

work. learn. play.

Vol. 02 2023



important dates

June 18th: Father's Day

June 21st: National Indigenous People's Day

June 24th: Saint-Jean Baptiste Day

July 1st: Canada Day

August 1st: Civic Holiday

September 5th: Labour Day

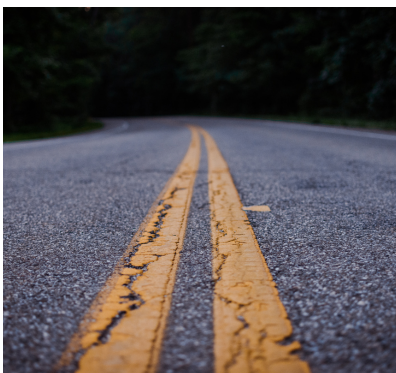


It's officially construction season!

It's the start of construction season and this is what's on the City's to-do list:

- \$136 million for road rehabilitation, including resurfacing, guide rails, rural road upgrades, and preservation
- \$34.4 million for bridges
- \$61 million for buildings and parks
- \$7.7 million to renew sidewalks and pathways
- \$245.9 million for integrated road-water-sewer reconstruction projects
- \$15.7 million for culverts and stormwater structures

For construction updates and closures, go to www.ottawa.ca



Sweet Summer...

We've waited so long for you! Warmer days, longer nights. Nothing quite beats the joy of summer.

After the last two+ years, we're all in need of a little lightness, some rest and relaxation, and carefree time with family and friends,

The season is short – we hope this newest edition of work.learn.play. helps you make the most of it.

Cheers,

Kevin & Tara

Ottawa Summer Solstice Indigenous Festival



The Ottawa Summer Solstice Indigenous Festival, June 21-25, celebrates Indigenous peoples' culture and heritage through a variety of programming such as creative workshops, education days, traditional knowledge, culinary experiences, a movie night, and the popular Competition Pow Wow featuring live music and dance performance. summersolsticefestivals.ca

move your body

Get active when working remotely

Working from home has many perks, but it's essential that you focus on creating a healthy remote work environment that will encourage you to thrive.

1. Consider walking meetings
2. Invest in a standing desk
3. Set a timer and move around every 20 minutes or so
4. Do some desk exercises
5. Take regular breaks to give your body and mind a break
6. Get some fresh air
7. Join an online gym or exercise class
8. Take up an active daily hobby
9. Get a pet-they can be a great motivator for getting active
10. Make it a game by using fitness apps or create challenges with family and friends

Summer Markets

Almonte - Saturdays, May 20 to Oct 7, 8:30am to 12:30pm, Almonte Library Parking Lot, 155 High Street. almontefarmersmarket.com
Barrhaven - Sundays, May 28 to Oct 29, 10am to 2pm, Nepean Woods Park & Ride. ottawafarmersmarket.ca/barrhaven-market
Carp - Saturdays, May 6 to Oct 28, 8am to 1pm, Carp Fairgrounds. carpfarmersmarket.ca
Kanata - Saturdays, May 6 to Oct 28, 9am to 3pm, 745 Kanata Avenue. kanatafarmersmarkets.com
Lansdowne - Sundays, May 7 to Oct 29, Marché Way. ottawafarmersmarket.ca/lansdowne-market
Orleans - Thursdays, May 25 to Oct 26, 11am to 4pm, Ray Friel Recreation Complex parking lot. ottawafarmersmarket.ca/orleans-market
Parkdale - Daily, May to November, 9am to 5pm, 366 Parkdale Avenue. ottawamarkets.ca/parkdale-market
Westboro - Saturdays, May 20 to Oct 28 9am to 3pm, Byron Linear Park. ottawafarmersmarket.ca/westboro-market



City Walk Trails

- Mud Lake Trail
- Hogs Back Falls Loop
- Leamy Lake Trail
- Rideau River Eastern Pathway
- Rideau Canal: Eastern Pathway
- Ottawa River Pathway
- Rideau Canal and Ottawa River Pathway Loop
- Rockcliffe Pathway

Learn more at www.alltrails.com

play

Orleans Craft Beer Festival: Jun 8-10, Centrum Plaza. [facebook](#)

Italian Week: Jun 9-11, Preston Street. [italianweekottawa.ca](#)

K-Fest: June 10th, The Korean Cultural Centre Canada, Lansdowne, <https://canada.korean-culture.org>

Mud Hero: Ottawa: June 10th, <https://www.mudhero.com/mud-hero-locations/ottawa>

The New Art Festival : Jun 10-1, Central Park, 19 Clemow Ave., <https://www.newartfestival.ca/index.html>

Ottawa Flower Market: June 17, Parkdale Public Market, <https://www.ottawaflowermarket.ca>

Festival franco-ontarien, June 16 - 18, Mayor's Hill Park, <https://ffo.ca>

Tim Hortons Dragon Boat Festival: Jun 22-25, Mooney's Bay Park. [www.dragonboat.net](#)

Canadian Stone Carving Festival: Jun 24, 190 Sparks Street. [canadianstonecarvingfestival.com](#)

H.O.P.E. Volleyball SummerFest: Jul 15, Mooney's Bay Park. [hopehelps.com](#)

Ottawa Lebanese Festival: Jul 19-23, Saint Elias Centre. [ottawalebanesefestival.com](#)

Carivibe Ottawa Caribbean Festival: Jul 21-23, Petrie Island. [carivibe.com](#)

FNavan Fair: Aug 10-13, 1279 Colonial Road, Navan. [navanfair.com](#)

Asinabka Film & Media Arts Festival: Aug 8-13, various locations. [asinabkafestival.org](#)

Russell Agricultural Fair: Aug 17, Russell Fairgrounds. [russellfair.com](#)

Puppets Up!: Aug 11-13, Almonte. [puppetsup.com](#)

Fanaticcon: Aug 13, Ottawa Conference & Event Centre. [fanaticcon.ca](#)

Capital Fair: Aug 18-27, Rideau Carleton Raceway. [capitalfair.ca](#)

Capital Pride: Aug 19-27, 176 Gloucester. [capitalpride.ca](#)



watch / listen

Ottawa Fringe Festival: Jun 15-23, various locations. [ottawafringe.com](#)

Escapade Music Festival: Jun 22-25, Lansdowne Park. [escapademf.com](#)

TD Ottawa Jazz Festival: Jun 23-Jul 30, Confederation Park. [ottawajazzfestival.com](#)

Almonte Celtfest: Jul 7-9, Gemmill Park. [almonteceltfest.com](#)

Bluesfest: July 6-16, LeBreton Flats Park, [ottawabluesfest.ca](#)

Wendover Western Festival, July 12-16, Wendover, <http://festivalwesternwendover.ca>

Stewart Park Festival: Jul 14-6, Stewart Park (Perth). [stewartparkfestival.com](#)

Kemptville Live Music Festival: Jul 20-23, Kemptville College. [kemptvillelivemusicfestival.com](#)

Glengarry Highland Games: July 4-5, Maxville. [glengarryhighlandgames.com](#)

Ottawa Chamber Fest, July 20-Aug 3, Sites throughout Ottawa, <http://www.chamberfest.com>

Festival Country Gatineau: Aug 2-6, . [countrygatineau.com](#)

Nostalgia Music Festival: Aug 23-27, LeBreton Flats. [nostalgiafestival.ca](#)

HRPA (view & register for all events [here](#))

learn

- **Labour Relations Certificate Program**

June 14-21, online, \$2,095

- **Making Connections: Bridging Cultural Awareness in the Workplace**

June 20, online, free or optional \$5 donation

- **Indigenous Inclusion Thought Leadership Series**

June 29, online, \$40.95

- **Cybercrime & Employee Fraud: How to Detect, Prevent & Protect the Organization**

July 10-24, online, \$750

- **Payroll Essentials for HR Professionals**

July 12-13, online, \$495

- **Workplace Investigations Training & Certificate Program**

July 17-27, online, \$2095

- **Navigating the Employment Standards Act**

July 18-19, online, \$495/\$595

- **Diversity & Inclusion Certificate Program**

Aug 8-10, online, \$1785



mix & mingle

- **Mayor's Breakfast with Caroline Mulroney:** Jun 22, Ottawa City Hall. Members \$50; Non-Members \$75. Register [here](#).
- **Fastest Growing Companies: Awards Cocktail & Networking:** Jun 20, TCC Canada, 150 Elgin, \$40. Register [here](#).
- **40 Under 40 Awards Gala:** Jun 23, Casino Lac-Leamy. Members \$225; Non-Members \$260. Register [here](#).
- **Debut of Wine, Women & Wellbeing Ottawa:** Jun 28, Thyme & Again, 1255 Wellington, \$50. Register [here](#).

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group inc.

Clariti Group works with individuals and employers in the areas of career transition, leadership & team development, knowledge capture & transfer, workplace investigations & restoration, and general HR consulting.

Our mission is simple: to help individuals and teams achieve

clearly **great** careers.

and

clearly **great** workplaces.

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