



Photo: IPT Investments

August 2025



Island Park Towers Residents' Association

*Building friendships within
the Island Park Towers community*

1000 Islands cruise Friday, August 29 \$43 (tax in) plus lunch

Join fellow IPTRA members for a cruise in the beautiful 1000 Islands area of the St. Lawrence River.



The group will leave IPT at 9 AM and arrive at [20 Front Street, Rockport](#), around 11 AM for this two-hour cruise.

After the cruise, the group will meet for lunch.

If you want to attend, email [Bernetta Starkey](#) by Friday, August 22. If you can offer to carpool or want to join one, let her know.

Passports aren't required. Washrooms on the boat have limited accessibility.



The Palaces and Palisades 1000 Islands Cruise features the Canadian Palisades (a long cliff that runs along the Canadian shore) where a five-metre-tall white limestone statue of St. Lawrence watches over the river that bears his name.

The cruise sails under the 1000 Islands International Bridge and through a stretch of cottage country known as Millionaire's Row. You'll see Boldt Castle*, which was built as a tribute to George Boldt's wife, who tragically died before the castle was finished. You'll see Zavikon Island and Cherry Island — with the Casablanca grand estate, built in 1892.

With so many beautiful homes and so much spectacular scenery, the area is a photographer's paradise.

* The tour goes around Boldt Island but doesn't stop.

With info from the Rockport Cruises [Palaces and Palisades 1000 Islands Cruise website](#) (including the photo) and from [History of the Thousand Islands](#).

Barnyard Races & BBQ Saturday, August 23 at 4 PM



IPTRA hosts another of its popular Barnyard Races, starting at 4 PM. Watch as toy animals race

each other with their speed determined by the toss of dice. For more excitement, bring quarters and place bets. All proceeds go back to the winners.

A potluck BBQ follows at around 6 PM. Some come



for the races, some for the potluck, some for both. Bring BBQ food for yourself (or to share) and your favourite beverage.

2026 guideline rent increase



The 2026 [guideline rent increase](#) has been set at 2.1%.

This means that without getting approval for an above guideline increase, Homestead can't raise 2026 rents more than 2.1%.

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

August IPTRA Events

New or changed events are in magenta.
Details of regular events are on page 3.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28 Mindful Meditation 10—10:45 AM Knitting 101 6:30—8 PM	29	30 Workout Wed. 2:30—3:30 PM	31 Pub Night 4: 30 House of Pizza	1 Cards/Canasta & Games 1:30—4 PM	2
3	4 Mindful Meditation 10—10:45 AM Knitting 101 6:30—8 PM	5 Euchre 1:30—4 PM	6 Brown Bag Lunch 12—1:30 PM Workout Wed. 2:30—3:30 PM	7	8 Cards/Canasta & Games 1:30—4 PM	9
10	11 Mindful Meditation 10—10:45 AM Knitting 101 6:30—8 PM	12 Euchre 1:30—4 PM	13 Workout Wed. 2:30—3:30 PM	14	15 Cards/Canasta & Games 1:30—4 PM	16
17	18 Mindful Meditation 10—10:45 AM Knitting 101 6:30—8 PM	19 Euchre 1:30—4 PM	20 Workout Wed. 2:30—3:30 PM	21 Pub Night 4: 30 Clocktower Brew Pub Stuff Swap 2:30—7:30 PM	22 Cards/Canasta & Games 1:30—4 PM	23 Barnyard Races & BBQ 4 PM, 6 PM
24	25 Mindful Meditation 10—10:45 AM Knitting 101 6:30—8 PM	26 Euchre 1:30—4 PM	27 Workout Wed. 2:30—3:30 PM Scrabble 7—10 PM	28	29 1000 Islands Cruise Reg'n required Cards/Canasta & Games 1:30—4 PM	30
31	1 Mindful Meditation 10—10:45 AM Knitting 101 6:30—8 PM	2 Euchre 1:30—4 PM	3 Brown Bag Lunch 12—1:30 PM Workout Wed. 2:30—3:30 PM	4	5 Cards/Canasta & Games 1:30—4 PM	6 As of July 25

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. 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 every third Thursday and rotate through a series of nearby venues. 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.

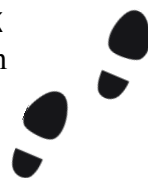


In addition to info in newsletters, there's more here:

- 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](#).

IPT Walk & Talk

If you're interested in joining Stella Zappata's walking group that she plans to start in September, [email](#) her or newsletter@iptra.org. These relaxed walks will be on either Tuesdays or Wednesdays from 10 AM until around 11:30.



Dining club anyone?

A couple of IPTRA members have voiced interest in starting a group that meets regularly (monthly?) to try out local higher-end restaurants. Singles or couples are welcome.

If this is the sort of thing you're interested in, email newsletter@iptra.org and perhaps a dining club will emerge.



Pub Nights

Pub Nights now rotate through a series of nearby venues. For the latest info on location, check the coloured posters in the locked bulletin board in your mailroom, the [Events](#) tab of the Island Park Towers R.A. Facebook group, or the [iptra.org](#) calendar.

The Green Team scene

The IPTRA Green Team and others have a few initiatives on the go, including “Keep it out of the Landfill” and black boxes, both described below. Also, the team has been clearing the forest behind 195 Clearview of invasive species, then replanting, and also gardening some greenspaces around the IPT patio.



If you'd like to help with any of these activities, 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 successfully work in conjunction with the popular 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.

Welcome items include shoes, egg cartons, plastic bottle caps, eye glasses, pill bottles, suitcases in good condition, and batteries.

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.



Are you new to IPTRA?

If you're new to IPTRA or just now receiving newsletters, here's a repeat of some events folks are interested in starting. For the benefit of subsequent new members, I'll include this section in newsletters. If you're interested in participating in any of these, email newsletter@iptra.org.

Poker: Day or evening, any type of poker, with small stakes — just enough to make the games more interesting.



Bridge: Join a group that's already going but would like more members.

Speaker series: Give an informal talk (day or evening) in the Social Room about anything. Somewhere you've been? Something you're interested in?



Backgammon: Days or evenings.



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.

Waste disposal

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



Visitor parking tip

One of our members suggested this tip to help your guests who park in visitor parking and might not notice they need to pay.

Print this QR code from the parking sign so that you (or they) can use it to pay when they get to your apartment.



Or go to [iStall.app](https://www.iptra.org/iStall.app).

Or text 438-812-7275 with *park* to begin.

Or call 438-812-7275.

The location ID for all IPT visitor parking is 8262.



Updates

Here are updates on items that previous newsletters mentioned. Subsequent newsletters will update items if new info is available.

Above guideline rent increases for 185 and 195 Clearview:

The July newsletter gave a synopsis of the results of the two case management hearings that the Landlord and Tenant Board held that allowed Homestead and the tenants of each building to agree on the above guideline rent increase that Homestead had applied for. The hearings were June 25 and 26. In the hearings, the LTB rep said that the board usually issues its order to the landlord in around a month of a hearing.

As of this writing, there's no news on whether the LTB has issued the orders.

Above guideline rent increase for 200 Clearview: For the same timeframe as for 185 and 195 Clearview, some tenants of 200 Clearview received notices of an above guideline rent increase. As of this writing, the LTB hasn't yet scheduled a case management hearing.

Here are Homestead's [application and supporting documents](#).

Fourth tower, 210 Clearview Ave.: On July 9, a video conference was held on a [minor-variance application](#) associated with the upcoming fourth tower to the west of 200 Clearview. You might have seen small signs outside 200 Clearview announcing the application and hearing.

In October 2023, council approved Homestead's application for a zoning by-law amendment to allow a height increase. It was later discovered that some provisions were excluded. Minor variances were needed to make the site plan comply with the by-law, hence the application and hearing. The application was unopposed and passed unanimously.

Rent reduction: \$ \$ The July newsletter said that starting in 2025 the city reduced property taxes paid by owners of multi-unit residential buildings built before 2001. The tax ratio was reduced from 1.4 to 1.0, to be phased in over four years.

A person at the city's finance department confirmed that council did approve the tax reduction for 2025, reducing the ratio from 1.4 to 1.3 (a 7.14% reduction).

According to [info](#) on the Landlord and Tenant Board website, if a tax reduction is more than 2.49% (which 7.14% is), an automatic rent reduction is triggered. For buildings with seven or more units, rent is decreased by 20% of 7.14%, or 1.43%.

What's in the 'hood?

When you start across Champlain Bridge from Island Park Towers, the first island you cross is Riopelle and the second is Cunningham, neither of which are accessible.

But you can get onto the next one: [Bate Island](#), at a mere 1.5 km from IPT.

Bate Island is named after Henry Bate, the first chairman of the Ottawa Improvement Commission, for-runner of the NCC. Riopelle and Cunningham were also commission chairmen.

Champlain Bridge has a post-delimited bike lane on both sides and a sidewalk on the east side, so active transport is fairly safe and easy.

In spring high water, the north side of the island is a popular put-in spot for kayakers and surf-boarders. It's also a popular spectator point for watching the show.

In 2024, the [Tavern on the Island](#) opened for a summer food and beverage service of casual fare.



Dave Allston gives an interesting account of the island in [The Glory days of Bate Island](#).

(With info from the NCC.)

The city has between June 1 and September 15 to send notification of the rent reduction to Homestead and between October 1 and December 15 to send notification to tenants. The reduction takes effect December 31.

More info will follow in a subsequent newsletter.

Graham Spry Building, 250 Lanark Ave.: In the July newsletter, I gave a synopsis of the video conference I attended about the shelter that's been operating at 250 Lanark Avenue since January 2024. I said the city plans to reduce the capacity from 60 to 40, accept woman only, and close it at the end of June.

Councillor Jeff Leiper says the intent was not to close the shelter at the end of June, but to close it as soon as it's not need. New facilities have opened in the city, so the hope is that 250 Lanark will close soon. The capacity has been capped at 40, and the facility is for women only.

Stats on IPTRA membership

Here are the stats on membership levels for our buildings.

Bldg.	Units	Mem- bers	Units with mem- bers	% units with mem- bers
185	88	72	61	69
195	326	205	172	53
200	226	147	126	56
Total	640	424	359	56%

If your neighbours aren't IPTRA members, perhaps recruit them. For info on how to become a member (or a sustaining member who contributes to the association's expenses), go to the [IPTRA website](#).

Visit historic walled Maplelawn Garden

Although this is how the historic walled [Maplelawn Garden](#) on Richmond Road looked in mid-July, the garden is probably still splendid.

The garden is the best preserved of the few surviving examples of early 19th century walled gardens in Canada. It's a mere 2 km by foot, bicycle, or car and well worth a visit.



The garden is owned by the NCC and managed by a group of volunteer gardeners: [Friends of Maplelawn Garden](#).

IPTRA library



The Social Room has a library with fiction and nonfiction sections.

Anyone can borrow and for any length of time.

If you want to donate a few books, leave them in the appropriate section.

If you want to donate a lot, email newsletter@iptra.org and the library volunteer will let you know which ones are wanted.

In general, books less than 10 years old are preferred.

Please help keep the shelves tidy.

Social director wanted

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.

The history of IPT

A few copies are left of the book by IPTRA member Jill Morningstar that covers the history of Island Park Towers and surrounding area up until when Homestead bought in late 2021.

You can buy (for \$10) a copy of *Island Park Towers: The story of our home* by emailing info@iptra.org.

You can also read the book on the [IPTRA website](#).



IPTRA Code of Conduct

This Code of Conduct outlines the expectations, guidelines, and standards of behaviour for all members and attendees of IPTRA. It governs behaviour during activities, events, meetings, and any interactions between members and attendees. By participating in IPTRA events, members and attendees agree to abide by this Code.

A. Members and Attendees Responsibilities

All IPTRA members and attendees shall:

- Act honestly, ethically, and with integrity, avoiding any behaviour that could harm the IPTRA's reputation or values.
- Be responsible and accountable for their actions and ensure that guests understand and adhere to IPTRA expectations.
- Welcome everyone from different cultures and backgrounds.
- Treat all individuals with dignity, listen to and respect their rights and opinions, and refrain from discriminatory or derogatory remarks or actions.
- Be mindful of the impact of their words and actions on others, avoiding bullying, harassment, intimidation, or inappropriate behaviour in any form.

IPTRA members and attendees shall not:

- Display or condone the use of inappropriate or abusive language, bullying, harassment, discrimination, physical violence, or conduct that may be construed as unethical. This includes all forms of communication, such as **email, phone, and/or social media** but not limited to these forms of communication.

B. Executive Committee Responsibilities

Executive Committee members shall:

- Actively contribute to the effective work of the Executive by regularly attending and preparing for meetings.
- Demonstrate diligence in performing their Executive responsibilities.
- Act only in the interests of IPTRA as a whole, not for individuals or small groups.
- Apply judgment carefully, making decisions that are transparent, objective, impartial, and fair, and based on an analysis of all available and relevant information.
- Keep discussions on Executive differences of opinion within the committee. Outside parties should not be involved.
- Declare any actual or potential conflicts of interest.
- Use concise and forthright written and oral communication.
- Seek ways to reasonably accommodate members' and attendees' needs.
- Manage IPTRA funds to maximize value for money in all financial dealings.
- Follow the prescribed policies and procedures for receiving, recording, handling, and protecting money.
- Inform members about the Code of Conduct, its importance, and any updates or changes.
- Apply the Code of Conduct fairly and consistently, addressing any breaches promptly and appropriately.

C. Conflict Resolution

The Executive will attempt to resolve conflicts and disputes respectfully, using constructive

communication and seeking peaceful resolutions.

Conflict resolution process is:

- The event co-ordinator will be the first to intervene.
- If this is not successful, the Executive co-presidents will attempt to resolve the conflict on a personal meeting with the offending party.
- Identify the issues.
- Identify common goals.
- Identify expected outcomes and the steps to achieving these.
- Desired behaviour is to commence immediately.

D. Consequences

- If the offending party makes the desired changes, then decide to take no further action.
- If the offending party will not effect the desired change, they will no longer be permitted to participate in the event for 30 days.

E. Executive Breaches of the Code

- If a member or attendee believes that the Code has been breached by one of the Executive, the following procedure will begin:
- Initiation of an informal discussion with the person of concern, referring to specific parts of this Code by two of the Executive.
- If the informal discussion does not resolve the issue, the Conflict Resolution will apply.
- If the offending party makes the desired changes, then decide to take no further action.
- If the offending party will not effect the desired change, they will no longer be permitted to be a member of the Executive committee for 30 days.



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.

Here's a fast and frugal recipe for a 9-inch crustless quiche. It makes a meal for two or for one with leftovers. I tested the recipe with the additions of aged cheddar, a pinch of smoked paprika, and fresh baby kale, topped with fresh dill. Success!

Quick crustless quiche

- 6 large eggs
- 1 cup whole milk
- 1/2 tsp salt
- 1/4 tsp freshly ground black pepper
- 1 tsp Dijon mustard
- pinch ground nutmeg or paprika
- 1.5 cups additions (see below)
- 2/3 cup grated Gruyère or aged cheddar
- 2 tbsp chopped fresh chives, dill, basil, or parsley

Additions (solo or in any combination)

- crumbled cooked bacon or cubed cooked ham
- steamed chopped broccoli or asparagus
- sautéed chopped mushrooms
- roasted chopped vegetables
- chopped fresh baby spinach or kale

1. Preheat the oven to 350° F.
2. Oil a deep 9" pie plate.
3. In a large bowl, combine the first set of ingredients.
4. Prepare and assemble the additions of your choice.
5. Scatter on the bottom of the plate, then sprinkle with cheese.
6. Carefully pour in the egg mixture.
7. Sprinkle with your herb of choice.
8. Place on a rimmed baking sheet.
9. Bake until puffed and golden at the edges, 35 to 45 minutes, depending on the moisture content of the additions.
10. Let cool a few minutes, cut into wedges, and serve.

Hazardous waste events



The schedule of City of Ottawa household hazardous waste events is now available.

The collection event closest to Island Park Towers will be at Tunney's Pasture on Sunday, September 7, 8 AM to 4 PM.

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



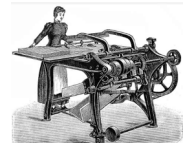
Comments, suggestions?

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

Leona Gray

September deadline

The August newsletter will be going out around August 28.



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

