



Photo: IPT Investments

April 2026



Island Park Towers Residents' Association

Building friendships within the Island Park Towers community

Green Team celebrates Earth Day

Monday, April 20

11 AM – 1 PM and 4 – 6 PM

All lobbies

April is Earth Month and on April 20 the IPTRA Green Team will celebrate Earth Day in our lobbies. The team invites you to drop by to chat and learn about current and future initiatives.

Volunteers needed: The team is small, so they need a few volunteers to help at the event. If you'd like to help —and learn more about the team — email greenteam@iptra.org. A team member will get you up to speed on how to help.



Springtime Personal Hygiene Product collection

Continues daily until

Monday, April 6

All lobbies

If you haven't contributed already, please consider helping local food

centres in their urgent need for these personal hygiene products — in *unopened* containers.

Showering and body care: Soap bars, body wash, shampoo, conditioner, antiperspirant, body lotion.

Oral hygiene: Toothbrushes, toothpaste, dental floss, mouthwash (without alcohol).

Grooming and grooming tools: Nail clippers, razors, shaving cream, combs, brushes.

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



Presentation by Seniors On Site

Thursday, April 2

1 – 2 PM

Social Room

New date

This presentation is rescheduled because last month's freezing rain event. A company representative will talk about **Seniors On Site** services and answer questions.

The company offers transportation, housekeeping, personal support, companion care, dementia care, and more.

Membership drive

Tuesday, April 28

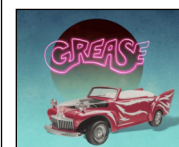
4:30 – 7:30 PM

All lobbies



IPTRA is holding a membership drive, so pass the news to neighbours you might bump into. The more members, the friendlier and safer our community. And the more events IPTRA can offer to all residents.

If you want to pay or renew the optional \$10 every-12-months membership fee, you can at the above time.



Grease

Sat., Jul. 25, 2 PM

Thousand Islands

Playhouse, Gananoque

The group will start with lunch at **Stonewater Pub (490 Stone Street South)** at noon.

Tickets for Grease are limited, so if you want to join the group, email bernettastarkey1@gmail.com soon.

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


RSVP is req'd for Dining Club by **Sunday, April 19:**
newsletter@iptra.org.

April 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
29 Personal Hygiene Product collection Daily until Apr. 6 All lobbies	30 Mindful Meditation 10–10:45 AM Knitting 101 6:30–8 PM	31 Canasta 1:30–4 PM	1 Workout Wednesday 10–11 AM Brown Bag Lunch 12–1:30 PM	2 Seniors on Site presentation 1–2 PM	3 Canasta 1:30–4 PM	4
5	6 Mindful Meditation 10–10:45 AM Knitting 101 6:30–8 PM Personal Hygiene Product Collection ends	7 Canasta 1:30–4 PM	8 Workout Wednesday 10–11 AM	9 Pub Night 4:30 PM Clocktower Brew Pub 418 Richmond	10 Canasta 1:30–4 PM	11
12	13 Mindful Meditation 10–10:45 AM Knitting 101 6:30–8 PM	14 Canasta 1:30–4 PM	15 Workout Wednesday 10–11 AM	16 Stuff Swap & Keeping it out of the Landfill 2:30–7:30 PM	17 Canasta 1:30–4 PM	18
19	20  Mindful Meditation 10–10:45 AM Earth Day 11 AM–1 PM 4–6 PM All lobbies Knitting 101 6:30–8 PM	21 Canasta 1:30–4 PM Dining Club, 6 PM Brassica 309 Richmond RSVP req'd	22 Workout Wednesday 10–11 AM	23	24 Canasta 1:30–4 PM	25
26	27 Mindful Meditation 10–10:45 AM Knitting 101 6:30–8 PM	28 Canasta 1:30–4 PM Membership drive 4:30–7:30 PM All lobbies	29 Workout Wednesday 10–11 AM	30 Pub Night 4:30 PM House of Pizza 160 Richmond	1 Canasta 1:30–4 PM	2



Details of ongoing 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 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 evening 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.



Weeknight Walkers will return in May

Weeknight Walkers return May 3 with walks of at least an hour on Monday and Wednesday evenings. Walkers meet in front of 200 Clearview in time to start walking at 6:30 PM.

The May newsletter will include more details.



Dining Club

Tuesday, April 21 at 6 PM

Brassica

309 Richmond Rd.

You're invited to join the group as it experiences nearby higher-end restaurants on the third Tuesday of every month. Singles and couples are most welcome.

If you're coming, email newsletter@iptra.org by Sunday, April 19.

The May dinner will be May 19, location to be announced in the May newsletter.

Interested in playing euchre?

A few folks want to start a euchre group. They're deciding on when to play. They're also looking for a leader.



The plan 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.

If you're interested in playing or leading, email events@iptra.org.



Green Team scene

The founder of the Green Team's Keeping it out of the Landfill initiative that works in conjunction with Stuff Swaps writes this story:



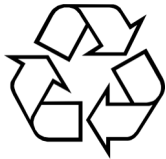
The Green Team collects suitcases and pill bottles for **Belong Ottawa** at the monthly Stuff Swaps. Not only are your donations kept out of the landfill, they're reused to help people in need.

Belong Ottawa is a social services organization that helps people with meals, activities, shower and laundry facilities, and navigating systems that offer assistance.

Pill bottles are used for shampoo and conditioner. Suitcases help people keep their belongings together.

One woman who was being given a suitcases was so overwhelmed and appreciative to have a place to store her belongings that she cried and hugged me tightly and said she was so thankful. 🍷

Reminder of the new recycling rules: If you need to refresh your memory of the city of Ottawa's new recycling rules, see the Circular Materials [website](#) or follow this summary graphic, which is also available [online](#).



In our recycling rooms, the black box at the bottom left of the graphic would be the Homestead bins for paper and fibre. The blue box would be the Homestead bins for glass, metal, and plastic.

Below are some of the accepted materials for curbside recycling:
Voici quelques-uns des matériaux acceptés pour la collecte sélective :

Accepted materials	Not accepted
Paper and fibre papier et fibre Paper/papier Cardboard and boxboard Boîtes en carton et Carton pour boîtes Paper laminate packaging emballages en papier laminé	Containers contenants Metal/métal Cartons Plastic containers contenants en plastique Glass containers contenants en verre Flexible plastics/emballages en plastique flexible Foam packaging emballages en mousse Organics organiques Toys jouets Diapers couches Ceramics céramiques Books livres Pots and pans/chaudrons et poêlons



Events need volunteers

The **Green Team** initiative that collects empty alcohol containers needs volunteers to pick up from the recycling rooms and redeem deposits at a Beer Store. If you can help, please email greenteam@iptra.org.

The Green Teams's **Keeping it out of the Landfill** events also need volunteers to take donations to organizations. If you can help, come to the Social Room around 7 PM on the third Thursday of any month.

Stuff Swaps need volunteers to take leftovers to a nearby organization. If you can help, come to the Social Room around 7 PM on the third Thursday of any month.

Saving the memory of oak trees



When construction starts on the tower just west of 200 Clearview (probably this fall), the trees in the parking lot will probably need to come down.

Does anyone have ideas of how that wood could be used so that it's not wasted and the memory of the trees lingers for the IPT community? If you have *any* ideas, please email greenteam@iptra.org.



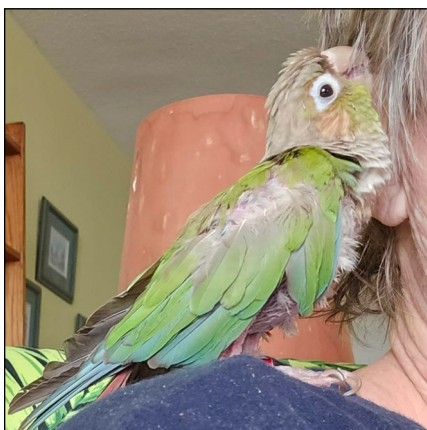
Introducing Cookie and Harry

Angela at 185 Clearview writes this charming story about her two conure parrots, one of which will be familiar to many people who walk through the building's lobby.

Cookie is my 15-year-old rescue green-cheeked conure that I took in three years ago. She's somewhat timid and handicapped, so I haven't introduced her to the lobby.

Walking around the apartment and to the garbage chute is an adventure and a bit stressful for her. Although she enjoys and is curious about company, she definitely prefers being in or on her cage.

In this photo, she's on my shoulder giving my hair a grooming. She's looking rather tattered because she decided to strip for the



winter. Her belly, legs, and sections under her wings are completely naked. Harry (he's my other conure, but he's a green-cheeked *pineapple* conure) copied her, but at least he kept on his underwear (down). They've both been checked and tested, and it's simply a parrot thing. Both are slowly regrowing their coats in time for spring.

Cookie enjoys several human foods, so I have a special bowl I replenish daily. Parrots enjoy pasta, rice, chicken, various meats, salads, and certain veggies. Like humans, not all parrots favour the same food. They also love junk food.

Cookie's favourites are nachos, BBQ peanuts, cranberries, popcorn of any flavour, corn, and ginger cookies. The three of us love homemade whipped cream; however, dairy is unhealthy for birds. This has resulted in me switching from milk to oat milk since both parrots absolutely love the foam on my cappuccino! I had no idea I had a dairy intolerance until I removed it from my kitchen to accommodate my babies. *Except* whipped cream, which my neighbour Brian generously supplies with his fruit desserts. We *all* share that with great glee. Some things are simply worth the pain.

Cookie and Harry have agreed to disagree and keep their distance. Mind you, Harry does his parrot call when we exit the elevator on our floor, and I can hear Cookie responding from the apartment. It's cute.

When Cookie is with me on the couch, Harry goes into her

Getting the latest event info



Newsletters and calendar-format event summaries in the mail-rooms come out monthly, so it's hard to include the latest for events that change or aren't always at the same place or time. For the latest, try:

- notices in the locked mailroom bulletin boards
- 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](#)

Help with tenant rights

Have questions about tenant rights, such as in areas concerning the Landlord and Tenant Board or the Residential Tenancy Act? Consider joining Ontario Tenant Alliance ([ONTA Facebook group](#)) (called Ontario Tenant Rights), where you can anonymously ask questions.

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**.

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 your unit number to ottawaaccounting@homestead.ca.



cage and eats from her bowls. Just like kids, they think food is better from someone else's plate. Cookie has a sparkle in her eye and smirk on her beak as she peers over at him. When she's had enough of his snacking, she flies to the top of the cage, allowing him to scurry out quickly. This seems to save face for both, and peace remains in the family.

Growing up with an assortment of animals and bringing home any wounded creature has taught me much about life.

However, being retired and sitting in the lobby with Harry has given me the time to fully appreciate the silent body language from all — humans, dogs, squirrels, pigeons, and me with my foreigner on my shoulder. Even the crows across the way have kept an eye on us as we sit on the balcony.

It has been my pleasure to be included in the peace they all offer. 🐦

Memories of the St. Patrick's Day singalong

For those who missed the St. Patrick's Day singalong on ... St. Patrick's Day, here's how very Irish the entertaining duo of Kathryn and Ken Holman looked during the final tune after Ken had sung many songs of the Emerald Isle accompanied by an exuberant audience.



Council on Aging offers Smart Aging course

The [Council on Aging of Ottawa](#) is offering an eight-week Smart Aging course from April 13 to June 8, 10 AM until noon, at Parkdale United Church (Parkdale and Gladstone). It's an affordable \$69.



The course covers staying socially connected, taking steps to a healthier life-style, preparing for a health crisis, exploring housing options, addressing financial concerns, and more.

For more info, email hughnelson@rogers.com or call **613-864-8628**.

To register, email pdale@trytel.com or call **613-728-8656**.

IPTRA meets music royalty obligations



According to the Canadian Copyright Act, the Social Room and other shared spaces on IPT property — including the patio — are considered public performance spaces. Licensing is needed if music is performed or played in public spaces.

On behalf of IPTRA, association member Ken Holman has obtained the appropriate license for our public spaces.

If you're running an IPTRA event in any shared space at IPT that involves music delivered by a performer or DJ, email music@iptra.org within 30 days of the event and supply the date of the event and the song list that was performed or played.

If you have questions, email music@iptra.org, and Ken will get back to you.

If you're interested in learning more about this type of licensing, see EntandemLicensing.com.



Kichi Sibi trail walks over until next winter

After a season of exceptionally good footing on the Kichi Sibi Winter Trail, the walks have ended but will resume when snow returns — not that anyone is wishing for snow to return anytime soon.



Info for new residents



Homestead doesn't seem to give new tenants documentation on what's useful to know at IPT. Future newsletters will repeat this article to reach new residents and remind others who might have forgotten. If you can think of anything that should be added, email newsletter@iptra.org.

Letting someone into your building: If the front entry board calls your phone, press 9 to release the door.

Fob doesn't work: If you have multiple fobs (you may buy at the office) and don't use one regularly, it might stop working. To get it working, scan it at your building's fob reader.

Recycling: In addition to bins for paper and fibre and bins for glass, metal, and plastic that Homestead supplies, the IPTRA Green Team manages black boxes in each recycle room where people can deposit empty alcohol bottles and cans.

Social Room: The Social Room is at 195, on the right past the elevators. Use of the room is free of charge for IPTRA-sponsored events. For a fee, you can book the room for personal use by contacting the office. If you don't live at 195, go to the office to get your building fob programmed for entry to 195. Once you're in the building, your fob also lets you into the Social Room.

Patio and BBQ area: The patio is on the east side of 195. It's set up with several tables with chairs. During the summer, propane BBQs are available for you to use, free of charge, on a first-come basis.

Dog waste: Dog waste must be deposited only in exterior bins. The bin for 185 is at the NW corner of the building. The two bins for 195 are beside the left front entrance and near the patio. The bin for 200 is at the back of the building.

Exercise Room: The Exercise Room is at 185. The entrance is to the left of the main entrance. Your building fob should already be programmed to let you in. Etiquette includes don't wear outside footwear in the room, don't drop the weights because the noise travels to the apartments above, and clean the equipment after you use it.

IPTRA libraries: IPTRA manages two libraries. The main one is in the Social Room. The smaller one was in the 200 lobby, but was temporarily removed while the lobby is being renovated. Anyone may take or borrow a book or two or may donate a book or two. There isn't room for large donations.

Guest suite: A guest suite is available for short-term rental. Contact the office to book it.

It's always the season to dissuade pigeons



It's always a good time to discourage these flying pests from visiting or nesting on your balcony.

Never feed any birds — on your balcony or anywhere on IPT property — or leave food or water for any length of time on your balcony.

Make sure there are no good spots for pigeons to build a nest. Likely spots are behind or beneath chairs or tables.

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

Also, regularly using your balcony sends the message that it's not a good nest-building spot.

Various schemes might help initially, but pigeons usually get used to them and ignore them. Schemes include fake owls and items that move in the wind, such as flags and windmills.

If you're going to attach a deterrent to the top of your balcony railing, **wire coils** are usually more successful than metal or plastic spikes. Pigeons can get their feet between the spikes and roost, but they're unable to roost on the thin wire.



Notes from the editor

Comments, suggestions, questions?



Do you have suggestions for newsletters or anything to do with IPTRA? Email 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 let me know so that I can correct them. Email newsletter@iptra.org.

April deadline



I'll send out the May newsletter around Monday, April 27. Please **submit input** by Thursday, April 23.

Leona Gray



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.



Sustaining members help us

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

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.

To arrange in-person payment, email info@iptra.org.

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

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)

Please note

Newsletter archive

If you want to read back issues (or reread this issue later) of IPTRA newsletters, you can do so at the IPTRA [website](#).

How to contact IPTRA



Use these addresses to contact various IPTRA people or groups.

Events planner

events@iptra.org

Green Team

greenteam@iptra.org

Newsletter, FB group, website

newsletter@iptra.org

General or anything else

info@iptra.org