



Photo: IPT Investments

February 2026



Island Park Towers Residents' Association

Building friendships within the Island Park Towers community



Snow bears greet visitors in Kitchissippi Woods — the wooded area just west of Champlain Bridge. The smile-inducing bears are the creations of talented IPTRA member Maggie Glossop.

What's new for city recycling

As of January 1, **Circular Materials** is handling the city of Ottawa recycling program. According to the Circular Material website, the organization is “a national not-for-profit [...] organization that represents the evolution to a more circular economy where materials are collected, recycled and returned to producers for use as recycled content in new products and packaging.”



Its founders include a slew of large corporations, including Loblaws, Maple Leaf, McDonald's, Coca-Cola, Costco, and more. Its current partners include many associations dedicated to recycling and reusing specific categories of items. Examples include the Chemistry Industrial Association of Canada, Circular Plastics Taskforce, and Health Products Stewardship Foundation.

Ottawa's program is now in line with most large centres in Ontario. With such a diverse array of heavyweight partners, the city's recycling program is bound to be more effective.

For a summary of what's newly accepted for recycling, see page 4.

Meet the IPTRA board

The next board member to be introduced is the membership coordinator — **Ed Ellis**. Ed keeps track of who's a member and when they pay their voluntary dues.

The following is based on a pleasant conversation Ed and I recently had.

Leona Gray



Ed has always volunteered.

In 2015, after living at IPT for a few years, a notice for the IPTRA annual general meeting piqued his curiosity, and he attended.

When the chair asked for building reps, his volunteerism kicked in. Since his youth, he's gravitated to looking after membership duties in places he's volunteered, so it was a natural progression to take on the role of membership coordinator — a role he's held ever since. *Continued on page 6.*

Facebook group rules have been updated



The rules for the IPTRA Facebook group have been updated to make them easier to follow.

If you're a group member, please read the updated **rules** and follow them.

They'll be reposted periodically to keep them fresh in everyone's mind.



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: Folks meet 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.

Kichi Sibi Winter Trail walkers **NEW**

Some members have started walking on the trail. They meet at 1:30 PM every Friday in the lobby of 185 for walks of around an hour, depending on snow conditions and weather. If conditions don't cooperate, walks are on neighbourhood sidewalks.

If you want to join, email newsletter@iptra.org on Friday morning to verify the walk is on. There'll be a go/no-go post in the IPTRA Facebook group the morning of.



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 on these events, try:

- notices in the 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



Tue., Feb. 17 at 6 PM

Petit Bill's Bistro

1293 Wellington St. W.

Although the website doesn't include prices, dishes seem to be around the same pricing as similar restaurants in the area, for example [Absinthe](#).

Singles and couples are most welcome.

If you're coming, please email newsletter@iptra.org by Sunday, February 15.

The March event will be on March 17, location to be announced.

IPT has a new property manager



We have a new property manager — Kelsey Ryan. You can reach her at 613-729-4115, ext. 1237, or kryan@homestead.ca.

Although the Homestead notice didn't say, Kelsey probably replaces Varum at the Carling Avenue office.



What's newly accepted for city recycling

Caveat: Links to the city's former recycling rules are no longer available, so the info on what's changed might not be 100% accurate. The definitive reference for what is accepted is the Circular Material Ontario [website](#).



Wash items so that they're free of food residue.

Paper and fibre: These items are newly accepted:

- hot and cold beverage cups of paper or plastic-lined paper
- paper laminate packaging such as pet food bags, food service paper bags
- paper laminate containers including cookie dough packages, paper-based ice cream containers

Glass, plastic, and metal: These items are newly accepted:

- plastic bags and flexible plastic packaging such as bread and chip bags, bubble wrap, overwrap (such as for toilet paper)
- black plastic containers, Styrofoam, foam packaging and trays
- toothpaste tubes, deodorant tubes, hand cream tubes
- cardboard frozen juice containers with metal ends
- metal food and beverage cans and tins
- aluminum trays and balled-up aluminum foil

For items with plastic caps, dispose of them with caps on.

Still not accepted: Books, toys, ceramics, diapers, and hazardous materials are still not accepted. Alcohol containers aren't accepted either. Take them to a Beer Store for a refund or put them in the Green Team's black collection boxes in our recycling rooms.

Keeping it out of the Landfill donations

This Green Team initiative works in conjunction with Stuff Swaps. Donations of the following items are welcome:

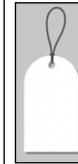


- shoes, jewellery, suitcases in good condition, egg cartons
- lightbulbs, washed milk bags, pill bottles with no labels
- aluminum can tabs, plastic bread bag clips, batteries
- eyeglasses (but *not* eyeglass cases)

This info is also in the website [calendar](#) entries for Keeping it out of the Landfill events.

NEW The new city recycling rules say to keep plastic caps on containers, so this initiative will no longer collect plastic bottle caps. But bring what you might already have saved.

Want to help deliver the collection to organizations? Email newsletter@iptra.org.



Please label whether it works

If you leave an item at the recycle/garbage bays, please label whether or not it works. And if it works, try to include accessories like cables.

If a Green Team member can snag it before garbage day, they'll donate it or dispose of it appropriately.

Info for dog owners

According to a Homestead notice, use only the outside bins to disposal of your dog's waste.



The bin for 185 (left picture) is at the back NW corner of 185. The bin for 200 is at the south side of 200 and looks the same.



There are two bins for 195 (one is shown at right). One bin is at the entrance to the BBQ patio and the other is beside the left-hand main entrance door.

Weight room users ...

If you use the free weights or weight machine in the



Exercise Room (185 Clearview), please do *not* drop them, especially late at night.

The sound reverberates and bothers those who live above.



Diverting unwanted items to Stuff Swaps

If Homestead staff see items in the spots folks leave unwanted things, they're instructed to throw them in the garbage.

Rather than leave your unwanted items around the buildings, consider bringing them to a Stuff Swap.

If you see an item on your travels around IPT, snatch it. If it's not something you want to keep, bring it to a Stuff Swap.

Items Stuff Swaps *don't* accept

The organizations that Stuff Swap volunteers take leftover items to don't accept certain things. Please do *not* bring these items to Stuff Swaps:

- electronics
- chipped or cracked dishes or glasses
- large furniture
- opened containers or packages of food, vitamins, supplements, cleaning supplies, or beauty supplies
- expired food
- books, VHS tapes, or audio tapes

This info is also in the website [calendar](#) entries for the events.



Updates to previous articles

Previous newsletters included an article on the following topic.

AGIs for all buildings

Update: After the January newsletter, a resident said they hadn't received the order from the Landlord and Tenant Board and did that mean the AGI wouldn't be applied to their rent.

The answer is yes — The AGI won't be applied to their rent.

This is the what the LTB letter ("Order under Section 126, Residential Tenancies Act") said:

"Some rental units in the application were not served with the application and notice of hearing. The LTB shall therefore amend the application by removing these rental units. As a result, this order for a rent increase above the guideline under section 126 of the Act does not apply to the following units: [a long list of unit numbers]."

If you didn't receive the order, your rent won't have an AGI applied. If you want to know if your unit was in the list, email newsletter@iptra.org with your unit number.



Tribunals Ontario
Tribunaux décisionnels Ontario

Need your rent calculation explained?



One of our members contacted csankey@homestead.ca to have the calculation of their rent explained.

Quiz corner



A. Unscramblings

Rearrange STFOR to form a noun that means *rime*.

Rearrange NIRTWE to form a verb that means *hibernate*.

Rearrange OASMLL to form a verb that means *ski around obstacles*.

B. Beautiful words

What does *susurrus* mean?

Answers are on page 9.

Quick tip — myHomestead app



If you request maintenance using the myHomestead app (as we're supposed to do for nonurgent issues), you'll immediately receive a confirmation email, but that email won't include your request.

To be sure you have a record of your request, *before* you submit the request, take a screenshot or multiples if the request is long.

When you receive confirmation, forward the email to yourself with the screenshots attached and with a subject line that will make the email easier to find.

This suggestion would also work for requests made on the Homestead website.



Meet the IPTRA board *Continued from page 1.*

Ed says volunteering lets him meet people and get to know them. He witnesses IPTRA fostering social cohesion and the feeling of belonging among residents, especially those who live alone.



Ed is a semiretired public health physician who's worked locally, provincially, federally, and internationally.

His current gigs consist of two very part time jobs and four volunteer positions. One part time job — a tutor for Ottawa School of Medicine students — involves teaching communicable disease control and critical appraisal of medical literature.

In addition to his IPTRA volunteer work, he mentors internationally trained health professionals who are seeking licensure in Canada. He currently mentors four people.

Another of Ed's volunteer positions is with the **Bruce Denniston Bone Marrow Society**. The society is a volunteer organization "dedicated to [...] increasing awareness on the importance of the Canadian Stem Cell and Marrow Network."

Ed has acted as a courier for the society. This entailed travelling overseas to collect bone marrow donations and bringing them back for people awaiting stem cell transplants.

He's also active in the society's stem cell awareness events (which work in conjunction with **Canadian Blood Services**), where he and others go to high schools and universities to recruit potential stem cell donors aged 17 to 35. The recruits provide painless mouth swabs for genetic analysis and entry into Canada's stem cell registry.

Ed says when a person needs a stem cell transplant for one of over 80 diseases (usually a blood disease), they match with relatives only 25% of the time. About 1,000 people in Canada are waiting because there are no matches for them in Canadian or international registries. Many more people are needed in the registry, so if you're in that age range and even slightly interested, Ed asks that you see the Canadian Blood Services [website](#). The process is quick, and it may save a life.

His fourth volunteer work is with Parkdale United Church, where he sings in the choir and helps with **In from the Cold**. The program provides banquet-style dinners, live music, and good company for typically 100 people from the community (most of whom are disabled) every Saturday from November until the end of March. Ed has heard guests say it's the only time in the week when they're treated with dignity. The

Why I love living at IPT

Donna mentions two reasons why she loves living at IPT — being away from crowds and being close to crowds.

She loves being a short walk to the solitude of the Ottawa River and its pathways:



Donna equally loves being a short walk in the opposite direction to the vibrant shops and restaurants on Richmond Road and Wellington Street. A picture of that has to wait for better weather.

New groups or events?

Here are ideas for groups or events. Interested? Email newsletter@iptra.org.

Musicians and singers

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



Artists, artisans, crafters

Want to meet like-minded folks and maybe host an exhibition of your work? Interested in giving a workshop?



Dart players

The Social Room has a dart board just waiting for players to start using it. You'll need to supply your own darts.





program operates with around 70 volunteers each week. Ed says everyone is welcome to volunteer.

Ed loves to travel. Since two of his four sons live in the US (Oklahoma and Florida) he has great incentive to visit them and some of his 10 grandchildren. His other two sons and their families live in the Ottawa area.

Ed is an avid cyclist. Besides riding in Ottawa, he likes riding canal trails. He's riding 580 km along the Erie Canal from Rochester to Albany in short stages spread out over years.

What's considered an emergency?

Homestead's paper form for service requests lists an issue with any of the following as an emergency:



- electricity
- heat
- hot or cold water
- building security
- building envelope

Water leaks and floods would also be emergencies. Obviously, if you detect a fire, call 9-1-1.

Make requests for emergency issues by calling the office (613-729-4347, option 2) or filling out the paper request form.

For nonemergency issues, make maintenance requests through the myHomestead app (pictured), the Homestead website, or the paper request form.



You can get the paper request form from the office. If you can't get to the office during office hours (Monday to Friday, 8 AM to 5 PM), email newsletter@iptra.org to get a PDF or to arrange to get a paper copy.

Need help with your lease, LTB, or RTA?

If you have questions about tenant rights, such as in areas concerning your lease, the Landlord and Tenant Board, or the Residential Tenancy Act, consider joining the Ontario Tenant Alliance (**ONTA**) Facebook group (called Ontario Tenant Rights), where you can anonymously ask questions in these areas.



Quick tip — laundry cards

Write your apartment number on your Sparkle laundry card. Then if you leave it somewhere by mistake, someone can return it to you by sliding it under your door.



Introducing Ginger

Ginger is a Pomsky: a Pomeranian-husky mix.

She lives at 185 Clearview and is often seen in the lobby before or after walks with her human companion Kate.



As you can see, Ginger has beautiful colouring, a cute curled tail, and big blue eyes.

Seniors Helping Seniors



None of the members who started Seniors Helping Seniors feel they can commit to leading the group, so they are pausing. If you feel you could lead, please email newsletter@iptra.org.



Note: 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.



Fast & frugal fixin's

This easy dish has a nice Valentine's Day hue. It makes two servings and is best made a day or two in advance.

Peperonata

- 2 tbsp extra-virgin olive oil
- 1 red pepper (or ½ red and ½ yellow), thinly sliced
- ½ large red onion, thinly sliced
- salt
- freshly ground black pepper
- 1 garlic clove, finely chopped
- 1 tsp capers, roughly chopped
- pinch crushed red pepper
- 1 tbsp red wine vinegar



Garnish

- 1 tbsp chopped flat-leaf parsley
- 1 tbsp chopped basil
- pinch dried oregano
- handful olives, black or green, with or without pits

Directions

1. Put the oil in a large skillet over medium-high heat.
2. When the oil is hot, add the peppers and onion, season generously with salt and pepper, and cook, stirring frequently, until softened, around 7 minutes.
3. Add the next set of ingredients, and cook, stirring, for 1 minute.
4. Taste and adjust the seasoning.
5. Transfer to a serving platter and sprinkle with the herbs and olives.
6. Serve at room temperature.

Fob programming

If you live in 185 or 200 and want to go to the Social Room in 195, your fob needs to be programmed for entry to 195.

To get that done, go to the office (Mon.—Fri., 8 AM— 5 PM) or request through the myHomestead app.



Westboro Beach Winter Carnival returns

Saturday, February 14

12 — 3:00 PM

[Selby Plain](#)

(Lanark & Atlantis Avenues)



Again this year, the Westboro Beach Community Association is hosting a winter carnival with activities for kids and adults alike. Selby Plain is a short walk from IPT.

- warm up at the bonfire
- socialize with neighbours
- roast marshmallows
- enjoy hot chocolate (bring your own mug), cookies, and snacks
- savour vegetarian chilli (\$5 per bowl)
- build a snow fort or snow people
- play snow soccer

To help the association plan for refreshments, please “buy” a free ticket through their [Facebook page](#).

At the event, you can use cash, debit, or credit to pay for the chilli or make a donation to help the association continue to offer free events all year.

The weather date is Sunday, February 15.



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



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



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.

March deadline



I'll send out the March newsletter around Friday, February 27. Please **submit input** by Monday, February 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)

Building representatives

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

Stay current by joining the IPTRA 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 for IPT residents. 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



Sustaining members cover IPTRA expenses such as refreshments at events, printing, and bank fees.

To pay the optional dues, make an e-Transfer of \$10 to finance@iptra.org (only one payment per apartment per 12 months) then email the same **email address** to give your name and apartment number. Or email info@iptra.org to arrange in-person payment.

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

Quiz answers



From page 5.

- A. FROST, WINTER, SLALOM
- B. *susurrus* — a soft, whispering, rustling sound



Monday, February 16