



Photo: IPT Investments

# Island Park Towers Residents' Association

March 2026



*Building friendships within the Island Park Towers community*



## St. Patrick's Day Singalong Tuesday, March 17 starting at 7:30 PM Social Room

Enjoy an evening that starts out with singing lively Irish tunes led by the talented IPTRA duo of Ken and Jill.

After an hour or so of music, you're invited to stay for light refreshments and socializing with your neighbours.

The invitation is extended to all residents of Island Park Towers, not just IPTRA members.



## Springtime Personal Hygiene Product Collection



**Thursday, March 26 through Monday, April 6 (Easter Monday)**  
**Lobbies of all three buildings**

Please help local food centres in their huge need for the following personal hygiene products — in *unopened* containers.

### Showering and body care

Soap bars, body wash, face wash, shampoo, conditioner, deodorant, antiperspirant, body lotion, body moisturizer.

### Oral hygiene

Toothbrushes, toothpaste, dental floss, mouthwash (without alcohol).

### Grooming and grooming tools

Nail clippers for fingers and toes, razors, shaving cream and gel, combs, hairbrushes.

### Toiletries

Toilet paper, facial tissue, feminine hygiene products (pads and tampons), hand sanitizer, cotton swabs (Q-tips).

## Presentation by Seniors on Site

Wednesday, March 11, 2—3 PM



**Seniors on Site** will give a presentation in the Social Room to talk about its services and to answer questions.

The company offers caregiving services that include transportation, housekeeping, personal support, companion care, and dementia care.

If you have questions, please email [events@iptra.org](mailto:events@iptra.org)

Events are in the Social Room except where noted.

RSVP req'd for Dining Club by **Sunday, March 15:** newsletter@iptra.org.

# March Events

Events new or changed this month are in **red**.

Details are on page 3.

All IPT residents are welcome, not just IPTRA members.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Mindful Meditation 10-10:45 AM Knitting 101 6:30-8 PM	3 Canasta 1:30-4 PM	4 Workout Wed. 10-11 AM Brown Bag Lunch 12-1:30 PM	5	6 Canasta 1:30-4 PM Kichi Sibi Winter Trail walkers 1:30-2:30 PM Meet in 185 lobby, while snow lasts	7
8	9 Mindful Meditation 10-10:45 AM Knitting 101 6:30-8 PM	10 Canasta 1:30-4 PM	11 Workout Wed. 10-11 AM Seniors on Site presentation 2-3 PM	12	13 Canasta 1:30-4 PM Kichi Sibi Winter Trail walkers 1:30-2:30 PM Meet in 185 lobby, while snow lasts	14
15	16 Mindful Meditation 10-10:45 AM Dining Club, 6 PM Goldfinch 334 Richmond RSVP req'd Knitting 101 6:30-8 PM	17 St. Patrick's Day Singalong 7:30 PM	18 Workout Wed. 10-11 AM	19 Stuff Swap & Keeping it out of the Landfill 2:30-7:30 PM Pub Night 4:30 PM House of Pizza 160 Richmond	20 Canasta 1:30-4 PM Kichi Sibi Winter Trail walkers 1:30-2:30 PM Meet in 185 lobby, while snow lasts	21
22	23 Mindful Meditation 10-10:45 AM Knitting 101 6:30-8 PM	24 Canasta 1:30-4 PM	25 Workout Wed. 10-11 AM	26 Personal Hygiene Product Collection Daily until Mon., Apr. 6 All lobbies	27 Canasta 1:30-4 PM Kichi Sibi Winter Trail walkers 1:30-2:30 PM Meet in 185 lobby	28
29	30 Mindful Meditation 10-10:45 AM Knitting 101 6:30-8 PM	31 Canasta 1:30-4 PM	1 Workout Wed. 10-11 AM	2	3 Canasta 1:30-4 PM	4



## Details of regular events

### 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 come just 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 every month. Singles or couples. RSVP to [newsletter@iptra.org](mailto:newsletter@iptra.org) by the Sunday before.

### 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 focussing 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. For what *not* to bring, see an [entry](#) for the event in the website calendar. Third Thursday afternoon and evening of every month.



**Keeping it out of the Landfill:** In conjunction with Stuff Swaps. Bring items for recycling or reuse. For what to donate, see an [entry](#) for the event in the website calendar. Third Thursday afternoon and evening of every month.



**Pub Nights:** Pub Nights are held 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:** Walk for around an hour from the 185 lobby. If snow conditions don't cooperate, walk on sidewalks. Every Friday afternoon while there's snow. Email [newsletter@iptra.org](mailto:newsletter@iptra.org) on Friday morning to verify if it's a go. A go/no-go message will be posted in the IPTRA Facebook group by Friday morning.

### Dining Club **DAY CHANGED FOR THIS MONTH**



**Monday, March 16 at 6 PM**

**Goldfinch**

**334 Richmond Road**

To not conflict with the St. Patrick's Day Singalong on Tuesday, March 17, dinner will be the day before the usual Tuesday. This is serendipitous because people want to visit Goldfinch, and it isn't open Tuesdays.

If you're coming, email [newsletter@iptra.org](mailto:newsletter@iptra.org) by Sunday, March 15.

The April dinner will be April 21, location to be announced in the April newsletter.

### Interested in playing euchre?



Some folks want to start a euchre group. The idea is to play weekly in the afternoon or evening (weekdays or weekends) at a time that doesn't conflict with other Social Room activities. For possible times, see the calendar on page 2.

The group is also looking for someone who'd like to lead the activity.

If you're interested in playing or leading, email [events@iptra.org](mailto:events@iptra.org).



## Consider returning to the Facebook group



The **Island Park Towers R.A. Facebook group** has operated for over 10 years and has around 350 members.

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

The group is a great way for residents to ask questions and get — or offer — advice. It's also the perfect venue for posting notices of happenings or events, especially of last-minute changes. As well, members often share photos and offer items for sale or giveaway. Lost items have even been reunited with their owners through the group.

If you left the group or unfollowed it because you didn't like the ambiance, please consider returning. A couple of months ago, the group admins updated the group rules to better reflect how members should conduct themselves while posting or commenting. The admins requested everyone read the updated rules and follow them.

The admins are helping members follow the rules. To that end, they'll delete posts and comments that blatantly disregard the rules and tell the poster or commenter which rules were broken so that they can do better next time. To keep the rules fresh in everyone's mind, they'll be posted periodically.

If you've never been a member because of rumours that gave you the idea the group might not be to your taste, please give it a chance and join.

All residents are welcome — not just IPTRA members — so let your neighbours know about the group. A person who joins also becomes an IPTRA member if they aren't already.

## How to get 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 might change or for events that aren't always at the same place or time. For the latest on events, try:

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

## New office hours



The office opens at 9:30 AM instead of 8:00.

The office opens later to give the office administrator (Rachelle) uninterrupted time to do work that requires full concentration.

When Rachelle has to leave the office, she posts a clock on the door to say when she'll be back.

Closing time is still 5:00 PM. The office continues to be closed on weekends and holidays.



## Homestead to post notices in elevators

A Homestead notice says staff will post notices — not just in the locked boards in lobbies — but in elevators. This will happen after frames are purchased and installed.

This is good news for those who enter their building by the parking garage or don't often go to their lobby.

## Tenant insurance



Check your lease, but it probably requires you to carry liability insurance.

Even though content insurance isn't required, it's prudent to carry so that your personal property is covered in the event of an incident such as a flood. Make sure you're also covered for a stay in other accommodation if your apartment is temporarily uninhabitable.

Arrange with the broker or agent of your choice.



## The Green Team scene



**Call for volunteers, especially strong ones:** The Green Team has been busy managing two of its most successful initiatives.



The team collects and returns empty alcohol containers. The black bins in each recycling room need to be emptied almost daily and the can and bottle deposits redeemed at a Beer Store. If you can help, please email [greenteam@iptra.org](mailto:greenteam@iptra.org).

Also, at the end of Keeping it out of the Landfill events, volunteers take the donations to various local organizations. If you're strong and can assist, come to the Social Room around 7 PM on the third Thursday of any month.

**Use Facebook to dispose of items:** If there's something you no longer need — clothes, decor, furniture, electronics, and so on — post it in the [Island Park Towers R.A. Facebook group](#). Often someone will be interested and even come to get it from you.



If you see an item in a recycling room or somewhere else, take a picture and post it on the Facebook group.

**Don't know how to dispose of an item?** If you don't know how to dispose of something (anything), check out the city of Ottawa [Waste Explorer](#).

If the item is allowed in a recycle bin, the program says which bin. However, the app will say some items are to be put in the green bin (for organic waste). Since IPT doesn't yet have a green bin program, you have to put those items in regular garbage, that is, down the garbage chute.

If the item isn't allowed in a recycle bin, the program offers options of where to take it.

You can search for ways to dispose of things like paint, lightbulbs, electronics, furniture, and more.

**Reminder of the new recycling rules:** If you need a refresh of the new (as of January 1) recycling rules, see the Circular Materials [website](#).

**Recycling paper/fibre at 185:** This might be obvious but maybe not to all: The 185 recycling bin for paper and fibre is outside the recycling room's external door. And to get back into the recycling room, you need to scan your entry fob at the reader to the right of the door.

## New for Keeping it out of the Landfill **NEW!**



The Green Team's Keeping it out of the Landfill

initiative now collects washed, dried, and flattened milk bags.

For a list of all items to donate, see an [entry](#) for the event in the website calendar.

## Donating household items



**Helping with Furniture** accepts gently used

furniture, housewares, electronics, laptops, and bicycles. You can drop off items at **1455 Michael Street** without an appointment on Saturdays between 10 AM and 1 PM.

**Matthew House** accepts some furniture and other household items. To see what they will and won't accept and to schedule a pickup or drop-off, see their website or call 613-591-6681, ext. 2512.



## 'Tis the season for dissuading pigeons

Now's a good time to discourage these pests from nesting on your balcony by making sure there are no good spots for them to build —



Wikipedia

like behind or beneath things.

If you see nesting material (such as twigs and leaves) on your balcony, get rid of it right away.



## Life-Writing Workshop was inspiring

Laura Evans participated in the recent multi-week Life-Writing Workshop. This is her report:



Who am I? That was the question during the life-writing series lead by Nancy Pawelek. Eight of us gathered in the Social Room on Monday afternoons to think about various ways to answer the questions of who I am.

We got warmed up by filling in a prompt sheet: my hobbies and passions, people/places/things that are most important to me, travel and special locations, a treasured possession. We then pulled out one of the ideas to develop into a 10- to 15-minute piece that we then shared and get gentle feedback. We were encouraged to think about the stories of our lives instead of linear recounting of events.

I know I will pull out the idea sheets to write many more stories and maybe hand them on to the next generation.

Heather Hay Charron also participated and writes: “I highly recommend this recent workshop with Nancy Pawelek, a Writers Collective of Canada member. It was fascinating and very useful for me in organizing my writing. And I met some of my neighbours!”

## Need a rent receipt for income tax?

If you're a leaseholder, you can get an income tax receipt for your rental payments by emailing you unit number to [ottawaaccounting@homestead.ca](mailto:ottawaaccounting@homestead.ca). You can also go to the office and fill out a paper request form.



## Need your rent calculation explained?

If you need your post-AGI rent calculation explained (especially if you're in 200 and recently received info from Homestead), email [csankey@homestead.ca](mailto:csankey@homestead.ca).



## Need help with your tenant rights?

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.



You can also get help through **Pro Bono Ontario**, which offers a free legal advice hotline to speak to a lawyer. You're allowed one 30-minute call a day, weekdays between 9 AM and 5 PM. Call 1-855-255-7256.



## New for Stuff Swaps **NEW!**

After the February event, volunteers had to pack and deliver so many leftovers that they've added new rules. When you donate, please follow these new rules:

- maximum of five clothing items
- maximum two boxes of items, including the five clothing items
- no books, electronics, furniture, or broken items
- no drop-offs after 4 PM

If you can't get to the Social Room between 2:30 and 4:00, leave your items in the room earlier that day.

Anything that won't fit in the organizer's car will go the 195 recycling room.

These rules are now added to the other rules in a Stuff Swap **entry** on the website calendar.

**PLEASE HELP:** If you can help deliver leftovers, come to the Social Room around 7 PM on the third Thursday of any month.

## Quiz corner



### A. Synonyms

What's a 10-letter word that starts with *J* and means *great happiness*?

### B. Fill in the blanks

Fill in the blanks to create a synonym of *whirlpool*:

\_ a \_ \_ s \_ r \_ m

### C. Collective nouns

What's a term for a group of leopards?

### D. Beautiful words

What does *hibernaculum* mean?

Answers are on page 9.



## Meet the IPTRA board

The next board member to be introduced is the newsletter editor and online comms manager — **Leona Gray** (me 😊)

I was born in Ottawa and have lived here ever since.

After working in a federal government nutrition research lab, retraining for a new career, working as a software developer at various high tech companies, then working as a technical writer at even more high tech companies, I escaped into retirement.



My leisure activity during my working life was bicycling — lots of group road riding and lots of vacations riding a pannier-laden touring bike. Since retiring, I've continued to ride and bike tour. My favourite local ride is into the Gatineau Park.

In the spring of 2020 — *just* as the pandemic locked down the world — I sold my house and moved to 185 Clearview. I was a COVID hermit for a few years then joined IPTRA in 2023, but oddly I didn't get involved.

A whim in the fall of 2024 spurred me to attend IPTRA's annual general meeting. Another whim spurred me to volunteer to produce a monthly newsletter. I was the newsletter editor for the Ottawa Bicycle Club for three years, so I knew what the job might entail. I like to learn new tools, I like to present information, and I wanted to emerge from hermitism and get involved in our community.

Some months ago, I volunteered to help Kathryn Holman as an additional admin in the IPTRA Facebook group she started around 10 years ago. Months before that, I volunteered to redesign the IPTRA website, but that's a task that continues to slither down my to-do list. I hope to rectify that soon and learn another set of tools. 🛠️

## Neighbours Helping Neighbours

This notice is repeated in case a new member feels they can lead the people who've formed a group to help neighbours who might need assistance. Or perhaps someone's situation has changed and they now can lead. If you feel you can lead, please email [newsletter@iptra.org](mailto: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.



## New groups or events?

Here are ideas for groups or events. Newsletters will repeat this to reach new members.

If you're interested, email [events@iptra.org](mailto:events@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. 

## What pharmacists can now treat

Pharmacists in Ontario can treat many conditions, some of which are listed below. This is handy if you don't have a family doctor.

- urinary tract infections
- cold sores and canker sores
- nasal allergies
- eczema and skin rashes
- heartburn and indigestion
- impetigo
- tick bites
- acne
- pink eye
- oral thrush
- hemorrhoids
- sprains and strains

For details, see the Ontario College of Pharmacists [website](#).



## Fast & frugal fixin's

This easy-to-make bread goes well with any stew, but especially with Irish stew. The dried fruit gives just a hint of sweetness that complements the somewhat sharp taste of caraway seeds. Serve it plain or lightly toasted.

### Irish soda bread

- 4 cups all-purpose white flour
- ¼ cup sugar
- 1 tbsp baking powder
- 1 tsp baking soda
- 1½ tsp salt
- 6 tbsp cold butter
- 2 tsp caraway seeds
- ½ cup dried currants or raisins
- 1½ cups buttermilk



### Directions

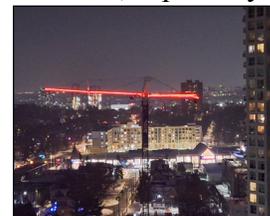
1. Preheat the oven to 350 F.
2. Grease a large baking sheet.
3. In a large bowl, combine the first set of ingredients.
4. With a pastry blender or two knives, cut in the butter until the mixture resembles coarse crumbs.
5. Stir in the next set of ingredients until the flour mixture is evenly moistened.
6. On a well-floured surface, knead until just combined, 8 to 10 times.
7. Shape into a flattened ball and place on the baking sheet.
8. Cut a large ¼-inch-deep X into the top.
9. Bake until a toothpick inserted in the centre comes out clean, around 1 hour.
10. Cool completely on a wire rack.

Leftover buttermilk can be added to scrambled eggs, mashed potatoes, creamy soups, and even smoothies. You can also use buttermilk as a marinade for chicken.

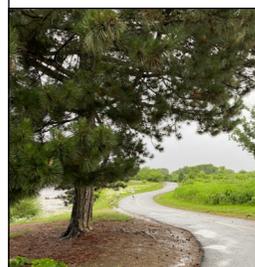


### Why I love living at IPT

A resident with a south view from high at 200 Clearview enjoys watching construction as it unfolds on Scott Street, especially the crane that's lit at night.



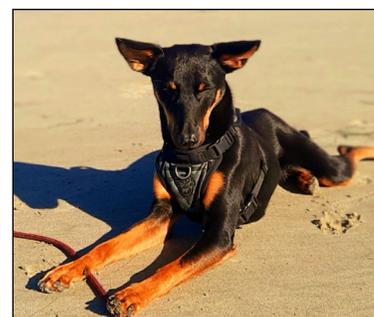
But what she likes most is being able to start her favourite activities — walking, bicycling, cross-country skiing, and shopping — right from her door.



The Kichi Zibi pathway is a prime spot for just about all those sports.

### Introducing Rico

Four-year-old Rico hails from Costa Rica.



Barb, his human companion, brought him to Ottawa when he was just a few months old so that they can enjoy life here together.

They live at 195 Clearview and especially enjoy romping in the nearby dog park.

Together they've travelled across the US and Canada. Atlantic Canada is a favourite destination.



## Notes from the editor

### Comments, suggestions, questions?

 Do you have suggestions for future newsletters or about anything to do with IPTRA? [newsletter@iptra.org](mailto:newsletter@iptra.org).

### Photo and image credits

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

### 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

 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](mailto:newsletter@iptra.org).

### April deadline

 I'll send out the April newsletter around Friday, March 27. Please **submit input** by Monday, March 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 comms manager

Leona Gray (185)

### Building representatives

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

## Stay current with IPTRA Facebook group

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

It's a private group 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.

## Quiz answers

From page 6.

- A. jubilation
- B. maelstrom
- C. a *leap* of leopards
- D. *hibernaculum* — winter shelter occupied by a dormant animal

## Sustaining members help us

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

To pay the optional dues, make an e-Transfer of \$10 to [finance@iptra.org](mailto: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](mailto:info@iptra.org) to arrange in-person payment.

If you think your annual dues might have expired, email [info@iptra.org](mailto:info@iptra.org) to find out.

## How to contact IPTRA

Use these addresses to contact various IPTRA people or groups.

**Events planner** **NEW**  
[events@iptra.org](mailto:events@iptra.org)

**Green Team** **NEW**  
[greenteam@iptra.org](mailto:greenteam@iptra.org)

**Newsletter, FB group, website**  
[newsletter@iptra.org](mailto:newsletter@iptra.org)

**General or anything else**  
[info@iptra.org](mailto:info@iptra.org)