy person, that is my normal inclination.)

As the board felt their way, trying to figure out what we wanted IPTRA to be, we struck upon our mission statement — *Building Friendships within the IPT Community*. We felt that as residents made friends with each other, the community would become a more pleasant and safer place to live.

Being involved with IPTRA has helped me to be more outgoing and work on encouraging others to get involved. It has given me purpose at times when I felt adrift, and it has made me feel like I belong here.

Prior to Homestead building the Social Room, holding events was a challenge because we didn't have a dedicated space. We used the lobbies, primarily the one at 200. Now with the Social Room and patio, more varied events can be held, and many of the regular events that people had asked for (like cards) have come into being.

Getting people to put their ideas into motion is easier with a dedicated space since setting up tables and chairs is easy now.

After years of a few of us running the few events we had each year, we are now able to step back and watch others step up as IPTRA has gone from four or five events a year to five a week, with many more happening less frequently.

At the beginning of the pandemic, IPTRA helped connect tenants who needed help with those who wanted to help. Also during that time, many wonderful people moved into IPT bringing fresh energy and ideas.

After the pandemic faded, the combination of the pent-up interest in connecting socially, having the Social Room, the energy of new residents, and the designation of the IPT community as a naturally occurring retirement community (which has brought us speakers and the Workout Wednesday events) all snowballed IPTRA into becoming an active organization.

But at the heart of all we do is the focus on building friendships to make our community more pleasant and safer. 🐾



Fast & frugal fixin's

Having cookies around during the holiday season is a Good Thing. These cookies are the easiest you'll ever make.

Peanut butter cookies
Makes 12 cookies



Ingredients

1/2 cup smooth peanut butter
4 tbsps white sugar
1 large egg, beaten
pinch salt

Directions

1. Preheat the oven to 325° F.
2. Mix all the ingredients together.
3. Place 12 mounds of batter 4 inches apart on a baking sheet lined with parchment paper.
4. Bake until lightly browned, around 20 minutes. Don't overcook.
5. Cool on the baking sheet for 5 minutes then transfer to a wire rack to cool completely.

Pay parking scam

City pay parking stations don't legitimately have QR codes for making payments.



Someone has been sticking scam QR codes on machines along the Wellington Street and Richmond Road new pay parking corridor.

If you see a QR code on one of the machines, don't use it.



Notes from the editor

Comments, suggestions, questions?



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

newsletter@iptra.org.

Photo and image credits



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

Thanks



Thanks go to folks who post useful info in our Facebook group and offer 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



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 January newsletter around December 27. Please **submit input** by Tuesday, December 23.

Leona Gray

Join the Facebook group

Get current info and connect with other members by joining the Island Park Towers R.A. **Facebook group**.



It's a private group and for IPT residents only. Only group members can see who's in the group or see posts. Only group members can post or comment.

Become a sustaining member

By becoming a sustaining member you can help with the association's expenses. Make an e-Transfer of the \$10 dues to finance@iptra.org (one payment per apartment per 12 months) then email the same **email address** to give your name and apartment number.



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)

Newsletter editor

Leona Gray (185)

Online communications manager

Leona Gray (185)

Advocacy spokesperson

Ron Lemieux (185)

Building representatives

Nancy Hamnes (185)

Janice Pereira (195)

Larry Cunningham (200)

Sandra Milne (200)



Quiz corner answers

From page 6.

- A. ELATION, GRATITUDE, HEALTH
- B. affluence
- C. serendipity
- D. parliament
- E. *apricity* is the warmth of the sun in winter