



IPTRA News

*Island Park Residents' Association —
Building friendships within
the Island Park Towers community*

July 2026



Make the most of the neighbourhood

Island Park Towers is so close to a network of river paths, you can quickly reach a range of routes to stroll, stride, run, or bicycle along.



This early morning photo was taken on the pedestrian-only path that runs between the multi-use path and the Ottawa River a little west of Champlain Bridge. Sit on one of the benches along the way to relax, listen to the birds, and commune with the river.

To reach the path that parallels the south side of the Kichi Zibi Parkway and runs west to Westboro Beach, take the trail from the west side of the 185/195 parking lot and go through the woods. Eventually get to the north side of the parkway via the Churchill Avenue North underpass.

You can also reach the multiuse path by going east to Island Park Drive and crossing the parkway at the traffic lights. Head west to Westboro Beach and beyond or east to the rock sculptures, the bistro at Remic Rapids Park, and beyond.

If you want to drive to the paths: If you prefer to reach the paths by car, you can park free at spots such as the lot east of Champlain Bridge, at Remic Rapids Park, at the north end of Churchill Avenue, or at Westboro Beach.

Enjoy summer and our special location!

2027 guideline rent increase

The **guideline rent increase** for 2027 is 1.9%.

This is the maximum a landlord can increase rent during a year without applying for an above guideline increase (AGI) and getting Landlord and Tenant Board approval.



The reduction (phased in over four years) in the taxes for multi-unit residential buildings built in Ottawa before 2001 caused a 2026 rent reduction of 0.9%. The 2027 reduction will be around the same, which probably means the maximum our rent can increase in 2027 without an AGI is around 1.0%.



Enterprising IPT dog walkers have created this charming sitting area near the west end of Clearview Avenue.

Stroll over, take a seat, and enjoy the garden and its tranquility.



Details of ongoing IPTRA events (times are on the next page)

Mondays



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



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

Tuesdays



Canasta: For all levels. If you don't know how to play, someone will teach you. Tuesday and Friday afternoons except in July and August. **NEW**



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. walking along the Ottawa River broken up with 30-min. resting/socializing. 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.

Coming soon ...



Barnyard Races and BBQ

At the popular Barnyard Races your chosen animal advances with the roll of dice. Will you win?!

After the races, stay to enjoy a neighbourly bring-your-own-food BBQ.

Both events are great for adults and kids to enjoy. More info will be in the August IPTRA News.

Thursdays



Stuff Swaps: Bring items you don't want or come for a freebie 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 (What's wanted has changed). Third Thursday afternoon and evening of every month except in July and August. **NEW**



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 except in July and August. **NEW**

Activities taking breaks



Weeknight Walkers: These walks are pausing until after Labour Day, restarting on Wednesday, September 9 and Monday, September 14.



Newsletter: Instead of going out a few days before the end of July, the August IPTRA News will go out around August 6. The input deadline is Tuesday, July 28.



Canasta: These games are pausing and will restart on Tuesday, September 8 and Friday, September 11.



Dining Club: The Dining Club is pausing in July and will restart on Tuesday, August 18.



Keeping it out of the Landfill: Collections are pausing in July and August. Hold onto your items until collections resume to join the Stuff Swap on Thursday, September 17.



July IPTRA events

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

Details are on the previous page.

All residents are welcome, not just IPTRA members.

Events are in the Social Room except as noted.

Pub Nights: Questions? Email events@iptra.org.

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29 Mindful Med'n 10–10:45 AM Knitting 101 6:30–8 PM Weeknight Walkers Resumes Mon. Sep. 14	30 Canasta 1:30–4 PM Resumes Tue., Sep. 8	1  Workout Wed. 10–11 AM Walk & Talk 10–11:30 AM Brn Pgn Lunch 12–1:30 PM Weeknight Walkers	2 Pub Night 4:30 Clocktower 418 Richmond Rd.	3 Canasta 1:30–4 PM Resumes Fri., Sep. 11	4
5	6 Mindful Med'n 10–10:45 AM Knitting 101 6:30–8 PM	7	8 Workout Wed. 10–11 AM Walk & Talk 10–11:30 AM Weeknight Walkers Resumes Wed., Sep. 9	9	10	11
12	13 Mindful Med'n 10–10:45 AM Knitting 101 6:30–8 PM	14	15 Workout Wed. 10–11 AM Walk & Talk 10–11:30 AM	16 Stuff Swap 2:30–7:30 PM Keeping it out of the Landfill Resumes Thur., Sep. 17	17	18
19	20 Mindful Med'n 10–10:45 AM Knitting 101 6:30–8 PM	21 Dining Club 6 PM Resumes Tue., Aug. 18	22 Workout Wed. 10–11 AM Walk & Talk 10–11:30 AM	23 Pub Night 4:30 House of Pizza 160 Richmond	24	25
26	27 Mindful Med'n 10–10:45 AM Knitting 101 6:30–8 PM	28	29 Workout Wed. 10–11 AM Walk & Talk 10–11:30 AM	30	31	1

Details are as of 2026-06-24.

Diverting organic waste from the landfill — not as hard (or gross) as you think!

Barb — an enthusiastic and resourceful IPTRA Green Team member — writes the following about how she diverts organic waste from the landfill.

If you've ever greeted me in the elevator when I'm carrying some strange bags, it's just me making my way to a neighbourhood green bin.

What I collect: Cooking is a great pleasure in my life, and no food waste goes into the trash. I collect all organic waste, including hair (cat, dog, and human), tissues, and the contents of the vacuum cleaner bag. These are all biodegradable (waste that decomposes naturally). When I'm fostering, I collect the cat litter waste in a separate paper bag and place it in a sealed container. I often wrap waste in newspaper.

Let's be honest. When you think of collecting organic waste in an apartment, you probably picture a science experiment gone wrong — flies, maggots, and an apartment that smells bad.

It's super easy: Well, after six years of doing this at Island Park Towers and the previous seven years at my condo, I'm here to tell you that it's actually incredibly easy, and, no, I haven't turned my apartment into a petri dish.

I have my own lazy person's guide to diverting organic waste without losing my sanity. [See the sidebar.]

The easiest way to shrink your trash footprint: This organic waste diversion is the easiest way to shrink your trash footprint. If I were to estimate how much organic waste I divert in a year at my unit, it would amount to maybe a filled Homestead dumpster. Imagine the collective waste that can be diverted on one floor, ten floors, a whole apartment building!

My other motive: Of course I'm putting the bug in your ear to prepare you for the city's 2027 implementation of organic waste diversion in high-rises.

If I can do it, you can too

Give it a try! 🐛

One of two green organic waste bins that are near the west end of Clearview Avenue, just a short walk from Island Park Towers.



Barb's lazy person's guide to diverting organic waste

Embrace the freezer (seriously)

Want to know my biggest secret?

My freezer is not just for ice cream and frozen pizza. I keep a dedicated container right in the freezer for things like coffee grounds and egg shells. It stops odours, prevents bugs, and makes me feel like a domestic genius.

The balcony freezer

In the winter, nature does the work for me. My organic waste container lives on the balcony in a covered receptacle. Hello! Instant, zero-energy freezing! No smells, no bugs, no issues.

The bottom line — no maggots

Despite what your grandmother might tell you, I've never had a problem with maggots or pests.

Take it to city organic waste bins

When I have enough waste to dispose of (or I run out of room), I walk the short distance to the two green organic waste bins near the west end of Clearview Avenue.



The key

The key is using the right container that's lined with newspaper and sealed, that's easy to clean, and doesn't take up half the kitchen.



Green Team scene

Keeping it out of the Landfill



Summer break: There'll be no collection in July or August. Hold onto your items until collections resume to join the Stuff Swap on Thursday, September 17. (Stuff Swaps themselves continue all summer.)

Collection changes: Because the main destination organization (Earthhub) has changed what it collects, Keeping it out of the Landfill has also changed what it collects.

Except in July and August, collections are in conjunction with Stuff Swaps — the third Thursday of every month from 2:30 to 7:30 PM.

What to donate: When collections resume on September 17, please donate *only* the following items:

- eyeglasses (but not their cases)
- shoes
- suitcases (with functioning wheels and zippers)
- pill bottles (clean and without labels)
- milk bags (washed, dried, flattened)
- egg cartons
- jewellery
- used pens **NEW**
- batteries
- lightbulbs

What to no longer donate: Please *do not* donate any of these items:

- plastic bottle caps (recycle these yourself)
- metal and plastic tabs

Collection days for citywide recycling



Recycling bins often fill up before collection days — especially near the start and end of months when people are moving — so staff suggest you take items down a few days before collection day or the day after.

This doesn't solve the real problem. Since there's no room for larger bins or more bins, more frequent collections could be the solution.

This is the current collection schedule:

- Mondays — paper, fibre
- Thursdays — plastics, metal, glass



Enjoy your
summer!



A recent Workout Wednesday class consisting of the instructor and 14 enthusiastic participants.

The classes are held every Wednesday morning (except on this Canada Day) from 10 until 11.

Come give it a try!

Newly (or soon-to-be) opened nearby restaurants

Several new restaurants have recently opened in our neighbourhood, and several more will be opening soon. The numbers on the map correspond to the list below.



- 1** Subway — Opening soon. C-1970 Scott Street.
- 2** **Grandma's Pizza** — Takeout only. **613-912-3999**. 1994 Scott Street.
- 3** **Hô Grom** — Opening soon. Vietnamese restaurant. 334 Richmond Road.
- 4** **Little Bones** — Contemporary Mexican restaurant and cocktail bar. 342 Richmond Road.
- 5** **Dough Bits** — Opening soon. Dessert house. 346 Richmond Road.
- 6** **Umbrella Burger** — Opening soon. 352 Richmond Road.
- 7** McDonald's — 388 Richmond Road.
- 8** Tim Hortons — 393 Richmond Road.
- 9** **Ten Sushi** — 1310 Wellington Street, at Clarendon Avenue.
- 10** **Caramello Café** — 1305 Wellington Street, at Grange Avenue.



Sainte-Anne-de-Beaupré pilgrimage

Leaves Ottawa Sat., Aug. 8

Returns Sun., Aug. 9

An IPTRA member is going to this retreat and asks whether anyone wants to join her.



Transport is from central Ottawa 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, please email Mike Budge at mikebudge2021@gmail.com or call him at 613-224-8110.

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

Coming in early October **NEW** Let's Draw!

If you're a budding artist or you've always wanted to draw but don't know where to begin, this pair of evening drawing sessions might be for you.



Details of this duo will be in the August IPTRA News.

Mahjong players?

Would you like to join a few other IPTRA members as they learn to master the fascinating game of mahjong?



If so, please email newsletter@iptra.org.



Archived topics

Rather than repeat info on the following topics, IPTRA News will include this list and update it as new info is available or more topics are warranted.

Topic	Newsletter	Page
4th tower (210 Clearview)		
site plan control app'n	Dec., 2025	6
site plan approval report	Jan., 2026	6
Bike theft protection	Jun., 2026	8
Homestead contact info	Jun., 2026	8
Resident info	Jun., 2026	9
Tenant rights help	Jun., 2026	5

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 Hamnes (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



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.

Next deadline



Please **submit input** by Tuesday, July 28.

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

To join, go to [Island Park Towers R.A.](#), click/tap Join, and follow the instructions.

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

IPTRA contacts

Use these addresses to contact various IPTRA people or groups.



Events

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 monthly issues of IPTRA News.

Archived newsletters

If you want to read back issues of IPTRA News, you can do so on the IPTRA [website](#).

