



Photo: IPT Investments

May 2026



Island Park Towers Residents' Association

Building friendships within the Island Park Towers community

Membership drive

Tuesday, April 28

4:30 – 7:30 PM

All lobbies

If you see this notice before the above time and, therefore, before the IPTRA membership drive, pass along the news to neighbours you might bump into. The more members, the friendlier and safer our community, and the more events IPTRA can offer.

If you want to pay or renew the optional \$10 every-12-months membership dues, drop by a lobby at the above time.



Weeknight Walkers return

Mondays and Wednesdays starting May 4

6:30 PM

Meet in front of 200 Clearview

Weeknight Walkers return Monday, May 4 with walks of around 45 minutes — with the option to walk longer if people want.

Walk & Talk returns

Wednesdays starting May 6

10 – 11:30 AM

Meet in the lobby of 195 Clearview

IPTRA member Stella Zapata will lead these weekly walks along the Ottawa River at a relaxing pace to encourage exercising and socializing. Of the 90 minutes, around 60 minutes will be walking, broken up with around 30 minutes of resting/chatting breaks.

To confirm participation, email stella.zapata@gmail.com.

Save up your quarters!

Barnyard Races return soon, so save up your quarters so that you can lay bets at these popular races.

The June newsletter will include details.



Personal hygiene products collection was a huge success

The collection of personal hygiene products that IPTRA member Carl Frizell organized in late March and early April was just as successful as his event last year.

The Westboro Region Food Bank thanks Island Park Towers kind residents for their generosity.



Thank you, Carl, for initiating and organizing the collection.

The top picture shows the impressive amount that was donated. The bottom picture shows food bank representative Chanthea on the left with Carl.



May events

Events new or changed this month are in **red**.
Details are on page 3.

All residents are welcome, not just IPTRA members.

Events are in the Social Room except as noted.

Dining Club: RSVP by **Sun., May 17:** newsletter@iptra.org.

Weeknight Walkers: Meet outside 200.

Walk & Talk: Meet in 195 lobby. Confirm by emailing stella.zapata@gmail.com.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27 Mindful Med'n 10-10:45 AM Knitting 101 6:30-8 PM	28 Canasta 1:30-4 PM Membership drive 4:30-7:30 PM All lobbies	29 Workout Wed. 10-11 AM	30 Pub Night 4:30 PM House of Pizza 160 Richmond	1 Canasta 1:30-4 PM	2
3	4 Mindful Med'n 10-10:45 AM Knitting 101 6:30-8 PM Weeknight Walkers 6:30 PM	5 Canasta 1:30-4 PM	6 Workout Wed. 10-11 AM Walk & Talk 10-11:30 AM Brn Bag Lunch 12-1:30 PM Weeknight Walkers 6:30 PM	7	8 Canasta 1:30-4 PM	9
10	11 Mindful Med'n 10-10:45 AM Knitting 101 6:30-8 PM Weeknight Walkers 6:30 PM	12 Canasta 1:30-4 PM	13 Workout Wed. 10-11 AM Walk & Talk 10-11:30 AM Weeknight Walkers 6:30 PM	14	15 Canasta 1:30-4 PM	16
17	18 Mindful Med'n 10-10:45 AM Knitting 101 6:30-8 PM Weeknight Walkers 6:30 PM	19 Canasta 1:30-4 PM Dining Club 6 PM Fratelli 275 Richmond RSVP req'd	20 Workout Wed. 10-11 AM Walk & Talk 10-11:30 AM Weeknight Walkers 6:30 PM	21 Stuff Swap & Keeping it out of Landfill 2:30-7:30 Pub Night 4:30 Clocktower 418 Richmond	22 Canasta 1:30-4 PM	23
24	25 Mindful Med'n 10-10:45 AM Knitting 101 6:30-8 PM Weeknight Walkers 6:30 PM	26 Canasta 1:30-4 PM	27 Workout Wed. 10-11 AM Walk & Talk 10-11:30 AM Weeknight Walkers 6:30 PM	28	29 Canasta 1:30-4 PM	30
31	1 Mindful Med'n 10-10:45 AM Knitting 101 6:30-8 PM Weeknight Walkers 6:30 PM	2 Canasta 1:30-4 PM	3 Workout Wed. 10-11 AM Walk & Talk 10-11:30 AM Brn Bag Lunch 12-1:30 PM Weeknight Walkers 6:30 PM	4	5 Canasta 1:30-4 PM	6



Details of ongoing events

Mondays



Mindful Meditation: **Mindful Meditation** can reduce stress, depression, and pain and can boost emotional well-being. Monday mornings.



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



Weeknight Walkers: Walks of at least 45 minutes (more if wanted) on smooth well-lit surfaces starting outside 200 Clearview. Monday and Wednesday evenings.

Tuesdays



Canasta: For all levels. Don't know how to play? Someone will teach you. Tuesday and Wednesday afternoons.



Dining Club: Folks meet at nearby higher-end restaurants on the third Tuesday evening of every month. Singles or couples.

RSVP to newsletter@iptra.org by the Sunday before.

Wednesdays

Walk & Talk: 90-minute outings of around 60 minutes of walking along the Ottawa River broken up with around 30 minute resting/socializing breaks. Starting at the 195 Clearview lobby. Wednesday mornings.



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



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



Weeknight Walkers: Walks of at least 45 minutes (more if wanted) on smooth well-lit surfaces starting outside 200 Clearview. Monday and Wednesday evenings.

Thursdays



Stuff Swaps: Bring items you don't want or come for something (free) you might need. For what *not* to bring, see an **entry** for the event in the website calendar. Third Thursday afternoon and evening of every month.



Keeping it out of the Landfill: In conjunction with Stuff Swaps. Bring items for recycling or reuse. For what to donate, see an **entry** for the event in the website calendar. Third Thursday afternoon and evening of every month.



Pub Nights: Pub Nights are held every third Thursday evening and rotate through a series of nearby venues.

Fridays



Canasta: For all levels. Don't know how to play? Someone will teach you. Tuesday and Friday afternoons.



Dining Club

Tuesday, May 19 at 6 PM

Fratelli

275 Richmond Rd.

You're invited to join the group and experience this neighbourhood favourite. Fratelli offers pasta, chicken, salmon, veal, pizza, and more.

Singles and couples are most welcome.

If you're coming, email newsletter@iptra.org by Sunday, May 17.

The June dinner will be June 16, location to be announced in the June newsletter.



Green Team scene

Want to join the Green Team or help with any of its initiatives? Email greenteam@iptra.org.



Keeping it out of the Landfill

People ask where the items collected by the Green Team's Keeping it out of the Landfill initiative go. This is the current situation, but it changes as organizations' needs change.

Suitcases are donated to [Belong Ottawa](#), which gives them to those who are unhoused so that they can store their belongings. The team washes and inspects pill bottles before taking them to Belong Ottawa. The organization has shower facilities for its clients, so it fills the pill bottles with shampoo and conditioner for their clients to use.

Egg cartons, plastic bottle caps, milk bags, and metal and plastic tabs go to [Earthhub](#). Jewellery goes to [Unitarian House](#). Shoes go to [Bioped](#) (an orthotics provider) where they are repurposed. Eyeglasses go to Walmart.

Batteries and lightbulbs go to Rona for disposal. The team collects these items as a service to residents who might have difficulty getting to off-site drop-off locations.

Cleaning up the land north and west of 195 Clearview

The team organized a cleanup day as part of the city's Cleaning the Capital spring program.

On Sunday, April 19, a group of residents scoured the land north and west of 195 and collected 15 bags of garbage. The picture below shows the clean-up group.

Bravo/brava to the group for making the area nicer and safer for all residents and their four-footed friends to walk and romp in.



Volunteers needed!

The **Green Team** initiative that collects empty alcohol containers continues to need volunteers to pick up from the recycling rooms and redeem deposits at a Beer Store. If you can help, please email greenteam@iptra.org.

The Green Teams's **Keeping it out of the Landfill** events also need volunteers to take donations to organizations. If you can help, come to the Social Room around 7 PM on the third Thursday of any month.

Stuff Swaps need volunteers to take leftovers to a nearby organization. If you can help, come to the Social Room around 7 PM on the third Thursday of any month.

Reminder: Think about trees in 200 parking lot

When construction starts on the tower west of 200 Clearview (probably this fall), the trees in the parking lot will come down.



If you have *any* ideas of how the wood could be used so that it's not wasted and so that the memory of the trees lingers for our community, email greenteam@iptra.org.



Green Team scene continued

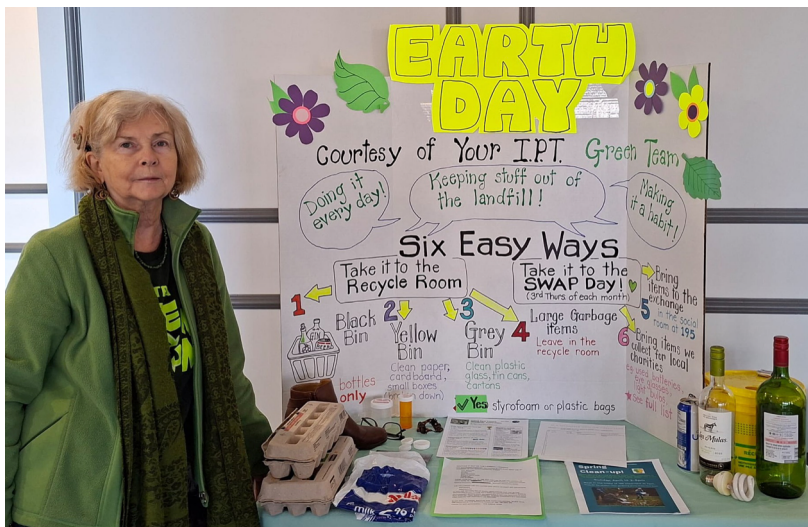
Earth Day celebration

On Monday, April 20, the team held noon and evening info sessions in the lobbies of 195 and 200 Clearview.

Pictured below are (left to right) team members Heather, Barb, Sammy, and Lisa.



In the picture below, Sammy stands by the poster board that highlights how best to recycle at IPT.



IPT history

Get a copy of IPTRA member Jill Morningstar's *Island Park Towers: The story of our home*, by emailing info@iptra.org. It's fascinating and costs only \$10.



185 folks: Don't dump!

Homestead has posted signs

warning not to dump anything in the garage because it

“creates safety, cleanliness, and fire hazards for everyone in the building.”



The banned (and popular) spots are on the shelf at the top of the stairs leading up to the garage and beside the nearby garbage can to the right.

We must place regular waste and recycling in the recycling room. We must place large items in the area outside the recycling room, next to the fence.



Another rent reduction comes in 2027

Starting in 2025, the city started to reduce the property taxes paid by owners of multi-unit buildings built before 2001. The reduction will be phased in over four years with the first year being 2026.

Each year, the reduction triggers an automatic rent reduction under the Residential Tenancies Act.

For 2026, the reduction was 0.9%. Since the tax reduction is the same for each of the four years, the rent reduction will probably be the same or similar.

Future newsletters will report.



Introducing Scooby

Abbey at 195 Clearview writes about her dog Scooby.



Many neighbours who walk in the woods behind 195 will know Scooby — a medium-sized white dog with curly fur and brown spots. She’s a five-year-old lagotto Romagnolo, an Italian truffle-hunting dog. Although she hasn’t found truffles in Westboro yet, she enjoys sniffing out all the forest scents.

Scooby is more of a people dog than a dog dog. She loves having company at the apartment, sitting patiently for a treat and lying on the floor and rolling over for a belly rub from neighbours.

Treats are the way to her heart. In fact, she’s even developed a taste for tea. You can see her longing for tea in this photo.



One of her favourite activities is swimming. When we walk near the river on a hot day, as soon as she hears go, she runs with abandon into the river and happily treads water for as long as I let her.



Even with so much joie de vivre, Scooby enjoys her rest, preferably with as many pillows and cozy blankets as possible. 🐾



Help with tenant rights

Do you have questions about tenant rights, such as in areas concerning the Landlord and Tenant Board or the Residential Tenancies Act? Consider joining Ontario Tenant Alliance (**ONTA**)

Facebook group

(called Ontario Tenant Rights),



where you can anonymously ask questions.

You can also get help through **Pro Bono Ontario**, which offers a free legal advice hotline to speak to a lawyer. You’re allowed one 30-minute call a day, weekdays between 9 AM and 5 PM. Call **1-855-255-7256**.



New groups or events?

Here are ideas for new groups or events. Since IPTRA continues to get new members, newsletters will repeat this.

If you’re interested, email events@iptra.org.

Musicians and singers

Interested in entertaining fellow residents or want to connect with other musicians or singers?



Artists, artisans, crafters

Want to meet like-minded folks and maybe host an exhibition of your work? Interested in giving a workshop?





Info for new residents

Homestead doesn't seem to give new tenants documentation on what's useful to know at IPT. Future newsletters will repeat this article to reach new residents and remind others who might have forgotten. If you can think of anything that should be added, email newsletter@iptra.org.

Fob doesn't work: If you have multiple fobs (you may buy an extra one at the office) and don't use one regularly, it might stop working. To get it working, scan it at your building's main fob reader.

Recycling: In addition to bins for paper and fibre and bins for glass, metal, and plastic that Homestead supplies, the IPTRA Green Team manages black boxes in each recycle room where people can deposit empty alcohol bottles and cans.

Social Room: The Social Room is at 195, on the right past the elevators. Use of the room is free of charge for IPTRA-sponsored events. For a fee, you can book the room for personal use by contacting the office. If you don't live at 195, go to the office to get your building fob programmed for entry to 195. Once you're in the building, your fob also lets you into the Social Room.

Patio and BBQ area: The patio is on the east side of 195. It's set up with several tables with chairs. During the summer, propane BBQs are available for you to use, free of charge, on a first-come basis.

Dog waste: Dog waste must be deposited only in exterior bins. The bin for 185 is at the NW corner of the building. The two bins for 195 are beside the left front entrance and near the patio. The bin for 200 is at the back of the building.

Exercise Room: The Exercise Room is at 185. The entrance is to the left of the main entrance. Your building fob should already be programmed to let you in. Etiquette includes don't wear outside footwear in the room, don't drop the weights because the noise travels to the apartments above, and clean the equipment after you use it.

Libraries: IPTRA manages two libraries. The main one is in the Social Room. The smaller one was in the 200 lobby, but was temporarily removed while the lobby is being renovated. Anyone may take or borrow a book or two or may donate a book or two. There isn't room for large donations.

Guest suite: A guest suite is available in 195 for short-term rental. Contact the office to book it.

History nuggets



History of Island Park Drive

For interesting info about Island Park Drive, see the [website](#) of the Island Park Community Association and its article "[Island Park Drive: Celebrating Our Grand History](#)."

Kitchissippi Museum blog

[Kitchissippi Museum](#) is by amateur historian Dave Allston. Although it hasn't been updated recently, it's still a good source of the area's lesser-known history.

Interested in euchre?



A few folks want to start a euchre group. They're deciding on when to play. They're also looking for a leader.

The plan is to play weekly in the afternoon or evening (weekdays or weekends) at a time that doesn't conflict with other Social Room activities. For possible times, see the calendar on page 2.

If you're interested in playing or leading, email events@iptra.org.



Notes from the editor

Comments, suggestions, questions?



Do you have suggestions? Email newsletter@iptra.org.

Photo and image credits



Unless noted, photos are by me (or used with permission) and graphics are stock or open-source images.

Thanks



Thanks go to folks who post useful info in our Facebook group and offer me in-person and email suggestions. I often include that info in newsletters.

Errors



I do my best to get things right, but sometimes I make mistakes or details change. Feel free to let me know so that I can correct them. Email newsletter@iptra.org.

Next deadline



I'll send out the June newsletter around Wednesday, May 27. Please **submit input** by Saturday, May 23.

Leona Gray

Join the IPTRA Facebook group

Get current info and connect with other IPTRA members by joining the [Island Park Towers R.A. Facebook group](#).



It's a private group for IPT residents only. Only group members can see who's in the group or see posts, and only group members can post or comment.

IPTRA board

Co-presidents

Kathryn Holman (195)

Bernetta Starkey (195)

Secretary

Marnie Campbell (195)

Treasurer

Betty Rogers (200)

Membership coordinator

Ed Ellis (185)

Events planner

Lynda Danford (185)

Newsletter editor

Leona Gray (185)

Online comms manager

Leona Gray (185)

Building representatives

Nancy Hamnes (185)

Janice Pereira (195)

Larry Cunningham (200)

Newsletter archive



If you want to read back issues of IPTRA newsletters — or reread this issue later — you can do so on the IPTRA [website](#).



Sustaining members help us

Sustaining members help to cover IPTRA expenses such as refreshments at events, bank fees, internet fees, and printing.

If you'd like to pay the optional dues, make an e-Transfer of \$10 to finance@iptra.org (only one payment per apartment per 12 months) then email the same [email address](#) to give your name and apartment number.

To arrange in-person payment, email info@iptra.org.

The IPTRA board thanks you.

If you think your dues might have expired, email info@iptra.org to find out.

How to contact IPTRA



Use these addresses to contact various IPTRA people or groups.

Events planner

events@iptra.org

Green Team

greenteam@iptra.org

Newsletter, FB group, website

newsletter@iptra.org

Music in IPT public spaces

music@iptra.org

General or anything else

info@iptra.org