

# Summer Living:

## The Ultimate Guide

The summer of 2011 begins now!

On this first week of summer, let's put our planning into high gear. Take on the heat, have fun in the great outdoors, celebrate Canada and experience something new.

**Our 2011 summer guide offers 11 lists of 11 things to make your summer happen.**

### Must See Shows

- 1 **Cirque du Soleil: Quidam.** June 22-30. \$40. [scotiabankplace.com](http://scotiabankplace.com)
- 2 **Katy Perry.** July 3. \$39.50+. [scotiabankplace.com](http://scotiabankplace.com)
- 3 **The Lion King.** July 14-Aug 7. The musical. Broadway's seventh longest running show. \$45+. [nac-cna.ca](http://nac-cna.ca)
- 4 **Summer Fling – A Theatrical Affair.** July 13-Aug 27. The best of Ottawa theatre with over 65 performances. [downtownrideau.com](http://downtownrideau.com)
- 5 **The British Invasion "Beatles Story".** July 21-30. A musical performance. \$54.89. [casinoduquebec.com](http://casinoduquebec.com)
- 6 **Josh Groban.** July 22. \$49.50+. 24 million albums sold worldwide. [scotiabankplace.com](http://scotiabankplace.com)
- 7 **The Wiggles Big Birthday!** July 26. \$25+. Wiggle with this Australian children's musical group formed in 1991. [scotiabankplace.com](http://scotiabankplace.com)
- 8 **New Kids on the Block & Backstreet Boys.** Aug 4. \$49.50+. American boy band assembled in 1984 joins with American vocal group formed in 1993. [scotiabankplace.com](http://scotiabankplace.com)
- 9 **Les Grand Feux Loto-Québec.** Aug 6-20. Five spectacular shows. Casino du Lac-Leamy. [feux.qc.ca](http://feux.qc.ca)
- 10 **Capital Hoedown.** Aug 11-13. Carrie Underwood, Rascal Flatts, Kenny Chesney and more. \$84.75+. LeBreton Flats. [capitalhoedown.net](http://capitalhoedown.net)
- 11 **Lil Wayne.** Aug 16. \$59+. Rapper from New Orleans, started out at 9 years old. [scotiabankplace.com](http://scotiabankplace.com)

## 11 Classic Festivals

**Fête nationale du Québec.** June 23-26. Co-hosts Marie-Soleil Michon (TV) & Marcel Sabourin (Comedian). [fetenationale.qc.ca](http://fetenationale.qc.ca)

**Ottawa International Jazz Festival.** June 23-July 3. Shows by SHAD, Elvis Costello, k.d. lang & more. Confederation Park. \$56.50+. [ottawajazzfestival.com](http://ottawajazzfestival.com)

**Bluesfest.** July 5-17. Featuring Ben Harper, The Tragically Hip, Three Days Grace & more. Day passes \$40+. [ottawabluesfest.ca](http://ottawabluesfest.ca)

**Chamberfest Ottawa 2011.** July 23-Aug 5. Showcasing classical music. \$35+. [chamberfest.com](http://chamberfest.com)

**Rideau Canal Festival.** July 28-Aug 1. Activities at the Bytown Museum, Confederation Park, Dows Lake and the Rideau Canal. [rideaucanalfestival.ca](http://rideaucanalfestival.ca)

**International Busker Festival.** July 28-Aug 1. Street performers from around the world. [sparksstreetmall.com](http://sparksstreetmall.com)

**Ottawa Lumière Festival.** Aug 1-20. This year's 'Evening of Light' takes place Aug 20. [lumiereottawa.com](http://lumiereottawa.com)

**Ottawa Greekfest.** Aug 10-21. Greek cuisine, dance and musical entertainment. Shuttle service available. [helleniccommunity.com/greekfest](http://helleniccommunity.com/greekfest)

**Capital Pride.** Aug 19-28. Join 35,000 spectators to watch the parade along Wellington Street on Aug 28 at 1pm. [capitalpride.ca](http://capitalpride.ca)

**Ottawa Folk Festival.** Aug 25-28. Over 50 performances. Hog's Back Park. [ottawafolk.org](http://ottawafolk.org)

**Gatineau Hot Air Balloon Festival.** Sept 2-5. Shows by David Usher and Roger Hodgson. Parc de la Baie. [montgolfieresgatineau.com](http://montgolfieresgatineau.com)

There's a technical term for a sunny, warm day which follows two rainy days. **A: It's called Monday.**



# Celebrate Canada

**Parliament Hill** welcomes royal newlyweds, The Duke and Duchess of Cambridge on their first official trip; catch a glimpse at 12 noon, and watch a CF-18 fly-over. Evening shows by Great Big Sea and the Sam Roberts Band. [canadascapital.gc.ca](http://canadascapital.gc.ca)

**Fireworks** starting just after 10 pm. Best views from Major's Hill Park, Jacques Cartier Park and Victoria Island. [canadascapital.gc.ca](http://canadascapital.gc.ca)

**Confederation Park** offers free concerts by artists from the Ottawa Jazz Festival. 11 am-7 pm. [canadascapital.gc.ca](http://canadascapital.gc.ca)

**Jacques Cartier Park** welcomes the Canadian Forces. Climb into the cockpit of a Snowbird aircraft and an F-18. 10 am-8 pm. [canadascapital.gc.ca](http://canadascapital.gc.ca)

**Rideau Street** (Dalhousie to Sussex Street) will be jam packed with extreme sports and cultural performances. [downtownrideau.com](http://downtownrideau.com)

**Major's Hill Park** is the place to be for multicultural performances, face painting and the 19<sup>th</sup> annual Great Canadian Chicken BBQ. 9 am-10:30 pm. [canadascapital.gc.ca](http://canadascapital.gc.ca)

**Sparks Street** is hosting a British-themed Garden Party at the Currency Museum with croquet, pictures with the "Queen" and scones with iced tea. 10:30 am-3 pm. [currencymuseum.ca](http://currencymuseum.ca)

**Walter Baker Park** (Kanata) will be host to midway rides, tug-of-war, comedic Hypnotist Anthony Hallet and fireworks. Festivities start at 12 pm. [canadadayinkanata.com](http://canadadayinkanata.com)

**Petrie Island** (Orléans) will host the Family Olympics and Karaoke Showdown. At night, enjoy live performances by local talent and fireworks. 11 am-11 pm. [greaterorleanscanadaday.ca](http://greaterorleanscanadaday.ca)

**Barrhaven** showcases the Battle of the Bands at Clark Fields. After a nine week competition, the winning band will perform live on an outdoor stage. [canadadaybarrhaven.ca](http://canadadaybarrhaven.ca)

**Greely Community Centre** celebrates with a flag raising ceremony, games for kids, Little Ray's Reptiles and fireworks. Events start at 5 pm. [greelycommunity.org](http://greelycommunity.org)

# 11

## summer eats & treats

suggested by our staff

### Best Poutine

Smoke's Pouterie (Byward Market)  
Elgin Street Diner (Elgin St)  
"Club Poutine" Special, Patate Lou-Lou (Eardly Road, Aylmer)  
Lobster poutine, Petit Bill's Bistro (Wellington St)

### Best Milkshake

Zak's Diner (Byward Market)  
The Works Gourmet Burger Bistro (6 locations including Orléans, Kanata and the Glebe)

### Best Fajitas

Blue Cactus (Byward Market)  
Poncho Villa (Elgin St)  
Lone Star Texas Grill (Byward Market, Baseline, Kanata)

### Best Margarita

Agave Bar & Grill (Wellington St)

### Best Dessert

Carrot Cake Cupcakes, Second Ave Sweets (Glebe)  
Deep Fried Mars Bar, Cornerstone (Byward Market)

### Best Picnic Spot

The Arboretum (Central Experimental Farm)  
Les Chutes de Plaisances (rue Melo, Plaisance)

### Best Patio Breakfast

Jonny Canuck's (Watters Rd, Orléans)  
Lieutenant's Pump (Elgin St)  
Grillman's Fresh Eatery (Colonnade Rd)  
Stoneface Dolly's (Preston St)  
Murray Street (Byward Market)  
Broadway Bar & Grill (7 locations)

### Best Sushi

KINKI's (Byward Market)  
Hockey Sushi (Carling Ave, Kanata)  
MHK (Richmond Rd, Westboro)  
Genji Japanese (Lisgar St)

### Best Bread

Olive Bread, Thyme & Again (Wellington St)  
Gluten-free, Bread and Sons (Bank St)

### Best Bike Shop

Joe Mamma Cycles (Glebe)  
Velo des Ronds Points (Hull)  
Kundstadt Sports (Kanata, Glebe, Ottawa South)

### Best Bellini

White Peach Bellini, Moxie's (5 locations)  
Milestones Grill & Bar (Pinecrest, Sussex)



**[www.octranspo1.com](http://www.octranspo1.com)**

Summer schedule in effect as of June 26.

Canada Day: Sunday summer schedule, Free after 10 pm

Effective July 1, bus ticket prices increase to \$1.30

For transit information: 613.741.4390

# 11 Ways to Get Active

**Ride a Bike** Over 100 BIXI Bikes available to rent at 10 stations (Elgin/Queen Street, Promenade du Portage). Rental fees: \$28/month. [capital.bixi.com](http://capital.bixi.com)

**Alcatel-Lucent Sunday Bike Days.** May 23-Sept 4. 50 km of parkways in Ottawa and Gatineau Park are closed for cyclists. [canadascapital.gc.ca](http://canadascapital.gc.ca)

**Hit the Beach** Ottawa's beaches open from Jun 18-Aug 21: Britannia Beach, Mooney's Bay, Petrie Island, Westboro. Conditions: 613.580.2424 ext. 13219

**H.O.P.E. Beach Volleyball Tournament.** 29th annual and 25,000 players expected on July 16 at Mooney's Bay. [hopehelps.com](http://hopehelps.com)

**Practice your Swing** **Amberwood Village Golf Club** (54 Springbrook Dr) Nine & Dine (\$31; Fri, Sun, Mon; tee off 4-6 pm; Wildwood Steak House). [amberwood.ca](http://amberwood.ca)

**Le Sorcier** (967 Montée Dalton). [golflesorcier.com](http://golflesorcier.com)

**Nation Golf Club** (731 County Road #19) Staff pick for most diverse course. Best hole: the 18<sup>th</sup> – a 35ft drop to an island green (par 3). [nategolf.ca](http://nategolf.ca)

For a guide to all of Ottawa's golf courses, check out: [ottawagolf.com](http://ottawagolf.com)

**Walk your Pooch** **Ottawa Dog Blog** rates parks! Most popular: Conroy Pit; cleanest: Westwood; friendliest: Ambleside. [parkfinder.ottawadogblog.ca](http://parkfinder.ottawadogblog.ca)

**Bark & Fitz** offers breed specific social nights each month. Schedules: Richmond Rd, 613.792.3711 and Kanata Centrum, 613.270.0303. [barkandfitz.com](http://barkandfitz.com)

**Hike the Hills** **Gatineau Park** has 175 km of hiking trails to explore. Summer trail map at [canadascapital.gc.ca/gatineau](http://canadascapital.gc.ca/gatineau)

**Ottawa Outdoor Club** group hikes every Sunday 9:30 am. [ottawaoutdoorclub.ca](http://ottawaoutdoorclub.ca)

**Mer Bleue** (Navan) 1.2 km trail, boardwalk along the wetlands. [ontariotrails.on.ca](http://ontariotrails.on.ca)

**Survivor Boot Camp** **Fitness Bootcamp**, July 26-Aug 18. Tues/Thurs 6:30 am. \$190. **Bridal Bootcamp** private lessons for the bridal party. Plan your own 4 week schedule. **Corporate Bootcamp** group training. [survivorbootcamp.com](http://survivorbootcamp.com)

**Equipment Essentials** **Dows Lake** in-line skates, bicycles, pedal boats, row boats, kayaks and canoes. Hourly rentals available. [dowslake.com/summer](http://dowslake.com/summer)

**Mountain Equipment Co-op** gear for camping and climbing. Four-season tents available for \$21/day, rock shoes for \$8/day. [mec.ca](http://mec.ca)

**H2O Rentals** sea-doo's, water skis, tubes and wakeboards. [h2orentals.ca](http://h2orentals.ca)

**Eye-Spy a Bird** **Upper Canada Migratory Bird Sanctuary.** 8 km of trails, home to over 200 bird species including woodpeckers. [uppercanadabirdsanctuary.com](http://uppercanadabirdsanctuary.com)

**Other Birding locations.** Ottawa River Parkway (Double Crested Cormorants) Alfred Bog (Short Eared Owls) and Morris Island (Nesting Ospreys). [ofnc.ca](http://ofnc.ca)

**Scale a Wall** **Alpine Club of Ottawa.** All day outdoor rock climbing trips, Val David or Montagne d'Argent. [alpineclubottawa.ca](http://alpineclubottawa.ca)

**Coyote Rock Gym** (1737B St. Laurent Blvd.) Indoor climbing for rainy days. Over 15,000 square feet of climbing. [coyoterockgym.ca](http://coyoterockgym.ca)

**Urban Chase** In support of "Right to Play", the **urban chase** has teams in physical, intellectual, humorous challenges on July 23, \$150. [mitsubishicitychase.com](http://mitsubishicitychase.com)

**Summer Stretch** **Free yoga classes** by Lululemon on Parliament Hill. Wed 12-1 pm. [lululemon.com/ottawa](http://lululemon.com/ottawa)

**Sounds and Flow Yoga Retreat.** July 30-31. Outdoor yoga on 150 acres of land with private lake. \$200. [yogagarden.ca](http://yogagarden.ca)



When you're tired of being active...

## 11 Hollywood Blockbusters

**Transformers 3: Dark of the Moon** (July 1): Shia LaBeouf, Tyrese Gibson

**Larry Crowne** (July 1): Julia Roberts, Tom Hanks

**Horrible Bosses** (July 8): Jason Bateman

**Harry Potter and the Deathly Hallows Part 2** (July 15): Daniel Radcliffe, Emma Watson

**Winnie the Pooh** (July 15)

**Friends with Benefits** (July 22): Justin Timberlake, Mila Kunis

**Captain America: The First Avenger** (July 22): Chris Evans

**Crazy, Stupid, Love** (July 29): Steve Carell, Ryan Gosling, Julianne Moore

**The Smurfs** (July 29): Hank Azaria, Neil Patrick Harris

**Rise of the Planet of the Apes** (Aug 3): James Franco

**Final Destination 5** (Aug 12): Emma Bell, Nicholas D'Agosto

What can you hold without touching it? **A: A conversation**

Why was the baby ant confused?  
**A: Because all his uncles were ants.**

# Road Trips

Experience something new  
within 90 minutes of home.

**Upper Canada Village** (45 minutes south near Morrisburg) Step back in time where costumed interpreters re-enact 1860's life in homes, shops and farmyards. [uppercanadavillage.com](http://uppercanadavillage.com)

**Thousand Islands Boat Cruise** (1 hour south-west in Gananoque) Cruise the islands and tour the romantic turn-of-the-century Boldt Castle built by the proprietor of the Waldorf Astoria Hotel in NYC. [ganboatline.com](http://ganboatline.com)

**Westport Charm** (1.5 hours west on Big Rideau Lake) Wander the charming boutiques, art studios and antique shops. Relax at the Sundari Day Spa or spend the night at The Cove Country Inn. [coveinn.com](http://coveinn.com)



**Hull-Chelsea-Wakefield Steam Train** (Gatineau) Hop aboard Canada's oldest operating Steam Train for a 5-hour, 64 km guided tour of the Outaouais Region with a 2-hour stop in scenic Wakefield. [steamtrain.ca](http://steamtrain.ca). Stay overnight at the Wakefield Mill Inn & Spa. [wakefieldmill.com](http://wakefieldmill.com)

**Merrickville** (45 minutes south) Local artists abound with over 100 heritage properties - voted 'Canada's Most Beautiful Village' in 1998. Don't miss the Merrickville Antique and Artisans Show Aug 27. [ontariotravel.net](http://ontariotravel.net)

**Old Chelsea** (15 minutes north-east) Begin the day with a hot coffee at Les Saisons. Then wander the shops before a relaxing massage at Le Nordik – Nature Spa ([lenordik.com](http://lenordik.com)) followed by a vegetarian lunch on the patio of Soup d'herbe.

**Montebello** (1 hour east) Get up close and personal with buffalo, black bears, red deer, wolves and more at Parc Oméga ([parc-omega.com](http://parc-omega.com)). Then, enjoy a picnic lunch or make a reservation at Fairmont Chateau Montebello for a more luxurious dining experience. [fairmont.com](http://fairmont.com)

**Kingston** (1.5 hours west) Take in the waterfront by sailboat, kayak, canoe or bike. Sip wine on a patio or shop the boutiques. Visit Fort Henry for a glance into the War of 1812. [tourism.kingstoncanada.com](http://tourism.kingstoncanada.com)

**Heritage Perth** (1 hour west) Wander through artisan shops, the Farmer's Market (Sat) and the Wildlife Reserve. Try the Good Wood Oven for pizza. [beautifulperth.com](http://beautifulperth.com)

**Bon Echo Provincial Park** (2.5 hours west) With a 1.5 km rock face that rises 100 m above Mazinaw Lake, the park is incredibly photogenic. Hike, canoe or simply relax on a sandy beach. [ontarioparks.com](http://ontarioparks.com)

**Prince Edward County** (2.5 hours south west)  
The ideal wine and dine getaway, spend the night at The Inn at Huff Estates Winery, enjoy a round of golf at Wellington Golf Course or stretch out in the sand at Sandbanks Provincial Park. [prince-edward-county.com](http://prince-edward-county.com)

## Fairs & Finer Things

**Almonte Celfest.** July 8-10. Celtic dancing, musical performances and vendor shops. [almontecelfest.com](http://almontecelfest.com)

**Arnprior Agricultural Fair.** Aug 4-7. Demolition derby, rides and petting zoo. Free on Friday 12-4 pm. Admission \$8+. [arnpriorfair.ca](http://arnpriorfair.ca)

**Aylmer Auto-show.** Aug 5-7. Over 600 vehicles. Free. [autoshowaylmer.com](http://autoshowaylmer.com)

**Navan Fair.** Aug 11-14. Ride Jed the mechanical bull, or the new 'Spin Out.' \$10. [navanfair.com](http://navanfair.com)

**Festival de la Curd.** Aug 17-21. Annual celebration of St-Albert cheese (squeaky cheese!) [festivaldelacurd.com](http://festivaldelacurd.com)

**Merrickville Antique Show and Sale.** Aug 27-28. Furniture, jewelry, décor, art. \$6. [realmerrickville.ca](http://realmerrickville.ca)

**Russell Fair.** Sept 8-11. Fair games include Deal or No Deal and Fair Factor. Y101 live on location. \$10. [russellfair.com](http://russellfair.com)

**Spencerville Fair.** Sept 8-11. Craft shows, animal shows, Barn of Learning. \$9. [spencervillefair.ca](http://spencervillefair.ca)

**Richmond Fair.** Sept 15-18. Rides, petting zoo, and lawn tractor pull. \$10. [richmondfair.ca](http://richmondfair.ca)

**Carp Fair.** Sept 22-25. Featuring country music singers Gord Bramford and Tanya Tucker. \$10. [carpfair.ca](http://carpfair.ca)

**Glengarry Highland Games.** July 29-30. \$20. [glengarryhighlandgames.com](http://glengarryhighlandgames.com)

Why was Cinderella thrown off the basketball team? **A: She ran away from the ball.**

Why does it get hot after a baseball game? **A: Because all the fans leave.**

Who won when two waves raced? **A: They tide.**



# 11 Summer Trends

## Summer Colours

- Neon is back: Blue curacao, honeysuckle pink
- Sheer clothing in pearl, aqua and black
- Colours that sound like flowers: iris, poppy, daffodil, geranium—both floral and print patterns

## Summer Fashion

- Women: Jumpsuits are making a comeback, mix and match eclectic prints, “country girl” and the “little white dress”
- Men: Skinny jeans have reached their peak—flared jeans are back; t-shirts with unique writing

## Summer Hair

- Women: Short hair inspired by the 1960's (pixie crop cut); medium length inspired by the 1970's (bob with bangs)
- Men: Messy haircuts with a semi-Mohawk

## Summer Shoes

- Women: Clogs (clunky wooden shoes with a heel); kitten-heel sandals; platforms and ‘flatforms’
- Men: Skater shoes replaced with more tight fitting shoes like Keds, sailor shoes and loafers

## Summer Tech Trends

- Nov 2011: “Call of Duty Modern Warfare 3”  
Pre-order now to avoid stock shortages and long lines
- iPhone 5 (rumoured to be the name)
- Samsung Galaxie S II

## Summer Songs

- Party Rock Anthem, LMFAO
- Rolling in the Deep, Adele
- The Edge of Glory, Lady Gaga
- Good Life, OneRepublic



## Summer TV Shows

- The Voice, finale June 29 at 8 pm
- Big Brother 13, season premiere July 7 at 9 pm
- Entourage, 8th season, premiere July 24 at 10:30 pm
- Bachelor Pad 2, season premiere Aug 9 at 8 pm

## Summer Food

- Olive oil substituted with walnut, hazelnut, avocado oil
- Simple syrup sweeteners replaced with honey and maple syrup
- Continued demand for artisanal local cheeses

## Summer Drink

- Cherry flavour to replace pomegranate (eg: Bacardi Torched Cherry)
- More women drinking whiskey and rye
- Jell-O shots and liquor lollies

## Hospitality Trends

- Chic hotels going casual—comfort with elegance
- Doggie in-room amenities for “guests with pets” (pets replacing kids)

## Summer Entertaining

- Fruit on a stick, cheese on a stick (different cheeses with artisanal bread pieces), BBQ shrimp and scallops on a stick, chewy candy on a stick

Which letter is the coolest?

**A: Iced T**

Why did the kids cross the park?

**A: To get to the other slide.**

What lies on the bottom of the ocean and shakes?

**A: A nervous wreck**

What's round and bad-natured?

**A: A vicious circle.**

What did the pig say at the beach on a hot summer's day?

**A: I'm bacon!**

## 11 Dress Blunders for Summer

- White sports socks with sandals
- Crop tops that are too cropped
- Short shorts that are too short
- Spray-on tans that rub off
- Shirts worn as dresses
- Extreme tan or sunburn lines
- Not wearing red on Canada Day
- Non-waterproof mascara around water
- UGG boots in summer
- Shirtless men in restaurants and grocery stores
- Wearing a Toronto Maple Leafs shirt (any time of the year)



## 1 Water Parks

**Calypso** (Limoges). Highest free-standing waterslide tower in North America. Ten new waterslides in 2011. Opening June 24. \$33.63. calypsopark.com

**Mont Cascades** (Cantley). New this year: Splash Forest with waterslides and climbing nets. \$12.99. montcascades.ca

## 2 Ice Cream Treats

**La Cigale** (14 Scott Rd, Old Chelsea). Brownies & Cream, Raspberry Champagne Sorbet.

**Pure Gelato** (350 Elgin St). Blood Orange Cream, Amaretto.

**Luna Crêpes and Café** (329 March Rd, Kanata). Bubblegum, Passion Fruit Cheesecake.

## 3 Drive-In

**Drive-In Theater: Ciné-Parc Templeton** (1779 Blvd. Maloney Est). Film Hotline: 819.663.0915. cineparc.ca

**Drive-In Bingo: The Carp Agricultural Drive-In Bingo** (Carp Fairgrounds, 15 minutes west of Scotiabank Place). Every Wednesday night in July only, 8-10:30 pm.

## 4 Splash Pads and Pools

**Ottawa Splash n' Fun Program**. Free. July 4-Aug 26. Ages 4-10. Weekly themes include: Under the Sea, Knights and Princesses, Futuristic Fun. ottawa.ca

## 5 Water Toys

**Melissa & Doug Grub Scouts Sprinkler** (for boys) and Sunny Patch Blossom Bright Sprinkler (for girls). \$21.95 each. chapters.indigo.ca

**Super Soaker Thunderstorm**. Shoots water up to 25 feet away. \$19.99. toysrus.ca

**Deluxe Spa Family Pool**. Inflatable pool, \$49.99. canadiantire.ca

## 6 Locally Crafted Beer

**Kichesippi Beer Co**: 64 ounce Growlers available for purchase at 866 Campbell Ave, Westboro. Over 50 local restaurants carry Kichesippi: Chez Lucien, Manx, Murray Street. The most popular is the Natural Blonde. kbeer.ca

## 7 Indoor Golf

**Golf-O-Max** (1050 Baxter Road, east of IKEA). 613.226.7058. golfomax.com

**Chez Putters** (84-B Jean Proulx, Hull or Galleries d'Aylmer). chezputters.com

## 8 A Little Retail Too

**St. Laurent Shopping Centre**

June 27-July 10: Annual Spring Craft & Artisan Show  
July 13-17: July Sidewalk Sale

**Place d'Orléans**

July 14-17: Summer Sale  
July 16, 23, 30: Outdoor Cinema Nights

# Ways to Beat the Heat

## 9 Indoor Play

**Sippy Cup Café** (1104 Klondike Rd, Kanata). Story and play time for children aged 0-5. Coffeehouse for parents. sippycupcafe.ca

**Cosmic Adventure** (1373 Ogilvie Rd). 2,000 square feet of multi-level play areas. cosmicadventures.ca

**Kid Kaf** (3825 Richmond Rd, Bells Corners). Play area for children, 20 types of organic house teas for parents. kidkaf.ca

**Tubes & Jujubes** (170 Deveault St, Gatineau). Family fun centre for children under 12. tubesjujubes.com

## 10 Dine Late

**Stella Osteria** (81 Clarence St). Try the Crispy fried zucchini and Fettuccini Stellafredo. Reserve online: stellaosteria.com

**Feleena's** (742 Bank St, Glebe). Lively patio, try their guacamole and chips. feleenas.ca

**Agave** (1331 Wellington St, Westboro). Homemade Mexican. agaveottawa.ca

**Chelsea Pub** (238 Old Chelsea Rd, Chelsea). Established circa 1875 as Dean's Hotel, today the pub welcomes entertainment, pub food, new beer. chelseapub.ca.

## 11 Shady Picnic Spots

**Rockliffe Park and the Rockeries** (central east). Spectacular lookouts, picnic tables, washrooms.

**Hog's Back Park** (central west). Great for a pit-stop during a cycle, shaded picnic area, washrooms.

**Leamy Lake Park** (Fournier Blvd, Hull Sector). Supervised beach, volleyball courts, washrooms.

**Vincent Massey Park** (west). Excellent for community gatherings, walking paths, playground, washrooms.



Our company is 22 years old, that's 2 times 11.  
(We just want to be "in" on our own eleven theme.)

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to make the right staff selection.

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