



Photo: IPT Investments

Island Park Towers Residents' Association

January 2026



Building friendships within the Island Park Towers community

Happy New Year!

The IPTRA board wishes everyone a healthy, happy, and safe 2026. We hope you find an IPTRA event or two that interests you in the coming year.

Welcome to new members

WELCOME IPTRA has had a nice influx of new members recently, so now is a good time to say "Welcome!" to all of you.

Meet the board

The second IPTRA board member in the series of introductions is our other co-president — **Bernetta Starkey**.



Bernetta writes:

Bill and I moved to the Towers in May of 2021. Even before we moved, we had discovered the Facebook group and had asked to join it.

We had moved from the Wasaga Beach area and moved here during COVID. We moved to be closer to our family. All of my four brothers and one sister are here, and Bill has three sisters of his eight siblings here. We also have one son who lives in Kanata.

I have always been involved in the communities we lived in. Back home, I was the president of our residents' association, so this wasn't a stretch.

I come from a marketing background, which might be a little dated now, and I enjoy creating events. One time, I hired a group of wrestlers, and they entertained us in the mall where I worked. In another mall, I created an event and called it the \$10,000 Ooey-Gooey Lagoon.

In another town, Bill and I worked on an event called Float Your Fanny Down the Ganny. *Continued on page 4.*

Life-Writing Workshop

Eight Mondays

Jan. 5 — Feb. 23

1:30 — 3:30 PM

Social Room

Under the guidance of facilitator Nancy Pawelek, you'll practise memoir writing, free-form creative writing, and structuring reflections on your life.

Write on a laptop or with pen and paper.

Cost for all eight sessions: \$10

Registration deadline: **Dec. 31**

To register, email Angela Mackay:

angespace2401@gmail.com.



Sock collection success!

We collected 250 pairs of socks and a new pair of boots for the Parkdale Food Centre. Thank you everyone. We'll repeat this next year for sure.



I hope you had a happy Christmas, Hanukkah, Kwanzaa, or Festivus — whichever speaks to your heart.

And may God bless us every one.

Bernetta

Events are in the Social Room except as noted.

Registration req'd for Life-Writing Workshop by Dec. 31.

January Events

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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
4	5 Mindful Meditation 10-10:45 AM Life-Writing Workshop 1:30-3:30 PM Knitting 101 6:30-8 PM	6 Canasta 1:30-4 PM	7 Workout Wed. 10-11 AM Brown Bag Lunch 12-1:30 PM	8	9 Canasta 1:30-4 PM	10
11	12 Mindful Meditation 10-10:45 AM Life-Writing Workshop 1:30-3:30 PM Knitting 101 6:30-8 PM	13 Canasta 1:30-4 PM	14 Workout Wed. 10-11 AM	15 Stuff Swap 2:30-7:30 PM Pub Night 4:30 PM Churchill's 356 Richmond	16 Canasta 1:30-4 PM	17
18	19 Mindful Meditation 10-10:45 AM Life-Writing Workshop 1:30-3:30 PM Knitting 101 6:30-8 PM	20 Canasta 1:30-4 PM Dining Club 6 PM Goldfinch 334 Richmond RSVP req'd	21 Workout Wed. 10-11 AM	22	23 Canasta 1:30-4 PM	24
25	26 Mindful Meditation 10-10:45 AM Life-Writing Workshop 1:30-3:30 PM Knitting 101 6:30-8 PM	27 Canasta 1:30-4 PM	28 Workout Wed. 10-11 AM	29	30 Canasta 1:30-4 PM	31



Event details

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 each month. Singles or couples.

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.

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. Third Thursday afternoon and evening of every month.



Pub Nights: Pub Nights are every third Thursday and rotate through a series of nearby venues.

Fridays



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

Getting the latest event info



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 (such as Pub Nights) or time. For the latest info, try:

- locked bulletin boards in the mailrooms
- events calendar [here](#) or [here](#) or from a post on the **Featured** tab in the [Island Park Towers R.A. Facebook group](#)
- posts in the [Island Park Towers R.A. Facebook group](#)

Dining Club



Tuesday, January 20, 6 PM
Goldfinch
334 Richmond Rd.

Start 2026 with an evening out at this recently opened restaurant that replaces Zak's at the SE corner of Richmond Road and Churchill Avenue.

Singles and couples are most welcome. If you're coming, please email newsletter@iptra.org by Sunday, January 18.

In February, the Dining Club will meet on February 17, location to be announced in the February newsletter.

Introducing Tagg

This sweet miniature schnauzer lives with Marnie, his human companion, at 195 Clearview. Tagg's fondest activity is walking in the neighbourhood with Marnie. If you see them around, do say "Hi" and "Woof."



This is the first in a series introducing IPT pets. If you'd like your pet — any type of pet — in the spotlight, please email newsletter@iptra.org.



Keeping it out of the Landfill

The initiator of this program — Sammy Milne — writes:



“Three years ago, I started collecting items for reuse to keep them out of the landfill. I wondered about bringing the initiative to the IPT community. Through the IPTRA Green Team, we went to the Stuff Swap in May and set up a table.

“There’s been a *lot* of enthusiasm. I thank all the volunteers who collected items and delivered them all over the city.

“Between May and December, we collected 24 suitcases, 165 pairs of shoes, 412 egg cartons, 760 pill bottles, batteries, and lightbulbs.

“Items go to places like Belong Ottawa, Larga Baffin, Westboro Food Bank, Earthub, Bioped, Walmart eye department, Unitarian House, and more.

“Please let your neighbours know about this initiative. If you want to help with deliveries, email newsletter@iptra.org.”

Collecting returns at the next Stuff Swap — Thursday, January 15, 2:30 to 7:30 PM in the Social Room.

Meet the board *continued from page 1*

Bernetta continues:

In various towns, I have worked on a Communities in Bloom contest, and we won handily. I also was responsible for a cemetery and volunteered for Cobourg’s Waterfront Festival. Some events I created, for others I participated in their success.



Last year when Kathryn Holman said she needed some help, I stepped forward. I’m thrilled to see our Social Room so actively used. We have Stuff Swaps, barbecues, Barnyard Races. We also have Pub Nights where everyone is welcome to join us at a different pub every three weeks. Two groups started weekly walks over the summer, and another group meets monthly for higher-end dining at nearby restaurants.

We have meditation, knitting, workouts, canasta, and brown bag lunches. Our most recent addition is a multi-session life-writing workshop.

Bill and I have made wonderful friends since our move here. It’s always so nice to hear everyone chatting in the elevators. We are thrilled to be living here and have no plans on moving any time soon. But that might be a decision our kids make on our behalf. 🍷

Keeping it out of the Landfill donations

Welcome donations include shoes, egg cartons, plastic bottle caps, aluminum can tabs, bread bag clips, eyeglasses, jewellery, pill bottles without labels, suitcases in good condition, washed milk bags, batteries, and lightbulbs.

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 and 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 network, we can get to it right from the 185/195 parking lot.





Updates to previous articles

Previous newsletters included articles on the following topics.

AGI for 200 Clearview



Tribunals Ontario
Tribunaux décisionnels Ontario

Update: As of this writing (December 26), tenants affected by the recent above guideline rent increase haven't yet received Homestead's letter with their specific rent info — the amount owing or due and the new rent. According to Homestead's accounting office, this info will be delivered in early January.

Background: The AGI case management hearing was on August 27. Each affected tenant has received from the Landlord and Tenant Board the board's "order" stating the AGI for every unit in the building. Each unit's amount depends on when a tenant moved into the building in relation to the timeframe for the AGI.

Rent reduction

Update: In mid-December, tenants received a notice from Homestead with their new rent as of January 1. The amount was probably calculated as follows: If your usual rent-increase date is January 1, 1.2% was added to your December rent — the 2026 guideline increase of 2.10% minus 0.90%. If your rent-increase date isn't January 1, 0.90% was simply deducted from you December rent.



All notices say the information doesn't account for any AGI that Homestead might have applied for. This info affects only 200 Clearview tenants as described in the above section.

The 2026 tax ratio will be reduced from 1.3 to 1.2 (or 7.69%). This will trigger another rent reduction, effective December 31, 2026. Future newsletters will keep track of this.

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 2025 ratio was reduced from 1.4 to 1.3 (or 7.14%). Since this reduction is more than 2.49%, a rent reduction is automatically triggered.

In late October, all residents received a notice of rent reduction from the city of Ottawa. It stated that effective December 31, 2025, rents will be reduced by 0.90%.

Why I love living at IPT

There are so many positives to living at Island Park Towers, a good New Year's resolution might be to focus on them.

I'll start!

I love being able to see the sky:



I love living a short walk to good views of sunrises, as shown in this June shot from near Champlain Bridge:



Leona

Email newsletter@iptra.org and give your reasons — they can be repeats of others. Include a picture or two if you want.

Mahjong anyone?



Two of our members are learning to play the fascinating game of mahjong. If you're interested in learning and practising along with them, preferably during the daytime, email newsletter@iptra.org.



Fourth tower, 210 Clearview Avenue

Update: In mid-December, a person working in Councillor Jeff Leiper’s office wrote: “My contact on this file [...] indicates that Homestead hopes to start construction in Fall 2026.”

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



The accompanying image shows the tower viewed from the west with Clearview Avenue on the left.

Maintenance requests



According to our community manager, we’re supposed to request non-urgent maintenance through the myHomestead app (pictured) or the resident login at homestead.ca, **not** by calling or emailing the office. If you don’t have an account, follow the instructions on the website.



If you don’t have access to either of these methods, fill out a paper resident service request form — which you can get from the office — and put it in the box on the community manager’s door across the lobby from the office.

If you can’t get to the office during office hours*, email newsletter@iptra.org to get the form. If you don’t have email access, call the number on the front of your printed newsletter.

Urgent requests: For urgent requests, we’re still supposed to call the office at 613-729-4347, option 2.

*Office hours are Monday to Friday (except holidays) from 8 AM to 5 PM, with some closed periods during that time.

Report poor maintenance

If you’re experiencing ongoing issues with the maintenance or repair of your apartment, report it to the city of Ottawa by filling out this [form](#).



Seniors Helping Seniors

None of the IPTRA members

who started Seniors Helping Seniors feel they can commit to leading the group, so they are pausing.

If you feel you could lead, email newsletter@iptra.org.



**OTTAWA WEST
COMMUNITY SUPPORT**
SERVICE COMMUNAUTAIRE D’OTTAWA OUEST

Note that Ottawa West Community Support offers a wide variety of services, many of them free. If you need assistance or know someone who might, check its [website](#) or call 613-728-6016.



Kathryn and Ken Holman ably leading carol singing at the December 14 Christmas party:





Fast & frugal fixin's

There's nothing quite like stew in January.

Daal (lentil stew)

This makes two generous servings. It's even better reheated the next day. Serve over steamed rice and with plain yogurt.

2¼ cups red lentils

2 tbsp oil

1 small dried red chilli

1 small onion, finely chopped

2 garlic cloves, finely chopped

¾ tsp salt

1 tsp turmeric

2 tbsp oil

1 small dried red chilli

½ tsp cumin seeds (or ½ tsp ground cumin)

1 garlic clove, cut into slivers



Directions

1. Wash the lentils under cold water, place in a bowl of cold water, soak for 30 minutes, transfer to a fine sieve, then drain well.
2. In a heavy pan that has a lid, heat the oil over medium-high heat.
3. Add the next set of ingredients and cook, stirring, until just starting to colour.
4. Add the lentils, then the salt and turmeric.
5. Add 2½ cups of water and bring to a boil.
6. When the surface is bubbling, cover, lower the heat, and simmer gently for 30 minutes, stirring occasionally to ensure the daal doesn't stick to the bottom of the pan.
7. Reduce the heat to low and keep the daal warm while you fry the spice mixture as follows:
8. In a small frying pan, heat the oil over high heat.
9. Working very quickly, add the next set of ingredients.
10. Cook for a few seconds, stirring, then pour the mixture over the daal.
11. Transfer a spoonful of the daal to the frying pan to absorb any remaining oil, then return all to the daal.
12. Serve in separate bowls over rice.

Kichi Sibi Winter Trail

This [winter trail](#) is right out our "back door."



The groomed trail follows the Ottawa River and goes by Westboro Beach. The trail welcomes walkers, skiers, runners, snowshoers, and snow bikers. The only real rule is don't mess up the classic ski tracks.

New this year is the [Grand Pizzeria & Bar](#) at Westboro Beach. As well as indoor dining, it offers four-seater heated, outdoor gondolas with river views.





Notes from the editor

Comments, suggestions, questions?



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

Thank you! Thanks go to folks who post useful info in our Facebook group and offer me in-person and email suggestions. I often include that info in newsletters.

Errors

X I do my best to get things right, but sometimes I make mistakes or details change. Feel free to share mistakes with me so that I can correct them. newsletter@iptra.org.

February deadline



I'll send out the February newsletter around Tuesday, January 27. Please **submit input** by Friday, January 23.



IPTRA board

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 Hammes (185)
Janice Pereira (195)
Larry Cunningham (200)
Sandra Milne (200)

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, and only group members can post or comment.

Sustaining members help us

By becoming a sustaining member you help cover the association's expenses, such as printing costs and banking fees.



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.

If you think your annual dues might have expired, email info@iptra.org to find out.

