



IPTRA News

August 2026



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

Pub Night special event

Friday, August 14 at 4:30 PM

House of Pizza, 160 Richmond Rd.

Join the Pub Nights gang to enjoy end-of-the-week socializing and dining at the House of Pizza. And it will be end of the week this time because the usual Thursday time slot has been switched for this month only to Friday so that folks can stay for the live music.

After dinner, linger to take in IPTRA's own Ken Holman as he sings popular covers you're bound to know and love. He'll be playing 45-minute sets at 6, 7, 8, and possibly 9 PM.



Reservations are recommended. Visit the House of Pizza [website](#) or call 613-728-2422.

**Onetime
new day**

August BBQ

Saturday, August 22, 5 PM

Patio east of 195 Clearview
(Eat in the Social Room if
it rains)



This IPTRA event will be a bring-your-own-food BBQ and gathering for socializing with your neighbours. Perhaps bring something to share as well.

There'll be ice cream!



Children are welcome — so are all Island Park Towers residents, not just IPTRA members.

There'll be another BBQ in September and with Barnyard Races beforehand. More info is on page 6.

Please help the IPTRA accounts

By paying the voluntary \$10 IPTRA dues, sustaining members help cover the association's expenses, such as refreshments at events, bank fees, internet fees, and printing.



If you'd like to help, 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.

NEW

Let's Draw!

The details of this exciting new event in early October are on page 5.





Details of ongoing IPTRA events. Times and locations 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.



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. 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.

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 for the month you're interested in. 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 for the month you're interested in. Third Thursday afternoon and evening of every month except in July and August.



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.

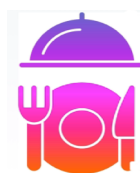
Activities taking a break



Canasta: These afternoon games resume on Tuesday, September 8 and Friday, September 11.



Keeping it out of the Landfill: Collections resume at the Stuff Swap on Thursday, September 17. Hold onto your donations until then.



Dining Club

Tuesday, August 18 at 6 PM

Elise

381B Winona Street (N of Richmond Rd., one block E of Churchill)

You're invited to join the group and experience this fairly new restaurant that you might not have noticed because it's just off Richmond Road.

Singles and couples are most welcome.

According to the website, the design is Manhattan inspired and the food is classic French fare.

If you're coming, email newsletter@iptra.org by Sunday, August 16.

The September dinner will be Tuesday, September 15, location to be announced in the September IPTRA News.

August 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.

Dining Club: **RSVP by Sun., Aug. 16.** newsletter@iptra.org.

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
26	27 Mindful Med'n 10–10:45 AM Knitting 101 6:30–8 PM	28 Canasta 1:30–4 PM Resumes Tue., Sep. 8, 1:30 PM	29 Workout Wed. 10–11 AM Walk & Talk 10–11:30 AM	30	31 Canasta 1:30–4 PM Resumes Fri., Sep. 11, 1:30 PM	1
2	3 Mindful Med'n 10–10:45 AM Knitting 101 6:30–8 PM	4	5 Workout Wed. 10–11 AM Walk & Talk 10–11:30 AM Brn Bag Lunch 12–1:30 PM	6	7	8
9	10 Mindful Med'n 10–10:45 AM Knitting 101 6:30–8 PM	11	12 Workout Wed. 10–11 AM Walk & Talk 10–11:30 AM	13 Pub Night 4:30 X	14 Pub Night 4:30 PM House of Pizza 160 Richmond Rd. 6 PM + Ken Holman sings	15
16	17 Mindful Med'n 10–10:45 AM Knitting 101 6:30–8 PM	18 Dining Club 6 PM Elise 382B Winona RSVP req'd	19 Workout Wed. 10–11 AM Walk & Talk 10–11:30 AM	20 Stuff Swap 2:30–7 PM Keeping it out of the Landfill Resumes Thur., Sep. 17, 2:30 PM	21	22 BBQ Bring your own food 5 PM Patio (rain/shine)
23	24 Mindful Med'n 10–10:45 AM Knitting 101 6:30–8 PM	25	26 Workout Wed. 10–11 AM Walk & Talk 10–11:30 AM	27	28	29
30	31 Mindful Med'n 10–10:45 AM Knitting 101 6:30–8 PM	1	2 Workout Wed. 10–11 AM Walk & Talk 10–11:30 AM Brn Bag Lunch 12–1:30 PM	3 Pub Night 4:30 TBA	4	5

Details are as of 2026-08-02.



Green Team scene

Disposal of household items



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



Label waste electronics

If you leave electronics — or anything electrical — in the garbage or recycling areas, label whether or not the item is in working order.



Green Team volunteers will try to nab it before garbage pickup takes it and will divert it to an appropriate place.

Black bins — for beer, spirits, and wine containers only



The Green Team has placed black bins in the recycling rooms so that you can leave your empty beer, spirits, and wine containers there.

Please don't put anything else in the bins.

Green Team volunteers collect the containers regularly (almost daily) and return them to a Beer Store. The proceeds support the team's many initiatives.

New end time for Stuff Swaps

So that volunteers have more time to pack up leftover items at the end of Stuff Swaps, the event's end time is now a half hour earlier — 7 PM.

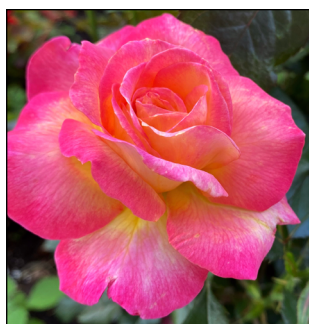


Please don't arrive after 7.

Sound travels



When you're on the patio to the east of 195 Clearview, chatting or BBQing, remember that sound travels — especially up — and people live in apartments above.



Drop by the patio to take in the beautiful Eternal Peace rose bush that Rachelle and IPTRA gardeners planted and are tending along with many other flowers in the vicinity.

Even if it's not in bloom, many other plants are bound to be.

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 apartment number and full name.

You'll receive a welcome email and monthly issues of IPTRA News.

Calling mahjong players

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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.

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.



Let's Draw! **NEW**

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



Manju* — an IPTRA member and accomplished artist — has generously offered to lead a pair of drawing sessions on consecutive Tuesday evenings (7 to 8:30) in early October in the Social Room.

The first session: Manju will hold the first session on the first Tuesday evening in October (October 6). She'll help you work from a still life arrangement of simple objects and guide you as you draw with charcoal pencil on newsprint.



The assignment: At the end of the first session, she'll give you an assignment to assemble your own still life and then draw it.

The followup session: On the following Tuesday evening (October 13), Manju will offer helpful comments on your assignment, and you'll continue to draw under her guidance during the rest of the session.

What you need in order to participate: To participate, you need a set of charcoal pencils and accessories. Bring them to the first session. Details of suggested sets are in the sidebar.

Newsprint will be supplied.

How to register: So that the organizers know how much newsprint to buy and how best to set up the Social Room, register by emailing events@iptra.org by **Friday, October 2**.

The maximum number of participants is 16.

What's next? If interest warrants, the event might be repeated on the first two Tuesdays in November and December.

***About the facilitator:** Manju has been a longtime participant in the West End Studio Tour, which is one of the longest-running studio tours in the region and which takes in the area that includes Island Park Towers.

The accompanying sketch is by Manju.

Recommended pencil sets for Let's Draw!

Manju recommends any one of these three sets.

- Windsor & Newton Studio Collection **sketching set** from a Michaels store. (\$19.99)



- Faber-Castell 9000 **art set** also from Michaels. (\$12)



- Set of 14 **drawing accessories** by Nobel from DeSerres. (\$12.99)



Note: **Michaels** stores offer frequent in-store and online discount coupons at the Savings section of their website and more coupons if you sign up there to become a member.



Homestead's Summer Treat

Friday, August 14

2 – 5 PM

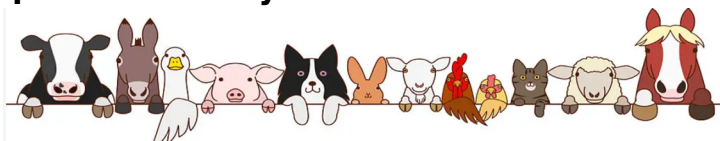
In front of 195 Clearview



If you happen to be around Island Park Towers during the afternoon of Friday, August 14, drop by the Homestead-sponsored food truck for snacks.

Notices posted around IPT say the event is so that Homestead can say thanks to its valued tenants.

September Barnyard Races and BBQ



Saturday, September 12

Races: 4 – 5 PM

BBQ: 5 PM

Patio east of 195 Clearview

(Race and eat in the Social Room if it rains)

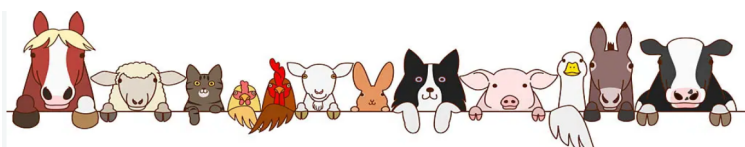
At these popular Barnyard Races your chosen animal advances with the roll of dice. Bring a handful of quarters so that you can place bets and up the excitement. All bets go to the winners.

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

Come for one or both events.

Both are fun for adults and kids alike.

All Island Park Towers residents are welcome, not just IPTRA members.



There's still lots of summer left for outdoor eating



Check out the article [Explore the Patios of Westboro Village](#) for the latest on the many neighbourhood eateries that offer outdoor spaces. The article gives details for 12 restaurants, four quick-service places, and 12 cafés and bakeries.

Housing development at Tunney's Pasture

The federal government will redevelop most of Tunney's Pasture into housing, including affordable housing. This increase in the supply of rental units should positively affect Ottawa renters, especially nearby ones.

The following is a summary of info from a July newsletter from Councillor Jeff Leiper.

Canada Lands Company real estate operations (which include Tunney's Pasture) are being integrated into Build Canada Homes, which was created in the fall of 2025 to bring together public land, development expertise, and partnerships to speed up the delivery of housing (including affordable housing) across Canada.

For more than 30 years, Canada Lands has transformed surplus federal properties into complete communities in partnership with municipalities, Indigenous communities, builders, and affordable housing providers. This experience will support BCH's mandate.



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.

Next deadline



Please **submit input** by Sunday, August 23.

Leona Gray



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
Guideline rent increase for 2027	Jul., 2026	1
Homestead contact info	Jun., 2026	8
Resident info	Jun., 2026	9
Tenant rights help	Jun., 2026	5

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, Facebook group, website

newsletter@iptra.org

Walk & Talk

stella.zapata@gmail.com

Weeknight Walkers

weeknight.walkers@yahoo.com

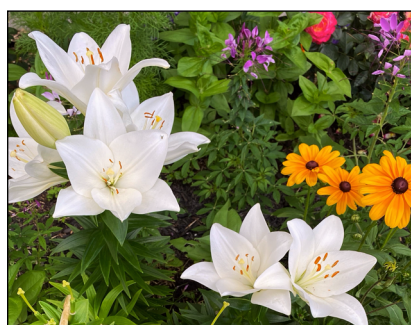
General or anything else

info@iptra.org



Archived newsletters

If you want to read past issues of IPTRA News, you can do so on the IPTRA [website](http://iptra.org).



Come view more flowers around the patio. They're curtesy of the IPTRA gardeners. Something's bound to be in bloom.