



Photo: IPT Investments

September 2025



Island Park Towers Residents' Association

*Building friendships within
the Island Park Towers community*

Weeknight Walkers **NEW!**

Monday and Wednesday evenings starting September 8



Interested in moving more? Getting in your daily steps? Walking after dinner?

Join Weeknight Walkers every Monday and Wednesday evening for 30 to 60 minute walks at a good, steady pace on smooth well-lit surfaces. Initially, start times will be around 7 PM and get earlier as the days shorten.

For more info, email ambra01@yahoo.com.

Walk & Talk **NEW!**

Wednesday mornings starting September 10, 10 — 11:30

One of our members will lead a weekday morning walking group. Walk & Talk will meet on Wednesday each week.

Walks will be at a relaxing pace to encourage chatting. Of the 90 minutes, around 60 minutes will be walking, broken up with around 30 minutes of resting/socializing breaks.

The first start location is in the [Remic Rapids Park](#) parking lot. Other locations will be announced later.

To coordinate with other participants and arrange carpooling, email [Stella Zapata](#).



Photo: Stella Zapata

Stella writes: Research shows walking in nature provides significant benefits for both mental and physical well-being. Spending time in nature can reduce stress, enhance cognitive function, and lower the risk of some diseases. It can boost mood by reducing anxiety.

Walking in nature also benefits physical health. It can lower heart rate and blood pressure, help manage healthy weight, be a boost for the immune system, and lead to better sleep.

Walking with others provides social benefits. It can foster a sense of community and reduce feelings of loneliness.

Let's walk together!

Season's end BBQ

Saturday, September 6, 5 PM

Come for the last BBQ of the season on the patio to the east of 195 Clearview. Rain or shine.



Bring BBQ food for yourself (or to share) and your favourite beverage.

Dining Club **NEW!**

Starts Tuesday, September 16 6 PM



The Dining Club will meet at nearby higher-end restaurants on the third Tuesday of each month.

The first destination is [Gezellig, 337 Richmond Rd.](#)

If you plan to come on September 16, please email newsletter@iptra.org by Sunday, September 14 in case numbers mean a reservation is needed.

The next dinner will be Tuesday, October 21, location to be announced later.

If you have a restaurant suggestion, please email newsletter@iptra.org.

Events are in the Social Room except as noted.

Walk & Talk: [Stella Zapata](#)

Weeknight Walkers:
ambra01@yahoo.com

September IPTRA Events

Events new or changed this month are in **red**.

Details are on page 3.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1 Mindful Meditation 10—10:45 AM Knitting 101 6:30—8 PM	2 Canasta 1:30—4 PM	3 Brown Bag Lunch 12—1:30 PM Workout Wed. 2:30—3:30 PM	4	5 Canasta 1:30—4 PM	6 BBQ 5 PM
7	8 Mindful Meditation 10—10:45 AM Knitting 101 6:30—8 PM Weeknight Walkers	9 Canasta 1:30—4 PM	10 Walk & Talk 10—11:30 AM Remic Rapids Park Workout Wed. 2:30—3:30 PM Weeknight Walkers	11 Pub Night 4:30 PM House of Pizza	12 Canasta 1:30—4 PM	13
14	15 Mindful Meditation 10—10:45 AM Knitting 101 6:30—8 PM Weeknight Walkers	16 Canasta 1:30—4 PM Dining Club 6 PM Gezellig (RSVP req'd)	17 Walk & Talk 10—11:30 AM Workout Wed. 2:30—3:30 PM Weeknight Walkers	18 Stuff Swap 2:30—7:30 PM	19 Canasta 1:30—4 PM	20
21	22 Mindful Meditation 10—10:45 AM Knitting 101 6:30—8 PM Weeknight Walkers	23 Canasta 1:30—4 PM	24 Walk & Talk 10—11:30 AM Workout Wed. 2:30—3:30 PM Weeknight Walkers	25	26 Canasta 1:30—4 PM	27
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As of August 27

Regular events in more detail

For info on new events — IPT Walk & Talk, Weeknight Walkers, and the Dining Club — see page 1.

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:** Instead of playing euchre every Tuesday afternoon, folks now play canasta.

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:** Scrabble sessions, which were on the fourth Wednesday evening of every month have been cancelled.

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

➔ **Canasta:** Canasta is now played on Tuesdays (instead of euchre) as well as Friday afternoons. For all levels. If you don't know how to play, someone will teach you.



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

- Coloured graphics on the IPTRA locked bulletin board in each mailroom.
- 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](#).

Shout-out to Stuff Swaps



Thank you to the volunteers whose dedication and hard work make Stuff Swaps happen.

These events foster sustainability by promoting reuse, strengthen social bonds through regular interaction, and support families internally and externally by providing access to needed items without a financial burden.

They're a simple, yet powerful, way to build a more connected and resourceful community.

Stuff Swap treasures

Come to Stuff Swaps and find clothing, shoes, decor items,



jewellery, kitchenware, cookware, furniture, curios, and more — all free! On the second-last Thursday of every month, 2:30 until 7:30 PM.

Pub Nights



Pub Nights rotate through a variety of venues, so the best way to determine where is from posters on the mailroom locked bulletin boards, the [Events tab](#) of the Island Park Towers R.A. Facebook group, or the iptra.org calendar.

Calling poker players



Two people are interested in poker, preferably in the day, but would like at least two more to join. If you're interested, email newsletter@iptra.org.

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, described below and on the right. 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.

This picture shows part of a successful haul from a month or so ago.



Photo: Sammy Milne

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


The schedule of City of Ottawa [household hazardous waste events](#) is available. The collection event closest to Island Park Towers will be at Tunney's Pasture on Sunday, September 7, 8 AM to 4 PM.

New to IPTRA?

If you're new to IPT or IPTRA or just now receiving newsletters, here's a repeat of some events folks are interested in starting. If you're interested in participating in any of these, email newsletter@iptra.org.

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 waste electronics

If you leave electronics in the garbage areas, 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.

What goes in what bin?

See this city of Ottawa [website](#) for info on acceptable glass, metal, plastics, and paper/cardboard items for recycling and acceptable glass, ceramics, plastics, metal, and paper for garbage receptacles.

Black bins aren't for garbage



The black bins that the Green Team has placed in the recycling rooms are to collect empty beer, wine, and spirits containers.

Please don't put other items in them, especially garbage.

A transfer chair is available



If you need the short-term use of a wheeled and collapsible transfer chair, contact info@iptra.org to arrange borrowing it.



Updates

Here are updates on items that previous newsletters mentioned. Subsequent newsletters will add more updates.

Fourth tower, 210 Clearview

The site plan control application for the new tower at 210 Clearview (called 200 Clearview in documents) was **approved** around August 27.

Related plans, including the final **approved plans**, are now **available**.

It seems that when Homestead meets requirements that are listed in the **site plan approval report**, work can begin. Requirements cover things like barrier curbs, construction fencing, and an extension to the internal walkway. It looks as though the requirement to extend the internal walkway means the shortcut that people take through the parking lot to get to the pathway that leads to Scott Street will be rerouted, but not removed.



Fourth tower is the dark tower.



Tribunals Ontario

Tribunaux décisionnels Ontario

Above guideline rent increases for 185 and 195 Clearview

Following the case management hearings on June 25 and 26, affected tenants in 185 have received their order from the LTB that specifies the AGI for each unit. Amounts range from 0.55% to 4.8%, depending on the rent-increase anniversary date. As of this writing, tenants in 195 haven't yet received their orders.

Those in 185 have also received a Homestead letter under their door that says what they owe or get back and their new rent as of September. Tenants have 180 days from the date of the order (dated July 28) to pay any owed money, making the deadline January 24, 2026. If paying the amount owing would be a challenge, tenants can arrange an interest-free payment plan (ottawaaccounting@homestead.ca). If Homestead owes a tenant money, that amount is deducted from September's rent.

Above guideline rent increase for 200 Clearview

The case management hearing was Wednesday, August 27.

Homestead had applied for an AGI of 1.5%. The hearing negotiations resulted in a maximum AGI of 1.2% (a 20% reduction), the individual amount depending on rent-increase anniversary dates. Tenants have 180 days from the date of the LTB order to pay. The order will be mailed in around a month.

The Exercise Room offers variety

The Exercise Room is on the ground floor at 185 Clearview, with its entrance to the left of the main door. Everyone's building fob provides access to the room, which is open 24 hours a day, every day.

The major equipment is commercial grade from **True Fitness** and consists of:

- 3 treadmills
- 2 ellipticals
- 2 upright bikes
- **SM-1000 Functional Trainer** with fully shrouded weight stacks



If you're using the treadmills, ellipticals, or bikes, you have a pleasant view out wall-to-wall windows that look out on the back courtyard.



The room includes a weight bench, free weights ranging from 5 to 35 pounds, and a large wall mirror in the bench area. In addition, there are exercise balls, a Bosu balance dome, and exercise mats.

Rent reduction

\$ \$ 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. The tax ratio for 2025 was reduced 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%.

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

Update: As of this writing, there's no news to report.

Mark your October calendars



Join your neighbours at the IPTRA social on **Sunday, October 19** starting at 2 PM in the Social Room. Finger food and drinks will be provided.

The association's **annual general meeting** follows at 4 PM.

Topics of interest to the association will be discussed and the next board of directors will be elected.

Take some time to think about whether you'd like to join the board and help run the association.

The board consists of these positions, all of which have incumbents except the social directorship and the member-at-large positions:

- co-presidents (2)
- treasurer
- secretary
- membership
- social
- communications (newsletter)
- communications (online)
- building reps (3)
- members at large (2)



As at previous AGMs, the membership will vote on whether to add an advocacy director and, if approved, will elect one.

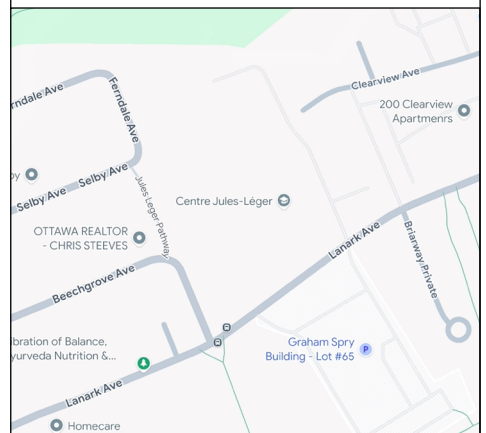
If you want more information about these positions, email newsletter@iptra.org.

Speed camera coming to Lanark Avenue

You might have noticed this sign on Lanark Avenue near the Jules Léger school.



An automated speed enforcement camera will be installed in the middle of the (long) block of Lanark Avenue between Beechgrove Avenue and Briarway Private before the end of 2025.



The history of Island Park Towers



A few copies remain of IPTRA member Jill Morningstar's *Island Park Towers: The story of our home*, which covers our history until Homestead's purchase in late 2021. You can buy a copy (just \$10) by emailing info@iptra.org.

Seniors helping seniors

One of our members suggested starting a group of seniors (or non-seniors) who help other seniors. She calls herself an elder orphan — someone with no children and whose parents are no longer alive — and sees the benefit of such a group when she's older.



She envisions a community of neighbours who help with things like taking someone to an appointment, checking in if someone is sick, or visiting someone who's housebound.

If you're interested in getting involved with something like this, email newsletter@iptra.org. If people respond, they'll be put in touch with each other, and they can proceed from there.

Tired of getting junk mail?

Under the city of Ottawa's [Voluntary Admail Reduction Program](#), you can attach a decal to the inside of your mailbox to show you don't want unaddressed advertising material. Canada Post won't put any such mail in your mailbox.

You can get a printable copy of the decal from the city's [website](#) or print the following image.



A few years ago, I attached the decal near the back of the mailbox base, and it works — no more junk mail.

Paid parking comes to Wellington St. and Richmond Rd.

Starting in September, the city is introducing paid parking on Wellington St. from Bayswater Ave. to Island Park Dr. and on Richmond Rd. from Island Park Dr. to Golden Ave. Short stretches of Churchill Ave. north of Richmond Rd. and on Holland Ave. north of Wellington St. will also have paid parking.

Pay & Display machines were installed in August and will be activated in early September.



According to this [website](#), paid parking will be in effect on weekdays (from 8:30 AM) and Saturdays (from 10 AM) until 5:30 PM.

Taste of Wellington

Saturday, September 20

10 AM to 6 PM



[Taste of Wellington](#) returns to Hintonburg and West Wellington. Come for live music, acrobats, face painting, artisan booths, food trucks, and more.

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.

No one makes soup for one, and most soup recipes make huge quantities. This recipe makes just four servings. Instead of adding cooked rice, you could add cooked pasta, or omit either.

The soup tastes surprisingly fresh for being made with canned tomatoes.

Easy tomato rice soup

1 tbsp olive oil

3 garlic cloves, minced

1 onion, chopped

1.5 tsp dried basil or oregano

1/4 tsp salt

1/4 tsp freshly ground black pepper

28-oz can diced tomatoes with their juice

3 cups vegetable broth

1/2 cup cooked rice

3 dashes hot sauce

1/2 tsp sugar

Garnish (optional)

fresh chives, chopped

dollop of chèvre



1. In a large pot, heat the oil over medium heat.
2. Add the next set of ingredient and cook, stirring, until soft, around 5 minutes.
3. Add the tomatoes and broth, turn the heat to high, cover, and bring to a boil.
4. Reduce the heat and boil gently, covered, until the tomatoes are very soft, around 10 minutes.
5. Remove from the heat and let cool slightly.
6. Using a blender or immersion blender, puree until smooth.
7. Remove any tomato pieces that don't puree.
8. Stir in the rice, cover, and cook over medium heat, stirring often, until steaming, around 5 minutes.
9. Stir in the hot sauce and sugar.
10. Ladle into warm bowls and optionally garnish.

IPTRA Code of Conduct

This is further to the Code of Conduct that was published in the August newsletter.

The document was tabled at the July board of directors meeting, where it was discussed, voted on, and subsequently approved.

It's now available on 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

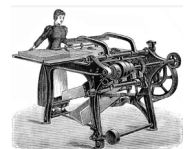


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October deadline

The October newsletter will be going out around September 27.



Please [submit input](#) by September 24.

