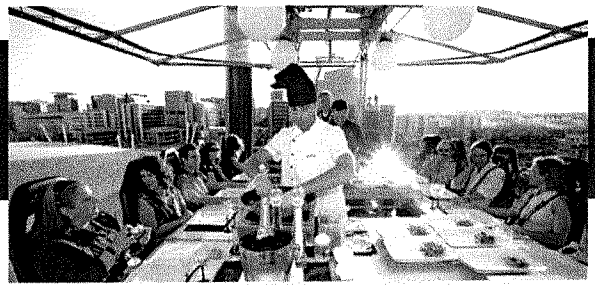


THE REST OF *July*



Don't Miss: Jul 7-22. *Sky Lounge*

A culinary experience 150 feet in the air. Ottawa City Hall. ottawa2017.ca

July 16. **Ice Cream Festival.** Canada Agriculture and Food Museum. cafmuseum.techno-science.ca

Jul 19-23. **Lebanese Festival.** St Elias Cathedral. ottawalebanesefestival.com

Jul 20-22. **Fortissimo.** Military and musical show. Parliament Hill. army-armee.forces.gc.ca

Jul 20-23. **Kemptville Live Music Festival.** Dwight Yoakam, Burton Cummings and Gordon Lightfoot \$35+. kemptvillelivemusicfestival.com

Jul 20-Aug 20. **Theatre Under the Stars.** Odyssey Theatre. odysseytheatre.ca

Jul 21-23. **Capital Ukrainian Festival.** Green Valley Cres. capitalukrainianfestival.com

Jul 21-23. **Canadian Stone Carving Festival.** Sparks Street. canadianstonecarvingfestival.com

Jul 21-30. **Agwata.** Gatineau's history expressed through water projections. \$6. agwata.ca

Jul 22. **5K Foam Fest Canada.** 5km course with 22 obstacles. Ski Edelweiss. the5kfoamfest.com

Jul 22-Aug 4. **Chamberfest.** Showcasing classical music. chamberfest.com

Jul 25-30. **Motown The Musical.** \$44+. nac-cna.ca

Jul 27-30. **La Machine.** Large scale machines take over the City. ottawa2017.ca

July 28-30. **Night Market Chinatown.** Food vendors from across Ontario. ottawaasianfest.com

Jul 28-Aug 6. **Festival Country Gatineau.** Casino du Lac Leamy. countrygatineau.com

Jul 29. **Cruising for CHEO Show and Shine.** Rideau Carleton Entertainment Centre. \$10. ottawacarscene.com

July 29. **National Capital Run.** 10km and 5km run or walk. Mooney's Bay Park. somersault.ca

Jul 1-3. **Whitewater Nation River Fest.** Canoe and kayak courses, film fest and live music. OWL Rafting. owl-mkc.ca

Jul 1-9. **Ontario Family Fishing.** Fish license free across Ontario. ontariofamilyfishing.com

July 2. **House of PainT Festival of Urban Arts.** A mix of DJs, street dance, rapping and graffiti art. nac-cna.ca

Jul 2-16. **Canada Dance Festival.** Contemporary dance works in unique spaces and non-traditional venues. nac-cna.ca

Jul 3-9. **Canadian Track and Field Championships.** Terry Fox Athletic Facility. athletics.ca

Jul 3-Aug 19. **Torchlight Shakespeare.** A Midsummer Night's Dream. Mondays at Strathcona Park. fools.ca

Jul 4-17. **Music and Beyond.** Classical music. musicandbeyond.ca

Jul 6-8. **Festival D'Humour de Gatineau.** Place de la Cité. \$65. humourgatineau.com

Jul 6-16. **Bluesfest.** Toby Keith, 50 Cent, P!nk, Tom Petty, Sam Roberts Band and more. \$75+. ottawabluesfest.ca

Jul 7-9. **Almonte Celtfest.** Gemmill Park. almonteceltfest.com

Jul 7-9. **Sand Wonders Festival.** Sand sculptures and water activities. Parc du Lac Beauchamp. merveillesdesable.com

Jul 7-16. **Tremblant International Blues Festival.** tremblant.ca

Jul 8. **City Chase.** Urban adventure race. goodlifefitnesscitychase.ca

Jul 8. **Natalie MacMaster.** \$45+. nac-cna.ca

Jul 8-9. **Osgoode Medieval Festival.** osgoodemedievalfestival.com

Jul 9. **Hintonburg Centennial.** 5km and 1km run or walk. Wellington Street West. hintonburg5k.ca

Jul 9, Aug 7. **Full Moon Yoga.** Lansdowne Park. ottawayoga.com

Jul 11-Sept 16. **Sound and Light Show.** Parliament Hill. canada.pch.gc.ca

Jul 14-16. **National Capital Regatta.** Britannia Yacht Club. byc.ca

Jul 15. **Colour Run.** 5km paint race. Rideau Carleton Raceway. ca.thecolorrun.com

Jul 15. **HOPE Beach Volleyball.** Mooney's Bay. hopehelps.com

Jul 15. **Wine and Words Tour.** Wine, food and literature. ottawa2017.ca

Jul 15. **Can-Am / American Association All Star Baseball Game.** Raymond Chabot Grant Thornton Park. ottawachampions.com

Jul 15. **GranFondo Ottawa.** 235km, 180km, 150km and 65km bike routes. Richcraft Recreation Complex. granfondoottawa.org

Jul 15-16. **MS Bike Tour.** Bike from Ottawa to Cornwall in support of MS. mssociety.ca

August Events



Aug 3-7. **Capital Ribfest.** Ribbers, craft beer and live music. City Hall. capitalribfest.ca

Aug 3-7. **Busker Festival.** Sparks Street. ottawabuskerfestival.com

Aug 3-27. **Cirque du Soleil: VOLTA** (Gatineau). Under the Big Top on the Zibi Site. \$39. cirquedusoleil.com

Aug 4-5. **Glengarry Highland Games** (Maxville). Over 60 pipe bands and 200 highland dancers. glengarryhighlandgames.com

Aug 4-6. **Ottawa Salsa Convention.** Salsa dancing performances and workshops. Aberdeen Pavilion. ottawasalsaconvention.ca

Aug 4-13. **Rogers Cup** (Montreal). Men's tennis tournament. Finals Aug 13 at 1pm. Uniprix Stadium. couperogers.com

Aug 5-6. **Canadian Whitewater Canoe-Kayak Championships.** The Pumphouse. canoekayak.ca

Aug 5-19. **Sound of Light.** All Canadian edition with competitors from Ontario, Manitoba, Québec and Alberta. Tune in to Majic 100 for audio. Museum of History. feux.qc.ca

Aug 6. **WWE Live.** \$20+. canadiantirecentre.com

Aug 7. **Colonel By Day.** Free admission. bytownmuseum.com

Aug 9-13. **Asinabka Film and Media Arts Festival.** Examining Indigenous issues and topics. asinabkafestival.org

Aug 10-13. **Navan Fair.** Demolition derby, midway rides, parade and performances by the Road Hammers and Kyra Isabella. navanfair.com

Aug 11-13. **Festival of India.** City Hall. festivalofindiaottawa.org

Aug 11-20. **South Asian Fest.** Boat cruise, Bollywood dancing, art exhibition and kids zone. southasianfest.net

Aug 12. **JAMDAY.** Celebrating Canada's 150th and Jamaica's 55th anniversary. Mooney's Bay Park. \$20. jamaicanottawaassn.org

Aug 12. **Night Race Ottawa.** 10km and 5km run with DJ, drums and a selfie station. Canadian Aviation and Space Museum. nightrace.ca

Aug 12. **Winchester Dairyfest.** Dairy dash, sidewalk sale, outdoor movie and fair. winchesterdairyfest.com

Aug 12. **West End Food Truck Rally.** Christ Church Bells Corners. facebook.com/WestEndFoodTruckRally

Aug 12-13. **Carp Garlic Festival.** carpfarmersmarket.ca

Aug 16-20. **Festival de la Curd.** Wine and cheese tasting, farmer's market and live performances. St. Albert. festivaldelacurd.ca

Aug 17-20. **Havelock Country Jamboree.** Featuring Lee Brice, Justin Moore, Jana Kramer and Meghan Patrick. havelockjamboree.com

Aug 17-20. **Vankleek Hill Fair.** Midway rides, live music and parade. vankleekhillfair.ca

Aug 17-20. **South Mountain Fair.** Featuring Tanya Tucker. southmountainfair.ca

Aug 18-20. **Arboretum Festival.** Music, swimming pond dance parties, bonfire and farm-to-table meals. Rideau Pines Farm. arboretumfestival.com

Aug 18-20. **Calabogie Blues and Ribfest.** Calabogie Peaks Resort. calabogieblues.com

Aug 18-27. **Capital Fair.** Midway rides, dog show, petting zoo magic shows and more. Rideau Carleton Entertainment Centre. capitalfair.ca

Aug 19. **Art in Strathcona Park.** Over 130 exhibits, a bbq and silent auction. micaontario.com

Aug 20-27. **World Vintage Rugby Carnival.** Twin Elm Rugby Park. vslrugby.com

Aug 21. **Guns and Roses.** \$100+. tdplace.ca

Aug 21-27. **Capital Pride Festival.** Parade takes place on Aug 27 starting at Bank and Gladstone. ottawacapitalpride.ca

Aug 21-27. **Canadian Pacific Women's Open.** Ottawa Hunt and Golf Club. cpwomensopen.com

Aug 24-27. **Wanderlust Tremblant.** Yoga, meditation, food and music. wanderlust.com/festivals

Aug 25-27. **Ottawa Palestine Festival.** Marion Dewar Plaza. palestinianfestival.ca

Aug 25-27. **Chesterville Fair.** Rides, horse shows, tractor pull and live music. chestervillefair.com

Aug 26. **Midnight Race.** 5km night race with 17 obstacles. Mont Cascades. midnightrace.ca

Aug 26. **Lumiere Festival.** Celebration of light. New Edinburgh Park. lumiereottawa.ca

Aug 26. **Badass Dash.** 7km obstacle course. Wesley Clover Parks. badassdash.com

Aug 27. **Canada's Table.** 10 chefs serve 1,000 guests at an open air table along Wellington Street. ottawa2017.ca

Aug 31-Sept 4. **Gatineau Hot Air Balloon Festival.** Baie Park. montgolfieresgatineau.com

End of Summer



Sept 3. **Latin American Festival.** Parade starts at 2pm on Wellington St. latinamericanfestival-latino.org

Sept 6-10. **FireFit Championships.** Firefighting competition. Canadian Aviation and Space Museum. firefit.com

Sept 7-10. **Russell Fair.** Craft Beer Fest, demolition derby, tractor pulls and live entertainment. russellfair.com

Sept 8-10. **Ta Da Festival (Wakefield).** Performing and visual arts festival. tadafestival.ca

Sept 9. **PorchFest Hintonburg Edition.** Over 50 local musicians play across the neighbourhood. ottawaporchfest.ca

Sept 9. **Arcade Fire.** \$26+. canadiantirecentre.com

Sept 9. **Wiggle Waggle Walkathon.** 10km and 5km run or walk in support of the Ottawa Humane Society. Lansdowne Park. ottawahumane.ca

Sept 10. **The Canada Beer Run.** 13km run with 6 brewery stops OR 8km run with 5 brewery stops. canadabeerrun.ca

Sept 13. **I Love the 90s The Party Continues Tour.** TLC, Sugar Ray, All-4-One and C+C Music Factory. \$49.95+. tdplace.ca

Sept 14-17. **CityFolk.** Jack Johnson, Nathaniel Rateliff, Scott Helman and more. Lansdowne Park. cityfolkfestival.com

Sept 14-17. **Richmond Fair.** Petting zoo, pony rides, aerial show, food demonstrations and midway rides. richmondfair.ca

Sept 15. **A Taste of History: Food and Wine Pairing.** Have dinner in the former residence of two Canadian Prime Ministers. Laurier House National Historic Site. pc.gc.ca

Sept 16. **Tastes of Wellington West.** Experience the area's best music and food. wellingtonwest.ca

Sept 16. **Polo in the Park.** Polo matches, dog shows and horseback riding. Wesley Clover Parks. polointheparkottawa.com

Sept 16. **EPIC Walk for Cancer Care.** 28km walk in support of the Ottawa Regional Cancer Foundation. ottawacancer.ca

Sept 16. **NAC Gala.** Performance by k.d. lang. \$125+. nac-cna.ca

Sept 17. **Army Run.** Half-marathon, 10km and 5km run benefiting Soldier On and the Military Families Fund. armyrun.ca

Sept 17. **Terry Fox Run.** Walk, run or rollerblade. terryfox.org

Sept 18. **Drop Zone Ottawa.** Dress like a super hero and rappel down a building to raise funds for youth with disabilities. easterseals.org

True North Strong & Brewed

Can you BREW-lieve it? The first documented brewers in Canada where Louis Hébert and his wife, who brewed beer for their own personal consumption in 1617. The first commercial brewery was introduced in 1668 by Jean Talon.

Raise a glass this summer to **Local Brewers**

Broadhead Brewing Co | 81 Auriga Drive

Beyond the Pale | 5 Hamilton Avenue

Waller St. Brewing | 14 Waller Street

Broken Stick Brewing Co | 5450 Canotek Road

Kichesippi | 866 Campbell Drive

Bicycle Craft Brewery | 850 Industrial Rd

Tooth and Nail Brewing Co | 3 Irving Avenue

Covered Bridge Brewing | 119 Iber Road

Dog and Pony Brewlab | 315 Somerset Street

Dominion City | 5510 Canotek Road

Nita Beer Co | 190 Colonnade Road

Cassel Brewery | 715 Principale (Casselman)

Highlander Brew Co | 309B Highway 124

Whitewater Brewing Co | 22 Fletcher Road

Whipsnapp Brewing Co | 14 Bexley Place

Coming Soon:

Straydog Brewing (Orleans). straydogbrewing.ca

Flora Hall (Centretown). florahallbrewing.ca

Book a Tour: Brew Donkey Tours. Saturdays and Sundays all year round. \$69+. brewdonky.ca

Cool Tip: Have a room temperature drink? Fill a bowl with water and ice and add 2 tbsp. of salt. Leave your drink sitting in the bowl for 2 mins and it will drop in temperature by 19 degrees. foodnetwork.com

Explore Canada's

TRUE NORTH HIDDEN GEMS

The Enchanted Forest

(Malakwa, BC). Home to over 350 folk art figurines hidden among 800 year old cedars, and BC's tallest tree house. enchantedforestbc.com



Athabasca Sand Dunes

(Laronge, SK). Canada's largest active sand surface with dunes as high as 30m. The only way to get here is by float plane. tourismsaskatchewan.com



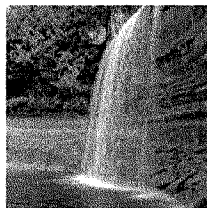
Gros Morne National Park

(Gros Morne, NL). Geologists believe that it took Mother Nature 458,000,000 years to mold this World Heritage Site. pc.gc.ca



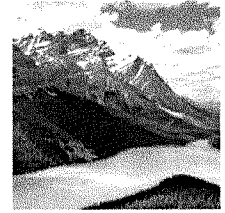
Bridal Veil Falls

(Manitoulin Island, ON). Located on the world's largest freshwater island, visitors can picnic atop the waterfall. manitoulintourism.com



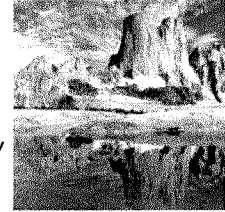
Peyto Lake

(Banff, AB). This ice blue lake gets its colour from the large amounts of glacier rock flour that flows into it during summer. banffandbeyond.com



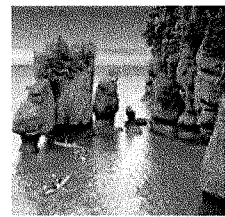
Mount Asgard

(Baffin Island, NT). Twin peaked mountains with flat tops that were featured in the James Bond film *The Spy Who Loved Me*. nunavuttourism.com



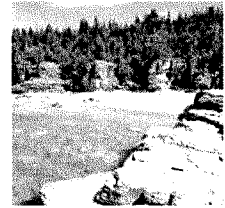
Bay of Fundy

(Between NS and NB). As one of the 7 Wonders of the World, this bay features some of the highest tides in the world. bayoffundy.com



Bruce Peninsula National Park

(Tobermory, ON). A unique biosphere reserve with turquoise water that falls between Lake Huron and Georgian Bay. pc.gc.ca



excelHR Gives Back

We've decided to mark Canada's 150th birthday by giving back.

We're inviting 150 Newcomers who have never worked in Canada to join our team to gain experience.

Our goal is simple – to help launch their careers in Canada.

Learn more:
excelHR.com/About/Canada150

100% Canadian owned and operated

Our story began on March 1, 1989.

excelHR's two founders launched the business from a small apartment in Ottawa, using funds received from a Youth Venture Loan issued by the Government of Canada through the Royal Bank (RBC). In year one, we made 25 placements.

Today, our team has grown to 120 employees in six offices across Canada and we place 8,000 candidates annually.

Thank you for allowing us to be your Canadian Staffing Partners for over 28 years!



613.230.5393 | excelHR.com