



Photo: IPT Investments

March 2025



Island Park Towers Residents' Association

Building friendships within the Island Park Towers community

Snow bears in Kichissippi Woods, just across the Kichi Zibi Parkway from Island Park Towers. They're the creation of talented IPTRA member Maggie Glossop.



Have comments or suggestions?

If you have suggestions for future newsletters or comments on anything to do with the Island Park Towers Residents' Association, contact me at newsletter@iptra.org.

Leona Gray

Stuff Exchanges continue to collect for Earthhub and more

Stuff Exchanges (held the second-last Thursday of every month) continue to have a collection area for specific donations. The focus continues to be paper egg cartons (for 12 or 18 eggs) and plastic caps off drink containers (such as milk and water containers). These items will be taken to an [Earthhub](#) site and reused.



Plastic pill containers with labels removed will also still be collected. These containers are used to help unhoused local people with personal-care products, such as shampoo. Batteries and shoes will be collected too.



Luggage (preferably wheeled and large) that's in good condition is always wanted for Larga Baffin, an organization that serves Inuit who are in Ottawa for medical services. The suitcases are used to take supplies back north.

At the first Stuff Exchange that had a collection area set up,

March events

Unless specified, events are in the Social Room. For details, see the sidebar on page 2.

Brown Bag Lunch: Wed., Mar. 5, noon to 1:30 PM.

Pub Night: Thur., Mar. 6, 4:30 PM at Churchill's, [356 Richmond Rd.](#)

Scrabble: Wed., Mar. 12, 7:00 to 10:00 PM.

Modern Board Games: Wed., Mar. 19, 6:30 — 9:30 PM

Stuff Exchange: Thur., Mar. 20, 2:30 to 7:30 PM.

Scrabble: Wed., Mar. 26, 7:00 to 10:00 PM.

Pub Night: Thur., Mar. 27, 4:30 PM at Churchill's, [356 Richmond Rd.](#)

Weekly

Mindful Meditation: Mon., 10:00 to 10:45 AM.

Knitting 101: Mon., 6:30 to 8:00 PM.

Euchre: Tue., 1:30 to 4:00 PM.

Workout Wednesdays: Wed., 2:30 to 3:30 PM.

Cards/Canasta & Games: Fri., 1:30 to 4:00 PM.

all this was collected: three suitcases, 44 pill bottles, 15 egg cartons, five pairs of running shoes, quite a few batteries, and many plastic caps/tabs and metal tabs. Keep it coming!

Continued call for backgammon and bridge players

One of our members wants to start regular backgammon sessions. If you're interested, let [me know](#) and I'll pass it along. He has a flexible schedule, but only one backgammon set, so if you have a set, bringing it along would be helpful.

A group of our members regularly gets together for afternoon bridge. They invite more to join them. If you're interested, contact [Kate Hughes](#) for details.



Speakers series

A couple of people have come forward — how about you? Would you like to give an informal talk to your IPT neighbours on something you're passionate about? Something you have expertise in? Somewhere you've been? If so, email newsletter@iptra.org.

Parkdale Food Centre collection a success

One of our members (Carl Frizell) coordinated with Homestead to have collection sites in our lobbies for the week surrounding Valentine's Day so that residents could donate personal-care products for the Parkdale Food Centre.

As you can see from the picture, the collection was a success. Before it was packed into Carl's car, it formed a wall five feet high and seven feet long.

Thanks go to Carl for organizing, to all the generous residents who contributed, and to Homestead for supporting the collection.



Contributions for the Parkdale Food Centre. Photo supplied by Carl Frizell.

The fourth tower: 210 Clearview



The dark building is 210 Clearview, viewed looking northwest.

In January, Homestead filed the [documentation](#) to support the site plan application for their proposed 25-storey tower to the west of 200 Clearview. There's no news yet on how that's proceeding, but it seems the approval could take a year.

Events in more detail

For times, see the sidebar on page 1.

Mindful Meditation: [Mindful Meditation](#) (a 10-min. video) can reduce stress, depression, and pain and boost emotional well-being.

Knitting 101: If you don't know how to knit, someone will teach you. Bring any needlework or come just to chat.

Euchre: For all levels. If you don't know how to play [Euchre](#), someone will teach you. If you want to play another game, you're welcome to.

Brown Bag Lunches: Bring your lunch to these casual get-togethers and catch up on news with your neighbours.

Workout Wednesdays: Everyone's welcome to these mainly chair-based sessions that focus on stretching to maintain or regain mobility.

Scrabble: For all levels. Tables have two to four players. If you own a set, bring it along.

Modern Board Games: Include indie games like [Bananagrams](#), [Cockroach Poker](#), [For Sale](#), [Herd Mentality](#), [Tinderblox](#), and [Trio](#).

Pub Nights: Join folks at Churchill's at 365 Richmond Rd.

Stuff Exchanges: Bring items you don't want or come for something (free) you need.

Cards/Canasta & Games: For all levels. Play [canasta](#), other card games, or bring a board game. If you don't know the games, someone will teach you.

City diversion program for organic waste

In the spring of 2022, Ottawa city council approved a mandatory program for multi-residential properties to divert organic waste from the landfill. In the spring of 2024, city staff devised a waste-diversion strategy that would require multi-residential properties to participate in the Green Bin program in order for them to continue receiving waste-collection services.



The city collects waste from around 2,300 multi-residential properties, of which around 52% have a Green Bin program. Starting in the third quarter of 2024 and until the end of 2028, the city will bring the remaining multi-residential properties into the program.

Currently, property owners are responsible for setting up waste-disposal areas and providing ongoing recycling support. Soon (when depends on which tier a building is classified as; see below), owners will also have to provide residents with containers for organics and ensure those containers are put out only at the appropriate times.

Tier	# of units	Start date	End date
2	<100	Q2 '25	Q3 '27
3	100+	Q4 '27	Q2 '28
4	N/A	—	Q4 '28

The city understands some properties may have physical constraints that prevent owners from joining the program in the Tier 2 or Tier 3 timeframe. Owners of these properties are to self-identify as Tier 4, after which an inspector will determine if the property qualifies. The owners of Tier 4 properties will have additional time to work with the city to ensure programs are in place by the end of 2028.

What it means for Island Park Towers

Unless IPT buildings are classified as Tier 4, 185 Clearview will be Tier 2; 195 and 200 will be Tier 3. For 185, implementation of an organics-diversion program will start in April/June of this year and be fully implemented by July/September of 2027. Implementation for the other buildings won't start until October/December 2027.

If you don't want to wait for the city program to start or would rather composte your organics, see [A guide to apartment and condo composting](#).

(From information on the city of Ottawa website.)

Getting event info



In addition to event info in newsletters, there's info in these places:

- Coloured graphics on the IPTRA locked bulletin board in each mailroom.
- Coloured posters on the open community bulletin board in each mailroom with a calendar-format summary of the current month and the following month.
- Calendar at iptra.org. (On a phone? Turn it sideways to better read the calendar.)
- Events tab in the [Island Park Towers R.A. Facebook group](#).



Above guideline rent increases

Although IPTRA isn't an advocacy group, it makes its mailing list available to those who want to launch a defence against Homestead's AGI applications (called L5s) for our buildings.

As of this writing, according to a Homestead rep, the Landlord and Tenant Board hasn't yet processed the L5s. Hearings will be scheduled sometime later.

L5s and the supporting documentation are here:

- 185 Clearview:** [AGI documents](#)
- 195 Clearview:** [AGI documents](#)
- 200 Clearview:** [AGI documents](#)

Protecting your bicycle from theft

Even if you use the best bike lock available (or even multiple locks), there's still a chance your bike could be stolen if you leave it unattended. It's a helpless and hopeless feeling, because recovery rates have historically been low.

(Many websites rate bike locks. This is just [one of them](#).)

Register with Project 529 Garage

One of the best ways to reduce the chance that your bike is stolen and increase the chance you'll get it back if it is stolen is to register the bike with Project 529 Garage on the [registration page](#) that's set up specifically for Ottawa Police Service.



Registering this way (as opposed to directly with 529) lets you give OPS permission to view the contact information in your 529 account. You can also give permission for all 529-partnered law enforcement agencies to view this contact information.

After you add your bike details, add pictures. Include a picture of the serial number, the front view of the bike, side views, you with the bike, and any distinguishing aspect of the bike. You can also add info on equipment that's attached to the bike, such as an under-saddle bag, pump, rack, and lights.

To deter thieves, get a 529 shield (a black and yellow decal) that has a unique identifier to affix to your bike. The shield shows would-be thieves that your bike is registered with 529 and will hopefully scare them off.

To get a shield, download the 529 app to your phone, go to one of the three OPS locations with the phone, and show the agent the picture of the serial number and of you with the bike. You don't need to bring your bike. The locations are the main OPS station ([474 Elgin St.](#)), [211 Huntmar Rd.](#), and [3343 St. Joseph Blvd.](#)

After you've affixed the shield, add a picture of the shield and the shield number to the bike description in your 529 account.

OPS recovers hundreds of bikes a year. As of this writing, over 25,000 bikes in the Ottawa region are registered with 529.

If your bike is stolen, send out an alert on the 529 app or website, then report the theft to OPS and get a report number. If OPS recovers your bike, you'll need the report number before they'll release it to you.

What's in the 'hood?

The [Graham Spry Building at 250 Lanark Avenue](#) has had a varied past. The building is named after Canadian [Graham Spry](#) (born 1900), who was a broadcasting pioneer.



Google Maps

In February 1953, the CBC purchased 8.5 acres on Lanark Avenue. A temporary 70-foot tower was constructed so quickly that CBC television met its goal to be on the air by Coronation Day – June 2, 1953.

A 492-foot tower and production studios were completed in early 1955. In 1966, the tower was moved to Camp Fortune. Technological advances eventually phased out the studios, and they closed in 2004.

In 2005, a part of Health Canada occupied the building and was a tenant until the spring of 2023, when it was announced that the building was slated for disposal.

Since January 2024, a partnership between the city and the federal government has allowed the ground floor to be used as an overnight winter warming shelter for people who have been referred by other city shelters.

Various future options have been talked about, but nothing is settled as of yet.

With information from Wikipedia, Kitchissippi Times, and the Ottawa Citizen.

Join STOLEN Bikes Ottawa

Consider joining the [STOLEN Bikes Ottawa](#) Facebook group, which has almost 8,000 members. You need to be a member to post or comment, so it's wise to join now. That way, you can post right away if your bike is stolen. You'll have many sets of eyes on the lookout for your bike on the street and for sale on online sites.



Charging electric vehicles

If you have questions after reading this overview, IPTRA member [Brian Cassidy](#) has kindly offered to answer them.

Charge at Island Park Towers

Island Park Towers has four EV charging stations in its outdoor parking lots: two directly behind 185 Clearview and two on the west side of the 200 Clearview lot.

The stations are owned by [SWTCH](#), which provides EV charging for multi-unit residences and other businesses. You can pay as you go through a browser app or use the SWTCH mobile app. You can also request a free RFID charge card through the SWTCH app to get tap-and-go charging at most SWTCH EV charging stations.



According to SWTCH website info for one of the chargers behind 185 Clearview (charger ID L8603), the cost is \$3/hour. If you're a guest, as opposed to being a SWTCH account holder, there's a \$0.50 guest fee. The charger has a 6.6 kW output. Based on what a user told me, it takes around six hours to charge to 80% using these chargers.

Charge at on-street sites

An alternative to these SWTCH charging stations is on-street charging sites. Each site has two Level 2 chargers that are compatible with all models of electric and plug-in hybrid vehicles. According to an [interactive map](#) of the Flo charging network, the nearest sites are on Richmond Road in front of the Real Canadian Superstore and at the McRae Avenue Farm Boy (it's in the basement).

If you tap on a charging site on the map, you'll see the price per hour and the kW output. For example, a station in front of the Superstore costs \$2.00/hour and has an output of 7.2 kW. A station at Farm Boy costs \$1.25/hr and has an output of 6.24 kW. You'd need to add the indoor parking fee to that.

Naturally occurring retirement communities

You probably won't be surprised to learn that the IPT complex is what's called a naturally occurring retirement community. A NORC is a geographic designation for an area where a high density of adults aged 65 years or over live.



The Council on Aging of Ottawa has partnered with Ottawa Neighbourhood Study to create an interactive [map](#) that identifies Ottawa-area NORCs, which include apartments, co-ops, condos, and seniors housing. According to the map (based on Statistics Canada 2016 Census of Population data), here are the stats for our buildings:

Address	% 65+	# 65+	Total #
185	48	63	131
195	34	153	449
200	37	136	373

[OASIS Seniors Supportive Living](#) in Kingston is a NORC with a supportive services program. The program is a partnership of an apartment complex's residents, the property owner (Homestead Land Holdings), and the Home and Community Care Support Services, which used to be called LHIN and before that CCAC. HCCSS funds a full-time coordinator of personal support workers for residents.

Our upscale Social Room

The Social Room is at 195 Clearview. If you don't live at 195, go to the office to have your fob programmed for entry. Entry to the building gives you entry to the Social Room, which is on the right after you go through the inner lobby.

IPTRA holds most of its events in the room. You can also use the room to access the IPTRA library or informally gather with other tenants.

The room is also available to rent (reserve) for \$100. To rent the room, visit or [email](#) the office.

The large room has two arm chairs next to round tables and four arm chairs grouped around a coffee table in front of a fireplace.



A dart board hangs on one long wall. The dart set is incomplete so best bring your own. Anyone interested in starting a dart league ... ?

Nestled in the corner near the fireplace is one of the IPTRA two libraries — two floor-to-ceiling bookcases of books, DVDs, and jigsaw puzzles. (The other library is in the 200 Clearview lobby.)



The room has a kitchen with a fridge and stove but no dishwasher, dishes, or cleaning supplies.



A room off the kitchen stores two card tables, four large folding tables, lots of folding padded chairs, and around 15 folding card-table chairs.

Paid visitor parking

Most people who park in visitor parking now have to pay. Exceptions are for those whom Homestead has approved for free parking. Call the office for details.

Parking costs \$1 an hour and \$7 a day.

You can pay by scanning the QR code on the sign or by using an app. If you don't have a smart phone, you begin registering by texting *park* to this Montreal number: 1-438-812-7275.

If you don't have any phone at all with you, get someone who does have one to register for you.



Sign for visitor parking at 185/195 Clearview.

Kitchissippi Times

A good source for info on current goings-on in the neighbourhood is [Kitchissippi Times](#). It's an online newspaper,



kichissippi.com

but it's also available at pick-up locations along Richmond Road and Wellington Street. Look for the gold boxes or blue newspaper racks [across the ward](#).

If you're interested in the history of our area, check out the [History tab](#) on the online newspaper's main page.

IPT office hours

The IPT office is open Monday through Friday from 8:00 until 5:00. Since the office is currently staffed by only one person, it's sometimes closed around lunchtime. The 24-hour phone number is 613-729-4347.



April newsletter deadline

The April newsletter will be going out around March 27. Please [submit input](#) by March 24.



Stock photo

