IPTRA News

November 2026

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

Halloween at Island Park Towers



Saturday, October 31
5:30 – 7:00 PM
All lobbies

Bring the kids — or the grandkids — for trick-or-treating fun.

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

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

Turn back your clocks



Sunday, November 1 at 2 AM is "fall back" time. As we leave daylight saving time, don't forget to turn back your clocks an hour. We get an extra hour of sleep!

Winter Trail Walkers Returns

Weekly, starting Thursday, November 12
1:30 – 2:30+ PM
185 Clearview outer lobby

Full details are on page 4.

Let's Draw! was a success



The pair of Let's Draw! sessions that were held on the first and second Tuesday evenings in October were a success.

Participants — most of whom were total or near-total novices — agreed that they learned valuable basics.

Thank you, Manju, for graciously planning and facilitating these free sessions, which were informative *and* fun.



Holiday sock drive

From Saturday, November 14 to Sunday, December 13
All lobbies

After successes in previous years, IPTRA is again holding a sock drive in aid of a local shelter.

Please consider donating *new* socks for men, women, or children.

Drop them in the decorated box in your lobby.

Art and handmade showcase

Sunday, November 15 or 22, TBD
1 – 5 PM
Social Room

The event will showcase candles, resin art, and small quilts handcrafted by your Island Park Towers neighbours.

Drop by to say hello and see what these talented people have created.

To show your own handmade crafts, email **artistry7stellar@yahoo.com**.

Save the date: Christmas party



Sunday, December 6
2:30 – 5:30 PM in the Social Room

Details will be in the December IPTRA News.

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

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

Walk 'n' Talk pauses until spring

After a successful season of weekly walking along neighbourhood streets and trails, Margie is pausing the walks until spring. The season's last walk is Tuesday, November 3.

Thank you, Margie, for organizing and leading these enjoyable and worthwhile outings.

Participants are invited to continue weekly walking and join the Winter Trail Walkers, which start Thursday, November 12.

Thursdays

NEW

Winter Trail Walkers: Brisk walks along the Kichi Sibi Winter Trail. Wear well-treaded footwear and, if the trail might be icy, use pull-on ice cleats and poles. Thursday afternoons.

Stuff Swaps: Bring items you don't want 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 to be recycled or reused. 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.

Dining Club

Tuesday, November 17 at 6 PM

The Grand, Westboro Beach

The Grand has more than pizza. Check the menu.

Singles and couples are always welcome.

Want to join us? Email newsletter@iptra.org before **5 PM on Wednesday, November 11**. Change

Scrabble players?



A new IPTRA member wants to start a Scrabble group. If you're interested, email newsletter@iptra.org and say whether you prefer day or evening and a day/time.

November 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 5 PM Wed., Nov. 11: newsletter@iptra.org**

Winter Trail Walkers: Info: newsletter@iptra.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 **Mindful Meditation** 10–10:45 AM **Knitting 101** 6:30–8 PM	3 **Walk 'n' Talk** 10:30–11:30 AM 200 Clearview **Last of the season** **Canasta** 1:30–4 PM	4 **Workout Wed.** 10:15–11 AM **Brown Bag Lunch** 12–1:30 PM	5 **Pub Night** 4:30 **House of Pizza** **160 Richmond**	6 **Canasta** 1:30–4 PM	7
8	9 **Mindful Meditation** 10–10:45 AM **Knitting 101** 6:30–8 PM	10 **Canasta** 1:30–4 PM	11 **Workout Wed.** 10:15–11 AM **Dining Club** **RSVP deadline** **5 PM**	12 **Winter Trail Walkers start** **1:30–2:30+ PM** **185 Clearview**	13 **Canasta** 1:30–4 PM	14 **Sock drive starts** **Runs until Dec. 13** **All lobbies**
15	16 **Mindful Meditation** 10–10:45 AM **Knitting 101** 6:30–8 PM	17 **Canasta** 1:30–4 PM **Dining Club** 6 PM **The Grand** **Westboro Beach** **RSVP required**	18 **Workout Wed.** 10:15–11 AM **Tech Corner** 11 AM–1 PM	19 **Winter Trail Walkers** **1:30–2:30+ PM** **185 Clearview** **Stuff Swap** 2:30–7 PM **Keeping it out of the Landfill** 2:30–6 PM	20 **Canasta** 1:30–4 PM **Tech Corner** 6–8 PM	21
22	23 **Mindful Meditation** 10–10:45 AM **Knitting 101** 6:30–8 PM	24 **Canasta** 1:30–4 PM	25 **Workout Wed.** 10:15–11 AM	26 **Winter Trail Walkers** **1:30–2:30+ PM** **185 Clearview** **Pub Night** 4:30 **Clocktower** **418 Richmond**	27 **Canasta** 1:30–4 PM	28
29	30 **Mindful Meditation** 10–10:45 AM **Knitting 101** 6:30–8 PM	1 **Canasta** 1:30–4 PM	2 **Workout Wed.** 10:15–11 AM **Brown Bag Lunch** 12–1:30 PM	3 **Winter Trail Walkers** **1:30–2:30+ PM** **185 Clearview**	4 **Canasta** 1:30–4 PM	**Add an event to your calendar**: Go to the iptra.org **calendar**, click the event, and click "Copy to my calendar."

Details are as of 2026-10-25.

Winter Trail Walkers Returns

Weekly, starting Thursday, November 12
1:30 – 2:30+ PM
185 Clearview outer lobby



The Kichi Sibi Winter Trail with tracks for classic skiing on left and right and a rolled centre suitable for walking.

January 2026.

The **Kichi Sibi Winter Trail** will be wintery before we know it, so let's use it again this year to walk near the Ottawa River and enjoy winter.

The plan: We'll meet weekly to walk at a nice brisk pace — to generate body heat and keep warm — for around an hour, maybe more. There likely won't be snow in November, but when there is, the trail is track set for classic skiing and rolled for skate skiing. We're welcome to walk on the trail as long as we don't mess up the classic tracks.

What to wear and bring: Dress for the temperature and wind and wear footwear with good treads. If it might be icy, pull-on ice cleats from places like **Lee Valley** or **MEC** are a huge help. Walking on snow can be easier with walking poles, so consider using a pair.

What if? Even with trail and weather reports, you never know the conditions until you're out there, so the plan is to go and try. If conditions make trail walking inadvisable, we'll walk on neighbourhood sidewalks. If all outdoor walking is inadvisable, there'll be a cancellation post in the IPTRA Facebook group on the morning of the walk.

It's your call: Everyone has a different comfort level for walking on snow, so if you don't like the trail conditions, don't continue. Walk on nearby sidewalks or head home.

Just show up: You don't need to confirm your participation. Just come to the outer lobby of 185 Clearview. The organizer will always be there in case you miss a cancellation notice.

Invitation to Walk 'n' Talkers: Everyone who attended the Walk 'n' Talk events is invited to transition to winter walking.

Questions? Have questions or not sure if a walk is on? Send a Facebook private message to **Leona Gray**, comment on the specific Facebook event, or email **newsletter@iptra.org**.

Getting help or training

For a free, confidential helpline, dial 2-1-1. It connects to community, social, health, and government services in our area.

One of those services is **Connected Canadians**.

This charitable organization's mandate is to reduce isolation and loneliness among older adults by promoting digital literacy skills and providing technology training and services.

Email: **info@connectedcanadians.ca**

Phone: **1-877-304-5813**

Pedestrian safety



An IPTRA member who walks regularly in our neighbourhood warns of the increasing number of motorists who speed on Clearview, Ellendale, and Lanark avenues without regard for pedestrians — or stop signs.

Pedestrians: As you walk in the neighbourhood, be extra cautious, especially at intersections, at night, and after the snow comes.

Drivers: After you leave your IPT parking location, come to a complete stop at the Clearview and Ellendale stop sign.

Ideas? If you have suggestions to improve pedestrian safety on Clearview, Ellendale, or Lanark, email **newsletter@iptra.org**. Suggestions can be relayed to our upcoming new councillor.

Green Team scene

Be green when it comes to your devices

The greenest device is the one you already own: Most of a laptop's or phone's environmental footprint comes from manufacturing it, not using it. Keeping it running a few more years is one of the easiest green choices you can make.

Slow isn't broken: A sluggish computer or phone often needs a cleanup, update, or settings change — not replacement.

Cut phantom power use: TVs, game consoles, printers, and chargers draw power even when you think they're off. Plug them into a power bar and turn the power bar off at night.

Donate old devices: Thrift shops don't generally accept electronics, but plenty of local stores do for recycling. Search the city of Ottawa **Waste Explorer** to find local retailers.

Erase personal data first: Before you dispose of a device, erase personal data.

Getting help: To speed up sluggish devices or erase personal data, drop by a Tech Corner session. Green Team member Tetsuro hosts these free drop-ins in the Social Room on the third Wednesday and Friday of every month. See page 3 for times.

Reducing food waste

The following is based on info from the Love Food Hate Waste **website**.

US homes waste 2.3 million tons of food every year. And 63% of the waste is avoidable.

There are several ways you can avoid food waste. This short article discusses the planning aspect. Future issues of IPTRA News will discuss understanding best-before dates and keeping food fresh.

Plan: Take stock of the food — especially perishables — you have in the fridge, freezer, and cupboards. Plan your meals for the week ahead around those items. Take into account any meals you might not be eating at home that week.

Plan a meal or two that you can used for two meals, and freeze the second half.

Every so often, plan for a night that uses leftovers or meals you've frozen.

Create a shopping list of items you don't already have. Buy only what's on your list. (As if anyone ever followed that!)

Write out your plan, post it on the fridge, and follow it.

No December collection

Since there's no Stuff Swap in December (see page 6), there'll be no Keeping it out of the Landfill collection either.

UPDATE Soon-to-be felled oak trees

Several trees will be removed when 210 Clearview is built. Two oak trees are of particular interest — trees #4 and #19 as they are identified in the **tree conservation report** Homestead filed with the city. Tree #4 is below.



Green Team members have been communicating with our property manager (Kelsey Ryan) to ensure the wood is used and for something meaningful.

The team has made a number of suggestions such as indoor and outdoor benches and lobby panelling.

Kelsey recently replied that the construction team has "a plan to repurpose the trees into the landscaping design."



Good news!

Ottawa's green bin program for recycling organic kitchen waste in multiunit buildings is coming to Island Park Towers. Next month!

City reps and Homestead will work together to roll out the program with the Green Team supporting residents during the process.

More info will follow.

AGM recap

IPTRA's annual general meeting was on Sunday, October 25.

The co-presidents, membership coordinator, treasurer, newsletter editor, and online comms manager reported on their activities over the past year. John van Mossel reported on behalf of the Green Team highlighting the team's activities.

Two new board members: In addition to reelecting all the incumbents, the members elected a new events planner (Margie Shapcott) and a new building rep for 200 Clearview (Tetsuro Ide).

A new board position and member: The position of senior support services coordinator was added to the board with Laura Evans elected to the role.



Seated, l to r: Bernetta, Marnie, Kathryn.

Standing: Janice, Betty, Laura, Ed, Margie, Leona, Nancy.

Missing: Tetsuro

This issue briefly introduces Margie. Future issues will introduce Laura (and this new role) and Tetsuro.

Introducing Margie Shapcott — events planner



Margie likes to be active, experience new things, and meet new people — perfect qualities for an events planner. She looks forward to stepping into this role.

Welcome, Margie!

The new 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
Margie Shapcott (200) New

Newsletter editor
Leona Gray (185)

Online communications manager
Leona Gray (185)

Senior support services coordinator New
Laura Evans (195)

Building representatives
Nancy Hamnes (185)
Janice Pereira (195)
Tetsuro Ide (200) New

No December Stuff Swap

As in previous years, there'll be no Stuff Swap in December.

Bring holiday decorations to the November event

This is a heads-up so that you can go through your December decorations (Christmas, Hanukkah, or other holidays). If you decide to prune, bring the items to the Thursday, November 19 Stuff Swap to let your neighbours score some new decorations.









Electronics Change accepted but with a caveat

Most thrift shops won't accept even working electronics, such as TVs, VCRs, computers, and peripherals.

Since they still have use, you can bring your working item to a Stuff Swap as long as you return shortly before 7 PM and take it back if it hasn't been picked up.

IPTRA has benefits

Every so often, it's good to remember the benefits that Island Park Towers Residents' Association offers us as residents of IPT.

Whereas you, yourself, might not participate, the overall effect of providing IPTRA activities is to increase the cohesiveness within our community. And that builds friendships, trust, and safety.

IPTRA supports 11 ongoing events, more than 10 special events, and two teams. More events are in the planning stages.

In addition, IPTRA publishes the monthly IPTRA News, runs a private Facebook group, maintains a website calendar of events, and provides an archive of past newsletters.

Ongoing events

Ongoing events occur on a regular schedule throughout the year. There are four weekly events, one twice-a-week event, four monthly events, one twice-a-month event, and one every-three-weeks event. Details are on page 2 and page 3.

Special events

Special events occur every once in a while, often to celebrate a holiday. Special events include these and more:

- St. Patrick's Day social
- social and annual general meeting
- Halloween trick-or-treating
- Christmas/holiday social

- barnyard races (games)
- BBQs
- collections for charities
- drawing classes
- Earth Day info sessions
- out-of-town trips to — for example — plays
- sing-alongs

Teams

IPTRA supports two teams.

Gardening Team: These members beautify the patio and BBQ gardens to the east of 195 Clearview by planting flowers and herbs and tending them throughout the growing season.

Green Team: The team manages monthly Keeping it out of the Landfill collections, info boards in the recycling rooms, the collection of empty alcohol cans and bottles, and Earth Day info sessions.

Join the IPTRA Facebook group

Join the Facebook group and get event reminders and updates and connect with IPTRA members.

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

To join, go to **Island Park Towers R.A.**, click Join, and follow the instructions.

Note

You *must* follow the instruction to email **info@iptra.org** with your apartment number and full name. IPTRA needs this info to be sure you're a resident.

If you don't follow that step, a group admin will ask you to repeat the process — that is, go back to the Facebook group, click Join, and email **info@iptra.org**. Due to a Facebook oddity, your clicking Join is the only way an admin can add you to the group.

If you're not an IPTRA member when you join the Facebook group, you become one and are added to the mailing list.

Reminder of lapsing dues

Coming soon

Can't remember whether the 12-month period will be expiring soon for your IPTRA dues?

Starting soon, if your optional $10 dues are about to lapse, you'll get an email reminder that you can act on as you want.

The process is evolving, so please be patient.

Rent increase for 2027



October IPTRA News correctly said the guideline rent increase for 2027 is 1.9%. If you received an N1 notice of a rent increase from Homestead that is effective January 1, 2027 or later, the notice correctly gave 1.9% as the guideline increase.

However, because the city reduced property taxes that Homestead pays, our 2027 rent will be reduced and by an amount approximately the same as for 2026, which was 0.90%. A reduction will happen in 2028 and 2029 as well.

The city notified tenants mid-October that the decrease for 2027 is 0.69%. This amount is less than for 2026 because inputs to the calculation changed.

Therefore, the effective rent increase for 2027 is 1.21%. (1.90 minus 0.69). Homestead will notify each tenant with the specifics of their particular 2027 rent.

Confusion might arise if your anniversary increase date is before January 1, 2027. If the date is December 1, 2026, the total increase is the 2026 guideline increase of 2.1% because the 2026 reduction of 0.90% was applied January 1, 2026.

Tenant insurance requirements



If you signed your lease after March 1, 2021, you signed the 2020 version of the **Standard Form of Lease**. Section 11 specifies tenant insurance requirements and gives two options. The second option almost certainly was selected by Homestead or the previous landlord.

- There are no tenant insurance requirements.
- The tenant must have *liability* insurance at all times. If the landlord asks for *proof of coverage*, the tenant must provide it. It's up to the tenant to get contents insurance if they want it.

If you signed your lease before March 1, 2021, check your copy of your lease for your insurance requirements.

Only liability insurance required: If you must have insurance, only liabililty is required, not contents. Of course, having contents insurance is always wise.

Providing proof: Homestead recently left a notice at our doors asking us to show proof of insuance coverage through the third-party program CoverTrack. If you object to using CoverTrack, let Homestead know but that you're willing to show another form of proof. A letter from your insurance agent should be sufficient.

FYI: rent control exemption



Residential units first rented after November 15, 2018 are **exempt from rent control**.

That means landlords don't have to follow the Ontario guideline increase each year. They can raise rents any amount (in a 12-month period) with 90 days' notice.



Take pictures of notices

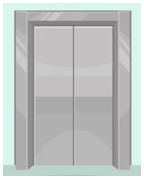
Some posted notices are too long to read when you're waiting for an elevator, on an elevator, or walking by in a hurry. Take a picture of the notice and read it when you have time.

A chess board awaits

A chess board in the lobby of 200 Clearview awaits players.

Perhaps some folks in that building would like to make use of it.





Elevator info

When a fire alarm sounds (whether it's legitimate or triggered by mistake), elevators automatically return to the ground floor. They then have to be returned to service manually.

How quickly that happens depends on which staff members are on duty.



From the editor

Comments, suggestions, questions

Email **newsletter@iptra.org**.

Credits

Photos and graphics are stock, open source, or used with permission. The IPTRA logo is by Claude AI after I provided numerous prompts.

Thanks

Thanks to those who post useful info in our Facebook group, offer in-person and email suggestions, and send photographs.

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 5 PM on Monday, November 23 for the December newsletter, which will be mailed around Friday, November 27.

Leona Gray



Previous info

Topic	Location	Page
210 Clearview docs	**Documents**	
City 2027 rent decrease	**Info, Info**	
Homestead contact info	**Jun., 2026**	8
Resident info	**Jun., 2026**	9
Tenant rights help	**Jun., 2026**	5

IPTRA News archive: At iptra.org (**website**)

Memories of summer



IPTRA member Bruce Scott, Photographer.

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

Winter Trail Walkers
newsletter@iptra.org

Membership, general, or anything else
info@iptra.org



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 (voting) member — e-Transfer $10 to **finance@iptra.org**. Include your full name and apartment number in the e-Transfer message area.

The dues are per apartment and are good for 12 months.