



Island Park Towers Residents' Association







June 2026



Building friendships within the Island Park Towers community

The Green Team needs you

The IPTRA Green Team invites you to join and contribute to these beneficial activities:

-  gardening in the patio area
-  planning special events and initiatives
-  helping increase the recycling and reuse of items that would otherwise end up in the landfill
-  cleaning up nearby areas in the spring and fall
-  returning bottles and cans to the Beer Store — the activity that funds the team's work
-  and more!

If you want to get more info, join the team, or just help every so often, email greenteam@iptra.org.

To parents with children at Island Park Towers

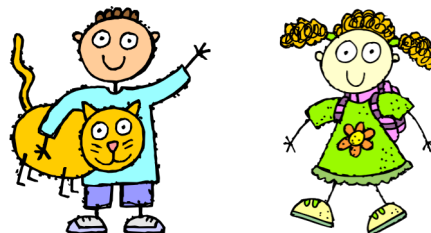


For the parents with children at Island Park Towers:

Are there any sorts of activities you'd like to see here for you and your child?

Is there any child-related info you'd like to see in newsletters?

If so, please email newsletter@iptra.org.



Meet candidate Joanne Chianello

Wednesday, June 10

6:30 — 8 PM

A coffee party in the Social Room

Jeff Leiper isn't running in the October municipal election to represent Kitchissippi again, so our ward will have a new representative.



One of our IPT neighbours —

Raylene Lang— is personally organizing and hosting this get-together to introduce Joanne Chianello as she runs to be our councillor.

Raylene says, "Come and meet Joanne, hear why she's running, and let her know your concerns and priorities. Don't miss this chance to meet this excellent candidate."

Seating is limited, so if you want to attend, please email raylenelanganada@gmail.com.

Want company?

Perhaps you've mused about going on a trip or going to a performance or other outing, and you'd like company.

You might be surprised — a neighbour or two might be interested in going too.

If this seems like a good idea, please email newsletter@iptra.org with details of the trip, performance, or outing.

Your anonymized invitations can be posted in future newsletters and in the IPTRA Facebook group.

June events

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

All residents are welcome, not just IPTRA members.

Events are in the Social Room except as noted.

Dining Club: RSVP by **Sun., Jun. 14:** newsletter@iptra.org.

Pub Nights: Questions: events@iptra.org

Walk & Talk: 195 lobby. Confirm: stella.zapata@gmail.com.

Weeknight Walkers: Outside 200. Just show up.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1 Mindful Med'n 10-10:45 AM Knitting 101 6:30-8 PM Weeknight Walkers 6:30-7:30 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
7	8 Mindful Med'n 10-10:45 AM Knitting 101 6:30-8 PM Weeknight Walkers 6:30-7:30 PM	9 Canasta 1:30-4 PM	10 Workout Wed. 10-11 AM Walk & Talk 10-11:30 AM Weeknight Walkers 6:30-7:30 PM	11 Pub Night 4:30 House of Pizza 160 Richmond	12 Canasta 1:30-4 PM	13
14	15 Mindful Med'n 10-10:45 AM Knitting 101 6:30-8 PM Weeknight Walkers 6:30-7:30 PM	16 Canasta 1:30-4 PM Dining Club 6 PM Keg Manor 529 Richmond RSVP required	17 Workout Wed. 10-11 AM Walk & Talk 10-11:30 AM Weeknight Walkers 6:30-7:30 PM	18 Stuff Swap & Keeping it out of the Landfill 2:30-7:30 PM	19 Canasta 1:30-4 PM	20
21	22 Mindful Med'n 10-10:45 AM Knitting 101 6:30-8 PM Weeknight Walkers 6:30-7:30 PM	23 Canasta 1:30-4 PM	24 Workout Wed. 10-11 AM Walk & Talk 10-11:30 AM Weeknight Walkers 6:30-7:30 PM	25	26 Canasta 1:30-4 PM	27
28	29 Mindful Med'n 10-10:45 AM Knitting 101 6:30-8 PM Weeknight Walkers 6:30-7:30 PM	30 Canasta 1:30-4 PM	1  Workout Wed. 10-11 AM Walk & Talk 10-11:30 AM Brn Bag Lunch 12-1:30 PM Weeknight Walkers 6:30 PM	2 Pub Night 4:30 TBA	3 Canasta 1:30-4 PM	4



Details of ongoing events (times are on the previous page)

Mondays



Mindful Meditation: [Mindful Meditation](#) can reduce stress, depression, and pain and boost emotional well-being. Monday mornings.



Knitting 101: Don't know how to knit? Someone will teach you. Bring any needlework or come just to chat. Monday evenings.



Weeknight Walkers: Walks of 30 to 60 min. (more if wanted) leaving from 200 Clearview. Questions? Email weeknight.walkers@yahoo.com. Monday and Wednesday evenings.

Tuesdays



Canasta: For all levels. If you don't know how to play, someone will teach you. Tuesday and Friday afternoons.



Dining Club: 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-min. outings of 60 min. of walking along the Ottawa River broken up with 30-min. resting/socializing breaks. Starting at the 195 Clearview lobby. Confirm by emailing stella.zapata@gmail.com. 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 the news. First Wednesday of every month.



Weeknight Walkers: Walks of 30 to 60 min. (more if wanted) leaving from 200 Clearview. Questions? Email weeknight.walkers@yahoo.com. 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 IPTRA 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 IPTRA website calendar. Third Thursday afternoon and evening of every month.



Pub Nights: Events rotate through a series of nearby venues. Everyone is welcome. Every third Thursday evening

Fridays



Canasta: For all levels. If you don't know how to play, someone will teach you. Tuesday and Friday afternoons.



Dining Club

Tuesday, June 16 at 6 PM

The Keg Manor, 529 Richmond Rd.

You're invited to join the group and experience a restaurant that's in one of Ottawa's grand, historic homes. The Keg is a steakhouse, but it also offers chicken, lobster, salmon, risotto, and more.

Come early to visit the Maplelawn walled garden on the property. For info on the house and garden, see Heritage Ottawa's [website](#).

Singles and couples are most welcome.

If you're coming, email newsletter@iptra.org by Sunday, June 14.

The July dinner will be July 21, location to be announced in the July newsletter.



Note to Weeknight Walkers

The walk on Monday, June 29 is cancelled.



Canasta fosters friendships

Christine, who coordinates the canasta games, writes:

I've developed a real passion for canasta, and stepping into the role of canasta coordinator two years ago has only deepened that joy. Two of my greatest pleasures have been teaching 13 new players how to enjoy the game and watching their confidence grow with every hand.



Our card get-togethers have become a highlight for all of us — full of laughter,

friendly competition, and the simple happiness of sharing time around the table.

It's been incredibly rewarding to help build a little community through a game I love. Feel free to join us on Tuesday and Friday afternoons from 1:30 until 4. 🐾

200 lobby reno is done and its library returns

Residents of 200 Clearview and their visitors can now enjoy the newly renovated lobby. The photo on the left shows the lobby in early May when not all the artwork had been hung.



The lobby's IPTRA library is back too. Drop by to borrow (or take) a book or two or to donate a book or two. The other and larger IPTRA library is in the Social Room.



Update: Graham Spry building

The Graham Spry building at [250 Lanark Avenue](#) and the almost eight acres of land it's on have been declared surplus by the federal government. The sale and redevelopment are being managed by [Canada Lands Company](#).

There's no word on plans or buyers, but future newsletters will report on any change.

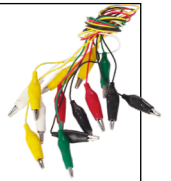


Info for dog walkers

With the warm weather here, be prudent about the dangers of ticks and mosquitos as you walk alone or with your dog.

Check out this [video and article](#) about what you should know about Lyme disease and West Nile virus.

Calling tech experts



Are you savvy about setting up and troubleshooting issues with computers, printers, smart phones, TVs, and that sort of thing?

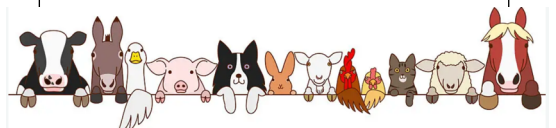
If so, perhaps you'd like to help some of your neighbours who are less adept at such tasks.

If so, please email newsletter@iptra.org to discuss.

Save up your quarters



Save up your quarters so that you have lots of coins for laying bets at the Barnyard Races later this summer. The races are fun for adults and kids.





Mindful meditation can be for everyone

Carl Frizell, the organizer of the Monday morning mindful meditation sessions, writes the following:

We commence at 10 AM with a welcome and usually introduce ourselves by first name. Our meditation is 30 minutes with additional time for any comments folks wish to make.

Each session has an introduction to simple mindfulness, a period to practice, and then some contemplative time on the theme for the week.

Themes explore areas such as finding joy, letting go, forgiveness, and acceptance. 🍀

Here's what recent participants have said:

- ~ Sessions are very relaxing and calming.
- ~ Gives a sense of community, calm, and centredness.
- ~ Brings me focus on the present and helps me appreciate what is.
- ~ Helps ground me and begin the week with clarity and intention.
- ~ Gives me a sense of belonging, and I get to meet new people.
- ~ The messages are always helpful. A recent message focused on being more understanding of other people's feelings.



Give it a try: If you want to try a practice exercise, see this [5 minute mindfulness meditation video](#).



A bench on the patio to the east of 195 when the garden was in full bloom last summer welcomes dalliers. Thanks go to Rachele in the office and IPTRA gardeners for planting and tending the garden for all of us to enjoy.

Kitchissippi garage sale Saturday, June 6 8 AM




Councillor Jeff Leiper and local community associations are partnering for another annual community garage sale.

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

A [map](#) of participating locations is available and is updated as more locations join.

The rain date is Sunday, June 7.

Need help with tenant rights?

If 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 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**.





Join IPTRA walks, have fun, and benefit



The IPTRA member who leads Weeknight Walkers writes about her event.

If you're interested in moving more, getting in your daily steps, walking after dinner, enjoying the benefits of regular walking, or meeting neighbours, join our outings.

There's no need to confirm. If it suits your schedule, just show up and join in. We're regular people — as opposed to ultra-athletic folks — looking to exercise more and enjoy the outdoors that's so close to home.

We walk from 30 to 60 minutes (longer if folks want) at a good, steady — but not too brisk — pace in the Westboro area and on the Ottawa River path.

Whether you're working, retired, or somewhere in between, weeknight walking is good for the body, mind, and spirit.

Everyone's welcome. 🌻

Health benefits of regular walking

- Boosts mood — Reduces stress and anxiety.
- Strengthens bones — Helps maintain bone density and prevent osteoporosis.
- Builds strength — Strengthens muscles.
- Burns calories — Helps in weight management.
- Improves digestion — Aids metabolism and keeps your gut healthy.
- Supports heart health — Lowers blood pressure and reduces the risk of heart disease.
- Strengthens immunity — Helps your body fight illness.

Start walking!

Reap the benefits by joining either (or both) of the IPTRA summer walking activities — Weeknight Walkers or the Wednesday morning Walk & Talk events.

More info is on pages 2 and 3.



Sainte-Anne-de-Beaupré pilgrimage

Leaves Ottawa Sat., Aug. 8

Returns Sun., Aug. 9

An IPTRA member is going to a Sainte-Anne-de-Beaupré retreat and asks whether anyone would like to join her on this trip — the Jubilee 2026 Pilgrimage.

Transport is from central Ottawa (exact location to be announced) by chartered bus to the [Sainte-Anne-de-Beaupré shrine](#) in [Saint-Anne-de-Beaupré, Quebec](#).

The 152nd offering of this pilgrimage celebrates the jubilee year of Saint François d'Assise — the 800th anniversary of his death.

To get info on pricing and accommodation and to register, email Mike Budge at mikebudge2021@gmail.com or call him at 613-224-8110.

If you have other questions, email newsletter@iptra.org.

Happy summer solstice Sunday, June 21



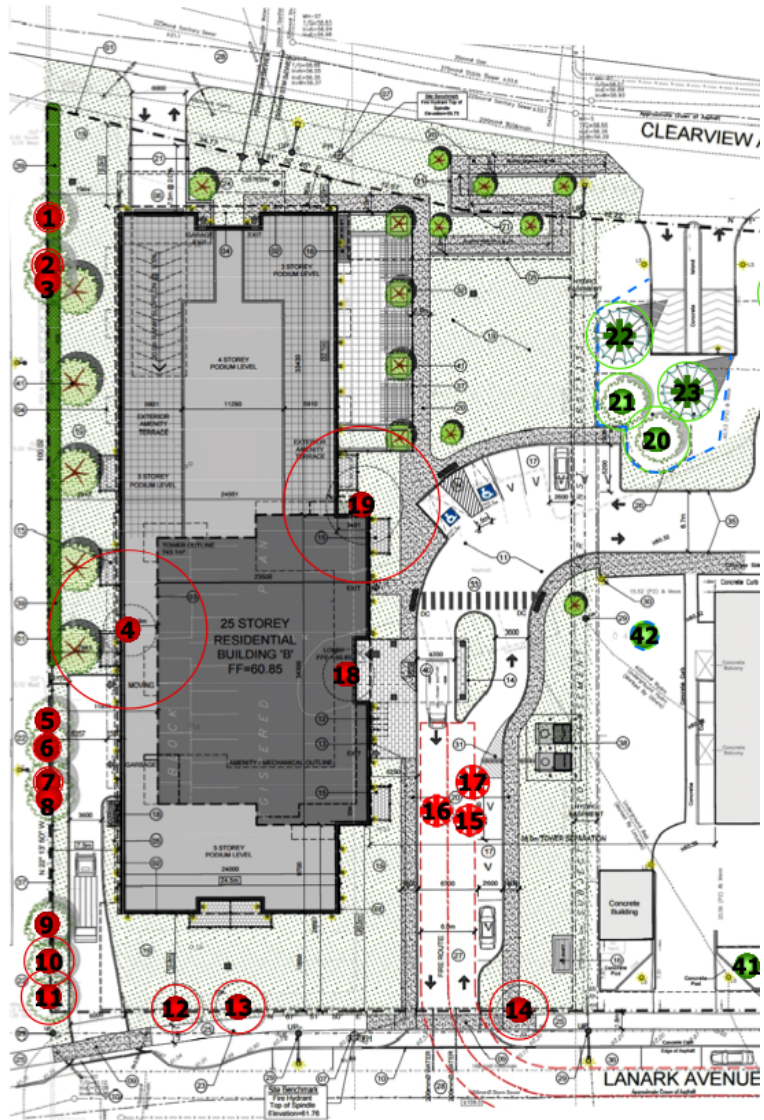


Green Team scene

The trees west of 200 Clearview

When construction starts (probably this fall) on the tower to the west of 200 Clearview, many trees will be removed. For the details of which trees go and which stay, see the [tree conservation report](#) that Homestead had prepared in the fall of 2024.

The following drawing is from that report. Trees in red are to be removed; trees in green are to stay.



How to memorialize the trees?



The Green Team is still asking for suggestions of how the wood from the removed trees could be repurposed and used somewhere at IPT. Suggestions will be passed on to Homestead.

One suggestion has already been made — make some benches.

Do you have any other ideas?

Do you have stories about any of the trees? Pictures?

If so, please email greenteam@iptra.org.

Keeping it out of the Landfill — news

Sign-up sheets for volunteers



A sign-up sheet will be at the June event (Thursday, June 18) so that you can volunteer to deliver (once a month) the collected donations to the organizations that recycle or reuse them. Please consider helping.

Taking a July/August break:



Collections will pause in July and August for a summer break.

Please hold onto your donations until collections resume and again join the Stuff Swap in September (Thursday, September 17).

RCSS takes garden pots and flats

Until June 17, you can take old garden pots and flats to the Real Canadian Superstore garden centre where they'll be given new life. You'll get 100 PC Optimum points for each pot or flat.





How to get in touch with Homestead

This article is based on info from our property manager at Homestead’s Carling Avenue office — Kelsey Ryan.

Start with Rachelle in the rental office. She’ll deal with your request or direct it to the appropriate person. She’s available from Monday to Friday (except holidays), 9:30 AM to 5 PM.

Although you can reach her by phone (see below), for non-emergencies she’s best reached by email (see below) because she’s often busy with duties that take her out of the office.

For all of the following situations — *except emergencies* — you can also use the [myHomestead app](#) or the Homestead website [resident login](#).

Emergency issues

If you detect fire, call **9-1-1**.

For other emergencies, contact the office by phone only (**613-729-4347, option 2**). The option is staffed 24/7. If no one answers, leave a message, and it’ll be picked up by an assigned person.

Emergencies include things like a water leak in your apartment or elsewhere in a building, no heat, a blocked toilet, or being locked out.

Non-emergency issues

For non-emergency issues, phone (**613-729-4347, option 3**) or email (islandparktowers@homestead.ca) the office.

Non-emergency issues include things like maintenance requests that don’t need immediate attention, booking the social room, or booking the guest suite.



Financial enquires

For financial queries, start by phoning (**613-729-4347, option 4**) or emailing (islandparktowers@homestead.ca) the office. Rachelle will answer your questions or direct them appropriately. For example, she’d direct questions about above guideline rent increases to the legal team and questions about your account to the accounting team.

For year-end rent receipts for income tax, email ottawaaccounting@homestead.ca.

Followups and general enquiries

For followup questions and general enquiries, phone (**613-729-4347, option 4**) or email (islandparktowers@homestead.ca) the office.

Escalating issues

If you need to escalate an issue, the first step is to contact our onsite community manager — Sherry Kahrizi. Her office is across the lobby from the rental office. She’s on site from Monday to Friday (except holidays) but is best reached by email (SKahrizi@homestead.ca).

If you need to further escalate an issue, contact Kelsey Ryan. Although her office is at the Carling Avenue office, she’s at Island Park Towers often. You can reach her by phone (**613-729-4115**) or email (KRyan@homestead.ca). Email is the best method.



The project is called 529 because cyclists have to work 9 to 5 and, therefore, ride 5 to 9.

Reduce chances your bike is stolen

Protect your bicycle from theft by registering with **529 Garage project** through the Ottawa Police Services [website](#). You get a tamper-proof decal that identifies and warns that the bike is registered.

If your bike is stolen, you report it to police and on your 529 account, which OPS has access to. If the police find the bike, they can then match it to you.

The system has led to a lot more stolen bikes being reunited with their owners.



Info for new residents

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.



Patio and BBQ area: The patio is to the east of 195. It's set up with tables and chairs. During the summer, BBQs are available free of charge on a first-come basis. Use the patio between 8 AM and 8 PM only.

Fob doesn't work: If you have multiple fobs (you can 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.

Exercise Room: The Exercise Room is at 185 with the entrance to the left of the main entrance. Your building fob is already programmed to let you in. Etiquette includes not wearing outside footwear in the room, not dropping the weights because the noise travels to the apartments above, and cleaning the equipment after you use it.

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.

Libraries: IPTRA manages two libraries. The main one is in the Social Room. The smaller one is in the lobby of 200. Anyone may take or borrow a book or two or donate a book or two. There isn't room for large donations.

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.

Dog waste: Dog waste must be deposited only in exterior bins. The bin for 185 is at the northwest 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.

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.

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



Is your newsletter going to your junk/spam email folder?

Out of the blue, your IPTRA newsletter might start going to your junk/spam email folder. This could be because newsletters are sent as bulk, blind-copied mailings.

To reduce the chance of this happening, add to your contacts the email address that sends the newsletters:

iptra.org@gmail.com

IPTRA board of directors

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 communications manager

Leona Gray (185)

Building representatives

Nancy Hammes (185)

Janice Pereira (195)

Larry Cunningham (200)






From the editor

Comments, suggestions, questions

Email newsletter@iptra.org.


Credits

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

Thanks for input and suggestions

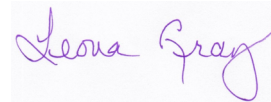
Thank you! Thanks go to those who post useful info in our Facebook group and offer in-person and email suggestions.

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 input deadline

 Please **submit input** by Tuesday, June 23.



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 group members can see who's in the group or see posts, and only group members can post or comment.

Sustaining members help

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 totally voluntary dues, make an e-Transfer of \$10 to finance@iptra.org (only one payment is needed per apartment per 12 months), then send your name and apartment number to the same [email address](#).



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

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

IPTRA contacts

Use these addresses to contact various IPTRA people or groups.



Events planner
events@iptra.org

Green Team
greenteam@iptra.org

Music used in IPT public spaces
music@iptra.org

Newsletter, FB group, website
newsletter@iptra.org

Walk & Talk
stella.zapata@gmail.com

Weeknight Walkers
weeknight.walkers@yahoo.com

General or anything else
info@iptra.org

Join us!

If you're reading this, you're probably already an IPTRA member. In case you're not and you want to join, email info@iptra.org with your full name and apartment number.

You'll receive a welcome email and then monthly newsletters.

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](#).

