



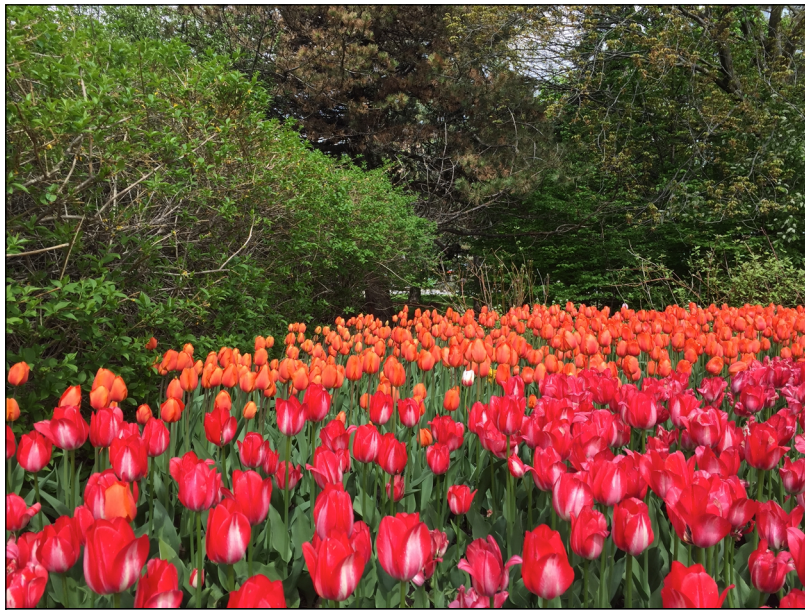
Photo: IPT Investments

May & June 2025



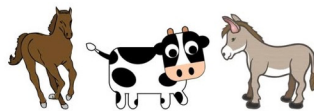
Island Park Towers Residents' Association

*Building friendships within
the Island Park Towers community*



Commissioners Park, Dow's Lake.

Barnyard Races are back with a BBQ



Prior to the first IPTRA BBQ of the season on Sunday, June 1, the association will host another of its popular Barnyard Races. Races will start at 4 PM and run for around two hours.

Watch as toy animals race each other with their speed determined by throws of dice. For more excitement, bring some quarters and place bets. All proceeds go back to the winners. This isn't a fundraiser — it's a FUN raiser. Children are welcome

Races will be followed by a potluck BBQ around 6 PM. Some come just for the races, some just for the potluck, some for both. Bring BBQ food to share and your choice of beverage.

Upcoming May events

Monday, May 26

10 — 10:45 AM: Mindfull
Meditation

6:30 — 8 PM: Knitting 101

Tuesday, May 27

1:30 — 4 PM: Euchre

Wednesday, May 28

Workout Wed. (this session
cancelled)

7 — 10 PM: Scrabble

Thursday, May 29

4:30 PM: Pub Night (back at
Churchill's)

Friday, May 30

1:30 — 4:00 PM: Cards/Canasta
& Games

Want to be social director?

If you're interested in being the IPTRA social director, email info@iptra.org.

The social director plans, coordinates, and oversees social events with the help of the executive and membership.

All events are in the Social Room
except Pub Nights, which are back
at Churchill's, [356 Richmond Rd.](#)

June IPTRA Events

New events are in red.
Details are on page 3.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Barnyard Races & BBQ 4 PM	2 Mindful Meditation 10 – 10:45 AM Knitting 101 6:30 – 8 PM	3 Euchre 1:30 – 4 PM	4 Brown Bag Lunch noon – 1:30 PM Workout Wed. 2:30 – 3:30 PM	5	6 Cards/Canasta & Games 1:30 – 4 PM	7
8	9 Mindful Meditation 10 – 10:45 AM Knitting 101 6:30 – 8 PM	10 Euchre 1:30 – 4 PM Sing-Along 7 – 9 PM	11 Workout Wed. 2:30 – 3:30 PM	12	13 Cards/Canasta & Games 1:30 – 4 PM	14
15	16 Mindful Meditation 10 – 10:45 AM Knitting 101 6:30 – 8 PM	17 Euchre 1:30 – 4 PM	18 Workout Wed. 2:30 – 3:30 PM	19 Stuff Swap 2:30 – 7:30 PM Pub Night 4:30 @ Churchill's	20 Cards/Canasta & Games 1:30 – 4 PM	21
22	23 Mindful Meditation 10 – 10:45 AM Knitting 101 6:30 – 8 PM	24 Euchre 1:30 – 4 PM	25 Workout Wed. 2:30 – 3:30 PM Scrabble 7 – 10 PM	26	27 Cards/Canasta & Games 1:30 – 4 PM	28
29 BBQ 5 PM	30 Mindful Meditation 10 – 10:45 AM Knitting 101 6:30 – 8 PM	1 Euchre 1:30 – 4 PM	2 Brown Bag Lunch noon – 1:30 PM Workout Wed. 2:30 – 3:30 PM	3	4 Cards/Canasta & Games 1:30 – 4 PM	5

Events in more detail

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

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

Euchre: For all levels. If you don't know how to play, someone will teach you. If you want to play another game, you're welcome to. Every Tuesday afternoon.

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

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

Scrabble: For all levels. If you own a set, bring it along. Whoever comes, plays. If no one has arrived by 7:10, the game will be cancelled. Fourth Wednesday evening of every month.

Pub Nights: Pub Nights are back at Churchill's, [356 Richmond Rd.](#) Every third Thursday.

Stuff Swaps: Bring items you don't want or come for something (free) you need. Also bring items to be sent for reuse. Second-last Thursday afternoon and evening of every month

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



In addition to info in newsletters, there's more here:

- Coloured graphics on the IPTRA locked bulletin board in each mailroom.
- Coloured posters on the community bulletin board in each mailroom with a calendar-format summary.
- 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](#).

IPTRA sing-along

Ken Holman with voice and guitar (and perhaps a few other



IPTRA musical folks) will be entertaining us at a sing-along on Tuesday, June 10 from 7 to 9 PM in the Social Room.

Come and join in singing popular radio hits from the past. Song sheets will be available.

Poker anyone?

One of our members is looking for people to join him in poker games.



His schedule is flexible, so games could be during the day or evening. He's flexible on the type of poker as well.

It's just for fun, so stakes would be very small — just enough to make it more fun.

If you're interested in co-organizing or just joining in, email newsletter@iptra.org.

Pub Nights are back at Churchill's

Folks have decided to go back to Churchill's ([356 Richmond Rd.](#))



for these social get-togethers.

Come join the group to celebrate nearing the end of the week. For dates, see page 2.

Stuff Swaps continue to collect for reuse

Stuff Swap events (the second-last Thursday of every month) continue to collect specific donations in addition to what folks bring as exchanges with other residents.

These items will be reused, so thank you, IPT folks, for helping to keep these items out of the landfill! See you at the next event: Thursday, June 19, 2:30 to 7:30 in the Social Room.

Speakers from the Towers

Speakers from the Towers — the IPTRA speaker series — is underway. The setting is much more casual than this image suggests. It's a lot like talking to a group of friends.



Are you interested in giving an informal talk? Something you're passionate about? Something you have expertise in? Somewhere you've been? Know someone you think would give an interesting talk? If so, email newsletter@iptra.org.

AGI hearings are scheduled

As of this writing (May 24), affected tenants at 185 Clearview and 195 Clearview have received (by Canada Post mail) notices of their (Zoom) Case Management Hearings with the



Landlord and Tenant Board to try to resolve the above guideline rent increases that Homestead applied for.

The CMH for 185 Clearview is Thursday, June 26. The CMH for 195 Clearview is Wednesday, June 25.

Follow the directions in the package you received to create an account, see Homestead's application and supporting documents, and upload your submission to the LTB portal.

You can also register for a phone session with a Tenant Duty Counsel, who will answer your questions about the process. Tenant Duty Counsel is a service provided by Legal Aid Ontario and is not affiliated with the LTB.

If you're not affected by the AGI (and can't access the LTB portal) or live at 200 Clearview (and haven't received your notice yet), you can see Homestead's application and supporting documents here:

185 Clearview: [AGI documents](#)

195 Clearview: [AGI documents](#)

200 Clearview: [AGI documents](#)

Stuff Swaps need volunteers

Stuff Swaps are looking for folks to help box up items left when the events are over and for folks to take the boxes to donation centres.

If you're able to help, come to the Social Room around 7 PM on the second-last Thursday of a month.

Boxes to collect beer and wine containers

With Homestead's permission, the Green Team has placed black boxes in our recycling rooms so that you can leave your empty beer, wine, and spirits containers there.



Volunteers will return the containers to a Beer Store.

Proceeds will go towards Green Team initiatives.

Invitation to play bridge



Kate Hughes invites folks to join her bridge group. [Email](#) her or call her at 613-422-4566.

BBQs are available

The BBQs on the patio to the east of 195 Clearview are now available for tenants to use this season. First come, first served.

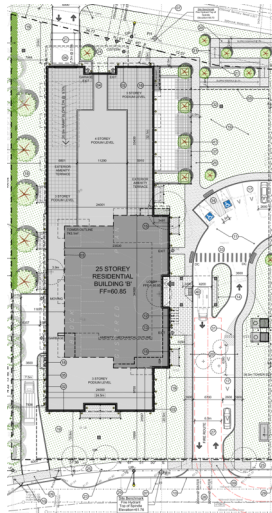
Fourth IPT tower at 210 Clearview

Homestead filed the [documentation](#) to support the site plan application for its proposed 25-storey tower at 210 Clearview on October 30, 2024. The site plan application comes after Homestead's successful rezoning application in the fall of 2023 to allow for increased height to 25 storeys.



The upper image shows our complex looking north-ish from behind the Metropole condo tower. The proposed 210 Clearview tower is the dark one to the west of 200 Clearview.

The lower image, from a site plan document, shows the footprint of the tower and its podium with Clearview Avenue at the top and Lanark Avenue at the bottom. For an easier-to-read image, see the actual [document](#).



It can take up to a year for a site plan to be approved because the support documents that Homestead was required to file are preliminary and need to be approved by the city.

Examples of the support documents include a tree conservation report, transportation impact assessment, stormwater management report, noise impact report, and geotechnical investigation.

Decluttering?

If you're decluttering your apartment, making room for new furniture, or helping someone downsize, consider bringing things to Stuff Swap events, which are held the second-last Thursday of every month from 2:30 until 7:30 PM in the Social Room. This is win-win: you get rid of unwanted things and your neighbours get a chance to pick up free treasures.



If Stuff Swaps aren't convenient, the following sites might be helpful. If you know of other organizations that accept household donations, email names to newsletter@iptra.org.

What's in the 'hood?

[Remic Rapids Park](#) on the Ottawa River, a 2-km pathway walk or cycle east of Island Park Towers, is known for its balanced-rock sculptures (sometimes called inukshuks) at the water's edge. The park also has a parking lot, washrooms, picnic areas, and an outdoor bistro.

The sculptures (the "Art of Balance") are the work of [John Felice Ceprano](#). For years he has created these beauties, and every winter ice dismantles them.



Rock sculptures at Remic Rapids Park.
Photo from Wikipedia.

In 1986, Ceprano was looking for a sanctuary away from his home in the busy ByWard Market when he came by this stretch of the river. With a good supply of rocks and lots of space, he started creating balanced sculptures. All of them are built without tools. After a few years, he received a Canada Council grant. The NCC has supported his work since 2000.

Ceprano is also a painter and photographer.

(With info from the NCC, CTV News, Travel Destination Bucket List, Correr Es Mi Destino, and Apt613.ca.)

▪ **Saint Vincent de Paul**

Their closest thrift store is at [1273 Wellington St.](#) (613-722-22734), but there's also one at [1620 Merivale Rd.](#) (613-695-7162, extension 5). According to the website, "donated items are sold in store or gifted to those most in need; unsold items are transformed, recycled, or sent to developing countries."

Donation sites accept clothing, furniture, decor, luxury items, and electronics. For more info, see the website.

▪ **Salvation Army Thrift Store**

The closest is at [1490 Richmond Rd.](#) (613-726-7136), but there's also one at [1616 Merivale Rd.](#) (613-228-5282). The stores accept kitchenware, home decor, sporting goods, clothing, bedding, linens, computers, electronics, and toys. The stores do *not* accept furniture, large carpets, hazardous materials (such as paint or propane tanks), or infant equipment. For more details, see their website.

The stores do *not* offer a pickup service.

▪ **Helping with Furniture**

[1455 Michael St.](#), Unit 3. Wednesday 6 PM to 9 PM, Saturday 10 AM to 1 PM. According to their website, "Helping With Furniture provides gently used furniture and household goods, refurbished bicycles and laptops to people in need in Ottawa." They do *not* accept clothing. Also, they do *not* accept large furniture, such as large desks, large china cabinets, TV armoires, or TV units. Visit their website to see what items they're most in need of.

Pickup is available but *not* west of Bank Street.

▪ **Furniture Bank of Matthew House**

[340 Legett Drive, Door 53](#). The Furniture Bank is a branch of the Matthew House registered charity. It helps newcomers and low-income families in Ottawa make their house a home with donated gently used furniture and other household items. For questions about donating furniture, email furnituredonations@matthewhouseottawa.org or call 613-591-6681, extension 2512.

Visit their website, click the Donate button, and check out what their current needs are.

You can drop off items at their warehouse or arrange for pickup; however, there is a charge for pickup. The charge allows Furniture Bank to keep their trucks on the road and maintain their warehouse space.

The history of Island Park Towers



If you're interested in the long and fascinating history of Island Park Towers and its surrounding area up until the time Homestead acquired the property in the fall of 2021, check out [Island Park Towers: The story of our home](#) by IPTRA member Jill Morningstar.

If you want to buy a glossy paper copy (for just \$10), email info@iptra.org. Available while quantities last.

Weekend Bikedays



[NCC Weekend Bikedays](#) began May 10 and run until October 13 as follows:

- Kichi Zībī Parkway
Carling Ave. to Booth St.
8 AM to **noon**
- Sir George-Étienne Cartier Parkway
8 AM to 4 PM
- Queen Elizabeth Driveway
(Somerset St. to Fifth Ave.)
8 AM to 8 PM

This is good news for our neighbourhood, where cut-through traffic often totally clogged the streets for hours on weekend afternoons, in part because, previously, the Kichi Zībī Parkway had been closed to motorized traffic until 4 PM.

■ **Buy Nothing Westboro, Ottawa ON**

Facebook group. With over 2,000 members, you have a very good chance of finding someone to give your items to. The group doesn't allow buying, selling, trades, or bartering — just giving to neighbours and receiving from them. You have to join the group to see posts or post yourself.

■ **Stride — Wheelchair Plus Recycling Depot**

43 Grenfell Crescent, Unit 6.

stridewheelchairsplus1@gmail.com. 613-723-0528.

Tuesday, Thursday, and Saturday 10:30 AM to 3:30 PM.

This organization accepts donations of good and complete health care equipment and refurbishes it to sell at a fraction of what new equipment costs. Examples of equipment include walkers, wheelchairs, mobility scooters, hospital beds, bathrooms aids, and bedroom aids.

They will pick up for a \$10 fee.

■ **Hearing aid businesses and opticians**

Most hearing aid businesses accept used hearing aids and most opticians accept used eyeglasses. They either recycle them or donate them to people or countries in need.

Kitchissippi Community Garage Sale

The [Kitchissippi Community Garage Sale](#) will be Saturday, June 7, starting at 8 AM. The rain date is June 8.



Participating communities include Champlain Park, Civic Hospital, Hampton Iona, Hintonburg, Island Park, McKellar Park, Mechanicsville, Wellington Village, Westboro, and Westboro Beach.

Here's a [map](#) of participating locations.

Call for photos



Want to share a couple of your photos that showcase our buildings, their surroundings, or Ottawa in general? Send them to newsletter@iptra.org.

Comments, suggestions?

If you have suggestions for future newsletters or comments on anything to do with IPTRA, email newsletter@iptra.org.

Editor's note

Unavoidable circumstances meant I wasn't able to send out a May newsletter until this late date (May 25), so I've combined it with the June newsletter.

Leona Gray



July deadline

The July newsletter will be going out around June 28.

Please [submit input](#) by June 25.

