



Photo: IPT Investments

July 2025



Island Park Towers Residents' Association

*Building friendships within
the Island Park Towers community*



The three BBQs on the patio on the east side of 195 Clearview.

Upcoming IPTRA BBQs

Mark you calendars — IPTRA is sponsoring two Sunday potluck BBQs in the next few weeks, both starting at 5 PM:

 **June 29**

 **July 20**

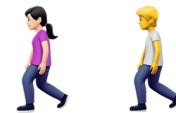
Bring BBQ food for yourself, perhaps some to share, and your choice of beverage.

These BBQs are the perfect time to socialize with neighbours you already know or have yet to meet.

NEW!

IPT Walk & Talk

IPTRA member Stella Zappata wants to start a weekly walking



group in September. She suggests meeting either Tuesdays or Wednesdays and walking from 10 AM until 11:30/12:00.

She envisions outings at a relaxed pace that lets folks chat as they walk.

The starting point would be from Island Park Towers or perhaps from nearby locations such as Britannia, Andrew Hayden Park, and Mud Lake with possible car-pooling.

If you're interested, email her or newsletter@iptra.org.

July IPTRA Events



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

New events are in magenta.

Details of regular events are on page 3.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 BBQ 5 PM, on patio E of 195	30 Mindful Meditation 10—10:45 AM Knitting 101 6:30—8 PM	1 Euchre 1:30—4 PM	2 Brown Bag Lunch 12—1:30 PM Workout Wed. 2:30—3:30 PM	3	4 Cards/Canasta & Games 1:30—4 PM	5
6	7 Mindful Meditation 10—10:45 AM Knitting 101 6:30—8 PM	8 Euchre 1:30—4 PM	9 Workout Wed. 2:30—3:30 PM	10 Pub Night 4:30 @ Churchill's, 356 Richmond Rd.	11 Cards/Canasta & Games 1:30—4 PM	12
13	14 Mindful Meditation 10—10:45 AM Knitting 101 6:30—8 PM	15 Euchre 1:30—4 PM	16 Workout Wed. 2:30—3:30 PM	17	18 Cards/Canasta & Games 1:30—4 PM	19
20 BBQ 5 PM on patio E of 195	21 Mindful Meditation 10—10:45 AM Knitting 101 6:30—8 PM	22 Euchre 1:30—4 PM	23 Workout Wed. 2:30—3:30 PM Scrabble 7—10 PM	24 Stuff Swap 2:30—7:30 PM	25 Cards/Canasta & Games 1:30—4 PM	26
27	28 Mindful Meditation 10—10:45 AM Knitting 101 6:30—8 PM	29 Euchre 1:30—4 PM	30 Workout Wed. 2:30—3:30 PM	31 Pub Night 4:30 @ Churchill's	1 Cards/Canasta & Games 1:30—4 PM As of June 25	2

Regular 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. See page 2 for dates.

Stuff Swaps: Bring items you don't want or come for something (free) you might need. Also bring items to be donated for reuse. Second-last Thursday afternoon/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 odds & ends

Here are a few repeats from previous newsletters.

Looking for a 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.

Stuff Swaps need volunteers

Stuff Swaps continue to look for folks to help box items left when events are over and for folks to take 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.

Poker?

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



His schedule is flexible, so games could be day or evening.

It's just for fun, so stakes would be very small — just enough to make the games more fun. If you're interested in co-organizing or just joining in, email newsletter@iptra.org.

Bridge?



Contact Kate Hughes if you'd like to join her bridge group. [Email](#) her or call 613-422-4566.

BBQs available on the patio



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

The Green Team scene

The IPTRA Green Team and others have been active. Here's just some of what they've been up to. If you'd like to help with any of these initiatives, email newsletter@iptra.org and say what you're interested in.



“Keep it out of the Landfill”

The “Keep it out of the Landfill” initiative continues to work in conjunction with the Stuff Swaps on the second-last Thursday of every month. Volunteers collect various items and take them to area organizations that distribute them to in-need local people.

Items that are welcome include shoes, egg cartons, plastic bottle caps, eye glasses, pill bottles, suitcases in good condition, and batteries.

At July's Stuff Swap (July 24), the team will also collect **jewellery**, which they'll give to Unitarian House. Unitarian House will include it in its fund-raising sale, the proceeds of which help residents who need financial help.

If you're not sure how to dispose of a large household item, check out the city's [Waste Explorer](#).

Black bins for beer and wine containers

The Green Team has placed black bins in our recycling rooms so that you can leave your empty beer, wine, and spirits containers there.



Volunteers return the containers to a Beer Store. The proceeds go towards the team's initiatives, such as the Forest Team project.

Forest Team project

Some of the team and other residents have been removing weeds and invasive species (especially buckthorn) from the forest behind 195 Clearview. They've made garden areas, mulched, and planted trees.

IPT Greenspaces project

With Homestead's permission, a team of six or seven people have been gardening around the patio to the east of 195 Clearview.

Label your electronics

If you leave electronics in the garbage areas, please label whether the item is in working order or not. Green Team volunteers will try to nab the item before it's taken by garbage pickup and divert it to an appropriate place.

The history of IPT



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

To buy a paper copy (just \$10), email info@iptra.org. While quantities last.



A planting to the east of 195 Clearview.

A reminder ...

This is a reminder that the Island Park Towers Residents' Association is a social group. It organizes social events.



Don't confuse it with the similarly named association — the Island Park Towers Tenants Association.

AGI hearings for 195 and 185 Clearview

In early 2023, Homestead applied to the Landlord and Tenant Board to raise rents above the allowed guideline of 2.5% for all three IPT buildings.



Last month, the LTB scheduled Zoom case management hearings for 195 Clearview on Wednesday, June 25 and for 185 Clearview on Thursday, June 26. At this writing, the LTB hasn't scheduled a hearing for 200 Clearview.

The hearings were for the two parties (Homestead and the tenants) to try to agree on an AGI. Failing that, the case would go to a merit hearing at a later date.

Hearing for 195 Clearview

The board calculated that the minimum AGI is 0.25% and the maximum is 1.69% with around 11 levels in between depending on a tenant's rent-increase date.

After many tenants commented and asked the landlord's rep questions, the dispute resolution officer sent the rep out of the "room" and got tenants to discuss what AGI they'd accept. After three negotiations, the parties agreed on 1.3%.

What's next: After the board issues its order, which takes around a month, Homestead notifies each tenant of their particular AGI. If a tenant has been paying just the yearly guideline increase of 2.5%, Homestead will say how much is owed. Tenants have 90 days (starting from the date the order is issued) to pay, but individual tenants can arrange pay-back plans. If a tenant paid the 2% AGI from the start, Homestead will refund the appropriate difference. Also, each tenant's rents will increase by their allowable AGI.

The hearing for 185 Clearview

This hearing was similar to the one the previous day. A different dispute resolution officer chaired the meeting, which was more structured and allowed tenants to voice their opinions in a more orderly way.

The LTB calculated that the maximum AGI is 6.12% with around seven lower levels depending on a tenant's rent-increase date.

After four negotiations, Homestead's rep stuck firm with her offer of 4.8%. After lots of discussion, the tenants decided to accept the offer and avoid a merits hearing where they might not get as good a reduction.

What's next: What's next is similar to 195 except for two points. If a tenant's AGI is over 3% (the maximum ever

What's in the 'hood?

If the Ottawa River is low (like it might be in July), it's the perfect time to visit the **stromatolite fossils** along the upriver shoreline near the [Quebec side of Champlain Bridge](#). Park in the small parking lot nearby on the south side of Lucerne Blvd., or bicycle or walk there on the sentier des Voyageurs.

If the water's low enough, this display of stromatolites is one of the best in Canada and the best in any urban area.

What's so special about stromatolites ... other than being the oldest fossils on Earth? They're the built-up layers of cyanobacteria, which were likely responsible for creating oxygen in the Earth's atmosphere. Without oxygen, we wouldn't be here. Stromatolites were the dominant life form for over two billion years.

With a bit of balance, you can walk out on the shoreline rocks, stand on these circular fossils, and say thank you.

Today, cyanobacteria live in abundance in only a few spots, one being in a very salty intertidal zone in Australia.



Photo: Leona Gray

allowed for one year), the amount in excess of 3% will be added to the following year. Tenants have 90 days (starting from the date the order is issued) to pay, but individual tenants can arrange pay-back plans.

Graham Spry Building news

The Graham Spry Building at [250 Lanark Avenue](#) is on the federal government's list of surplus properties and is up for sale.

Since January 2024, a partnership between the federal government and the city of Ottawa has allowed the ground floor to be used as an overnight shelter for men who have been referred by other city shelters, with a maximum capacity of 60.



On May 29, Councillor Jeff Leiper chaired a video-conference meeting so that local residents could voice their opinions on the property's current use. So that residents could feel free to speak their minds, Leiper didn't widely advertise the meeting.

Present at the meeting were MPP Catherine McKenney, Ottawa Centre MP Yasir Naqvi, various people from housing organizations, city reps, and around 110 residents.

Here is my very brief summary of what happened.

Many residents spoke about open drug use (especially during the day and in front of children) and drug paraphernalia left on the grounds and on residents' properties.

The city reps acknowledged the issues and said surveillance of the property had been increased in the weeks before the meeting.

The city reps said the warming shelter was always temporary and was used only for overflow.

When asked why somewhere else (that wasn't close to a school or housing) wasn't selected, the city reps said that this building was the only available one that had showers. Retrofitting a building to have showers can take a year.

The city reps said that as of June 1, the maximum capacity would be reduced to 40 and the shelter would be for women only. They also said they hoped to be able to permanently close the shelter by the end of June.

At this writing, I haven't verified whether these changes have been implemented or whether the date to close is still the end of June. I will investigate, so stay tuned.

Property tax reduction means rent reduction

Ottawa Lookout daily news email recently reported that, starting in 2025, the city is reducing the property taxes paid by owners of multi-unit residential buildings built before 2001. That's us!

"The reduction will take place over four years and will lower the Multi-Residential tax ratio from 1.4 to 1.0. [...] Properties built after 2002 are already at a ratio of 1.0. Currently, the tax for an older multi-residential building is 1.4 times the rate of a residential property."

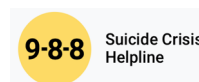
"landlords cannot legally pocket the savings."

"A person paying \$2,000 per month in rent would see about \$16 taken off their monthly costs — totalling about \$192 in savings next year."

I'll investigate and report back.

Suicide Crisis Helpline

The Suicide Crisis Helpline is a safe space to talk — 24 hours a day, every day.



Their [website](#) offers advice for those who feel they need personal help. It also offers advice for those worried about someone else.

If you or someone you know needs help, **call or text 9-8-8.**

Fast & frugal fixins



One of our members suggested publishing quick and inexpensive suitable-for-one recipes every so often. If you have one you'd like to share, email it to newsletter@iptra.org.

Sometimes you simply need a dessert. This quick and easy one is made with ingredients we almost always have in our kitchens.

Cherry clafoutis



Although this traditional French dessert (pronounced cla-foo'-tee) is usually made with cherries, it's also good with almost any other fresh, frozen, or well-drained canned fruit — cranberries (my favourite), raspberries, blueberries, mandarin orange segments, sliced apples, sliced strawberries, chopped rhubarb, or a combination. I don't think fresh pineapple would be a success, but canned might be.

The recipe makes one 10" clafoutis. Yes, it serves more than one, but clafoutis is great left over for breakfast.



- 1 cup pitted and halved cherries
(enough to cover the base of a 10" pie plate)
- 3 large eggs
- 1/2 cup granulated sugar
- 1/2 cup all-purpose flour
- 1 cup milk, skim or whole
- 2 tsp vanilla extract

1. Heat the oven to 350° F.
2. Oil a 10" glass pie plate and sprinkle it with granulated sugar, tapping out any excess.
3. Scatter the cherries over the bottom.
4. Place the eggs and sugar in a large bowl.
5. Using an immersion blender, hand mixer, or whisk, beat until foamy.
6. Fold in the flour and mix well.
7. Pour in the milk and vanilla and mix well.
8. Slowly pour over the cherries.
9. Bake until puffed and golden, 45 to 50 min.
10. Cool at least 5 min. on a wire rack.
11. Serve warm, room temperature, or chilled.

Call for photos

Want to share a couple of your photos that showcase our home, its 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.

Leona Gray



August deadline

The August newsletter will be going out around July 29.

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

