



IPTRA News

October 2026



*Island Park Towers Residents' Association —
Building friendships within
the Island Park Towers community*

Fall social and annual general meeting

Sunday, October 25

Social: 2 – 4 PM

Annual general meeting: 4 – 5 PM

Social Room

The social: Drop by to chat with board members and other IPTRA members. Refreshments will be served.

The annual general meeting: The AGM is your chance to learn about IPTRA, ask questions, or make suggestions. After discussions, the board of directors is elected.

Who can vote or run for office: Any resident can attend the social and AGM, but to vote or run for office, you need to be an IPTRA sustaining member. That is, you need to be a member who lives in an apartment where you or someone else has paid the \$10 dues within the preceding 12 months.

If you want to join, pay dues, or renew dues, you can do so before the meeting starts. Or you can follow the instruction in the sidebar to the right. (If you want to join IPTRA, see the instructions on page 8.)

Positions currently open: Perhaps consider running for a board position. Currently, all incumbents but two are running again for office. **Events planner** and the **building representative for 200 Clearview** are open.

Board members: For details of what each board member does — especially the events planner and building representatives — see page 4.



Thank you!

A huge thanks goes to the generous members who responded to the August campaign and renewed the IPTRA voluntary dues or paid for the first time.

Your contributions help keep the financial situation healthy and let IPTRA continue to offer events and plan new ones.

As a reminder to those who may still want to contribute, please e-Transfer \$10 to **finance@iptra.org**.

To make it easier for you, rather than send another email to that address like before, include your full name and apartment number in the e-Transfer message area. **New**

Dues are per apartment and are good for 12 months.

Halloween at Island Park Towers

Saturday, October 31

Early evening, times TBA

All lobbies

For trick-or-treating fun, bring the kids — or grandkids — and enjoy!

Homestead buys candies and IPTRA volunteers hand them out. Want to help them? Simply come to one of the lobbies.

Note: Homestead allows trick-or-treating in the lobbies only.



Let's Draw!

Tuesday, October 6 and Tuesday, October 13

7 – 8:30 PM

Social Room

Registration closes Friday, October 2

A couple of spots remain for this two-session event. For details, see the [September IPTRA News](#), page 5.





Details of ongoing IPTRA events. Times and locations are on the next page.

Mondays



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



Knitting 101: Don't know how? Someone will teach you. Bring any needlework or come just to chat. Monday evenings.

Tuesdays



Walk 'n' Talk: One-hour leisurely walks leaving from in front of 200 Clearview.

Confirm participation: Please email margie.shapcott@gmail.com or respond to the event on the Events tab in the Island Park Towers R.A. [Facebook group](#). Tuesday mornings.



Canasta: For all levels. If you don't know how to play, someone will teach you. Tuesday and Friday afternoons.



Dining Club: Meet at nearby higher-end restaurants on the third Tuesday evening of every month. Singles or couples. RSVP to newsletter@iptra.org by the Sunday before.

Wednesdays



Workout Wednesdays: Everyone's welcome at these mainly chair-based sessions focusing on stretching to maintain or regain mobility. Wednesday mornings.



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



Tech Corner: Free drop-ins for quick-fix tech issues such as laptop/desktop, phone/tablet, and Wi-Fi/network issues. Third Wednesday morning/afternoon of every month.

Accessing the Social Room

The Social Room is at 195 Clearview, past the elevators.

If you don't live at 195, to access the Social Room, your fob needs to be programmed for entry to 195. You'll then have access to the Social Room. Visit the office or call it at **613-729-4347**.



Thursdays



Stuff Swaps: Bring items you don't want/need or come to score a freebie. For what *not* to bring, see an [entry](#) in the IPTRA website calendar for a particular month. 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](#) in the IPTRA website calendar for a particular month. Third Thursday afternoon and evening of every month.



Pub Nights: Events rotate through a series of nearby venues. Everyone's welcome. Every third Thursday evening.

Fridays



Canasta: For all levels. If you don't know how to play, someone will teach you. Tuesday and Friday afternoons.



Tech Corner: Free drop-ins for quick-fix tech issues such as laptop/desktop, phone/tablet, and Wi-Fi/network issues. Third Friday evening of every month.

New



Dining Club

Tuesday, October 20 at 6 PM

Cadena Restaurant & Tapas Bar
385 Richmond Rd.

This Spanish-inspired restaurant offers tapas (small plates), paella, and more. Singles and couples are always welcome.

Want to join us? Email newsletter@iptra.org by Sunday, October 18.



Workout Wednesdays start later

Workout Wednesday events will now start at 10:15 AM instead of 10. They still finish at 11.

Change



October IPTRA events

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

Details are on the previous page.

All residents are welcome, not just IPTRA members.

Events are in the Social Room (195 Clearview) except as noted.

Dining Club: **RSVP by Sun., Oct. 18:** newsletter@iptra.org

Let's Draw!: Register by Fri., Oct. 2: events@iptra.org

Tech Corner: tetsuroTechCorner@gmail.com

Walk 'n' Talk: In front of 200 Clearview. Confirm:

margie.shapcott@gmail.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28 Mindful Med'n 10–10:45 AM Knitting 101 6:30–8 PM	29 Walk 'n' Talk 10:30–11:30 AM Canasta 1:30–4 PM	30 Workout Wed. 10:15–11 AM	1	2 Canasta 1:30–4 PM Let's Draw! Parts 1 and 2 Registration closes today	3
4	5 Mindful Med'n 10–10:45 AM Knitting 101 6:30–8 PM	6 Walk 'n' Talk 10:30–11:30 AM Canasta 1:30–4 PM Let's Draw! Part 1 7–8:30 PM Reg'n closed	7 Workout Wed. 10:15–11 AM Brown Bag Lunch 12–1:30 PM	8	9 Canasta 1:30–4 PM	10 
11 	12  Mindful Med'n 10–10:45 AM Knitting 101 6:30–8 PM	13 Walk 'n' Talk 10:30–11:30 AM Canasta 1:30–4 PM Let's Draw! Part 2 7–8:30 PM Reg'n closed	14 Workout Wed. 10:15–11 AM	15 Stuff Swap 2:30–7 PM Keeping it out of the Landfill 2:30–6 PM Pub Night 4:30 Churchill's 356 Richmond	16 Canasta 1:30–4 PM Tech Corner 6–8 PM	17
18	19 Mindful Med'n 10–10:45 AM Knitting 101 6:30–8 PM	20 Walk 'n' Talk 10:30–11:30 AM Canasta 1:30–4 PM Dining Club 6 PM Cadena Tapas Bar 385 Richmond RSVP required	21 Workout Wed. 10:15–11 AM Tech Corner 11 AM–1 PM	22	23 Canasta 1:30–4 PM	24
25 Social 2–4 PM Annual general meeting 4–5 PM	26 Mindful Med'n 10–10:45 AM Knitting 101 6:30–8 PM	27 Walk 'n' Talk 10:30–11:30 AM Canasta 1:30–4 PM	28 Workout Wed. 10:15–11 AM	29	30 Canasta 1:30–4 PM	31  Halloween at IPT Early evening Times TBA All lobbies

Details are as of 2026-09-24.



What board members do

The IPTRA board meets in the Social Room in early January, April, July, and October when board members discuss IPTRA business and present the status of their portfolios.



At the annual general meeting, an election is held for all positions on the board. Sustaining members vote on whether to add the position of advocacy spokesperson to the board. If the vote passes, an advocacy spokesperson is elected.

The incumbents for the positions of **events planner** and **building representative for 200 Clearview** aren't running again.

If you'd like to get involved, building rep is a good place to start. If you want to get more immersed, meet a lot of your neighbours, and help increase the number and type of IPTRA events, then the events planner position might be for you.

Questions? Email info@iptra.org.

Thank You Thank You

Vacating directors: As Larry Cunningham steps down as building rep and Lynda Danford as events planner, thank you both for contributing to IPTRA.

Other directors: Thanks also go to all board members for their contributions, including events they organize.

Event organizers: Some events are organized by members who aren't on the board. These include Mindful Meditation, Canasta, Keeping it out of the Landfill, Walk 'n' Talk, Tech Corner, Let's Draw!, and various sing-alongs.

Other organizers: Thanks, Green Team, for making IPT "greener" and thanks, Gardening Team, for making our patio garden truly greener — and more colourful.

Co-presidents (2)

Chair board meetings and the AGM. Address topics that arise between meetings. Respond to the Kitchissippi councillor on city issues that affect IPT residents. One co-president represents IPTRA on the Westboro Beach Association board.

Secretary

Takes minutes at board meetings and emails them to the board.

Treasurer

Collects membership dues, reimburses board members for expenses, pays bills, and keeps the accounting books. Is one of two signing authorities on the IPTRA bank account. Provides guidance on the budget.

Membership coordinator

In conjunction with the online comms manager and newsletter editor, maintains a spreadsheet of member info. Is one of two signing authorities on the IPTRA bank account.

Events planner **Open**

Coordinates with event organizers, researches new events, and relays event info to the newsletter editor and other directors.

Newsletter editor

Creates and emails monthly newsletters. Prints copies for members without email access. Creates monthly event calendars and posts them in the mailrooms.

Online comms manager

Manages the IPTRA Facebook group and website. Helps the membership coordinator maintain the membership spreadsheet.

Building reps (3) **1 open**

Are the friendly faces of IPTRA for their buildings. Participate in events such as Hallowe'en handouts and membership drives.

Advocacy spokesperson

If members vote to add this position to the board and elect someone, that person would choose their duties in consultation with the co-presidents.

Pre-AGM 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 mgr.

Leona Gray (185)

Building representatives

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



Green Team scene

The following is a summary of a report from a Green Team member who attended the Multi-Residential Waste Diversion Champion training session on September 22. Three Green Team members belong to this group.

Green bins are coming: The city has made the green-bin program (collecting organic kitchen waste) mandatory for all apartment and condo buildings. About 80% comply, and some have for 15 years. Our buildings are in the queue, and Homestead will be notified when its turn comes. The Green Team will share that date.

No smell, no pests: That organic kitchen waste is already in our garbage. The green bin keeps it in one place that's picked up weekly. Keeping a kitchen catcher with the lid closed on your counter, freezing smelly scraps, and using some dish soap in the bin all help. Take it down with your recycling, and it's not an extra trip.

It matters: The scraps become a soil product that farmers use. Keeping food out of the landfill cuts methane — a strong greenhouse gas. It also helps the Trail Road landfill site last longer, and that saves taxpayers the cost of building a new one.

Repair and reuse fair

Saturday, October 10

10 AM – 2 PM

Lansdowne Park



This City of Ottawa event includes a **Repair Café** sponsored by the **Ottawa Tool Library**.

Bring a broken item to get fixed or just come to see how to keep things out of the landfill.

Some Green Team members will be there, so drop by to meet them.

Keeping it out of the Landfill



This initiative donates items to organizations that recycle/reuse them. The event accepts only what the organizations accept, and that changes occasionally.

Metal tabs are now collected but not used pens.

➡ The list of what donations are accepted is at an **entry** in the IPTRA website calendar for a particular month.

This is the current list of what's accepted:

- suitcases with working wheels and zippers
- shoes
- jewellery
- pill bottles — clean and without labels
- milk bags — washed, dried, flattened
- egg cartons
- metal tabs **New**
- eyeglasses — but not cases
- lightbulbs
- batteries

Please do *not* contribute plastic bottle caps, plastic tabs, or used pens.

Collections are in conjunction with Stuff Swaps on the third Thursday of every month.

Although collections start at the same time as Stuff Swaps **New** (2:30 PM), they now end at 6.



Reduce food waste

About 63% of the food Canadian households throw out could have been eaten. That adds up to about \$1,300 per household every year.

For food storage guides and ideas for leftovers, see the Love Food Hate Waste **website**.



Cleaner needed



Is there a volunteer who can clean the black alcohol-collection box in 185 once a month or so? All you need is a bowl of warm, soapy water.

If that's you, please email greenteam@iptra.org.



Rent increase for 2027

Similar info was in the June IPTRA News, but, since many tenants recently received a notice of rent increase (N1) for 2027, the info bears repeating.



Guideline increase allowed by the province: The Ontario guideline rent increase for 2027 is 1.9%.

This is the maximum Homestead can increase our rent in 2027 without applying for an above guideline increase (AGI) and getting Landlord and Tenant Board approval.

As of yet, no IPT tenants have received notices of AGIs for 2027.

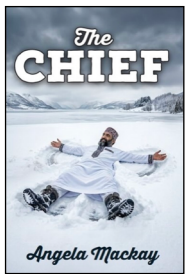


Reduction by the city: Over a year ago, the city reduced property taxes for multi-unit residential buildings built in Ottawa before 2001. The reduction triggered a rent reduction that will be phased in over four years. The first reduction was in 2026 and was 0.9%. A similar reduction will apply to rents in 2027, 2028, and 2029.

The resulting rent increase: The maximum our rent can increase in 2027 without an LTB-approved AGI is around 1.0% (1.9% minus around 0.9%).

IPTRA author publishes again

IPTRA member Angela Mackay has published another book.



The Chief is about a man suffering from the wounds of war. As he recovers with a friend at a cottage on a Quebec lake, their ingenuity is tested by a dog, a neighbour, the Quebec police, a rebellious teenager, and especially winter. After accepting that his life must change, he embarks on a new path.

You can get a copy from [Burnstown Publishing](#) or by calling/texting Angela (**613-292-2921**) or by emailing her (angespace2401@gmail.com).

Not sure what Stuff Swaps accept?



Stuff Swaps are a chance to donate items you don't want or to score a free treasure.

Volunteers take leftovers to organizations, so Stuff Swaps accept only items that the organizations accept.

➡ The list of what isn't accepted is at an [entry](#) in the IPTRA website calendar for a particular month.

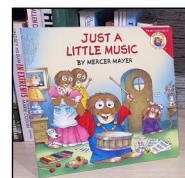
Here's the current list of what Stuff Swaps do *not* accept:

- more than 5 items of clothing
- more than 2 boxes of items
- electronics of any kind
- chipped/cracked dishes, glasses
- broken items
- furniture of any size
- opened packages of food, vitamins, supplements, cleaning supplies, beauty supplies
- expired food
- books, VHS tapes, audio tapes

Events are on the third Thursday of a month, 2:30 to 7 PM. Please don't bring items after 4.

If you can't arrive between 2:30 and 4, leave your items in the room earlier in the day.

IPTRA library now has kids' books



The IPTRA library in the Social Room now has books for kids learning to read and younger.

Parents and grandparents — come have a look and borrow.



This popular bench in front of 185 Clearview is well used for waiting, chatting, lingering, and simply enjoying the sun.

The bench was installed some years ago in memory of a beloved superintendent.



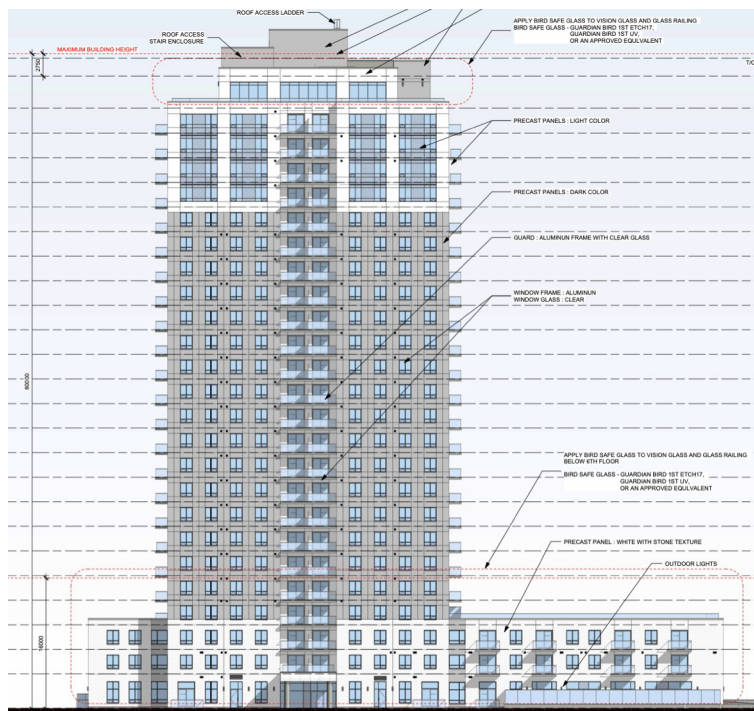
Updates

Update on 210 Clearview

A recent Homestead notice says construction of 210 Clearview (the fourth tower) will start this “fall/winter” and will take around three years to complete.

The site plan: The building will consist of a three-storey podium running from Clearview to Lanark with a tower at the south end, giving a total of 25 storeys. There will be 64 one-bedroom apartments and 127 two-bedrooms for a total of 191.

This diagram from the [floor plans and building elevation document](#) shows the east side.



The Homestead notice: The building will include a fitness centre, party room, and terrace with BBQs — all of which all IPT residents can use at no cost. (A pool has been mentioned in the past, but it’s not in the floor plans.)

The building will be built on the surface parking lot. Homestead will provide “suitable accommodation and proper notice [...] for relocation.”

Expect noise, vibration, dust, and perhaps disruption to pedestrian and vehicular traffic. Construction will follow the city noise by-law unless special exceptions are granted.

Documents: [Documents](#) for the property include, among others, the [site plan](#), [landscaping plan](#), and [floor plans](#).

Questions and renting: Call Kelsey Ryan (613-729-4115) or email her (kryan@homestead.ca). You can be put on a waiting list to rent an apartment.

Ottawa’s heat by-law



As heating season nears, it’s a good time to highlight by-law 2020-210 — the [Heat By-law](#).

Landlords of residential buildings must maintain *adequate and suitable heat* at all times.

Adequate and suitable heat means that in the centre of each reasonably ventilated room:

- between 11 PM of any day and 6 AM the next, the temperature must be at least 16.67° C and
- between 6 AM and 11 PM of any day, the temperature must be at least 20° C

Reminder to vote in the municipal election



Special advance voting days

Oct. 1 – 4, 10 AM – 8 PM

Closest place: Churchill Seniors Recreation Centre

345 Richmond Rd.

Advance voting day

Fri., Oct. 16, 10 AM – 8 PM

195 Clearview Ave.

Voting day

Mon., Oct. 26, 10 AM – 8 PM

Churchill Seniors Rec. Centre

Who we’re electing: In addition to electing mayor, we’ll be electing a new councillor for our ward — Ward 15 Kitchissippi.

For a list of who’s running for mayor, see [here](#). For a list of who’s running in Kitchissippi Ward, see [here](#).

More info: For more info on the election, including school board elections, see [here](#).



From the editor

Comments, suggestions, questions

Email newsletter@iptra.org.

Credits

 Photos and graphics are by me, stock, open source, or used with permission.

Thanks

Thank You! Thanks go to those who post useful info in our Facebook group and offer in-person and email suggestions.

Errors

 I do my best to get things right, but sometimes I make mistakes or details change. Feel free to let me know so that I can correct errors.

Next deadline



Please **submit input** by Friday, October 23 for the November newsletter, which will be mailed around Tuesday, October 27.

Leona Gray



Archives

Topic	Newsletter	Page
Homestead contact info	Jun., 2026	8
Resident info	Jun., 2026	9
Tenant rights help	Jun., 2026	5
Newsletters: At iptra.org (website)		

IPTRA contacts

Use these addresses to contact IPTRA people or groups.



Events

events@iptra.org

Green Team

greenteam@iptra.org

Music used in IPT public spaces

music@iptra.org

Newsletter, Facebook group, website

newsletter@iptra.org

Walk 'n' Talk

margie.shapcott@gmail.com

Membership, general, or anything else

info@iptra.org

Join the IPTRA Facebook group



Get event reminders and updates and connect with IPTRA members by joining the Facebook group.

Go to **Island Park Towers R.A.**, click Join, and follow the instructions. You must email **info@iptra.org** with your apartment number and full name or you won't be admitted to the Facebook group. Joining the group makes you a member of IPTRA if you aren't already.



Join us!

If you want to join IPTRA, email info@iptra.org with your apartment number and full name.

You'll be put on the IPTRA mailing list and get monthly issues of IPTRA News.

To pay the voluntary \$10 dues (and become a sustaining member), please e-Transfer \$10 to **finance@iptra.org** and include your full name and apartment number in the message area of the e-Transfer. **New**

Dues are per apartment and are good for 12 months.