Now until Sept 15. **CityFolk.** Featuring Leon Bridges, Dear Rouge and Larkin Poe. Lansdowne Park. cityfolkfestival.com

Now until Sept 22. **Gardenlicious.** Garden-fresh culinary experiences. gardenpromenade.ca

Now until Sept 29. **Festival of Small Halls.** Over 30 concerts in community halls across Eastern Ontario. thefestivalofsmallhalls.com

Now until Sept 29. **Mòshkamo: Indigenous Arts Festival.** In celebration of the launch of Indigenous Theatre’s first season. nac-cna.ca

Sept 14. **Nature Sleepover for Adults.** Sleep overnight in the museum with food, science and music. Museum of Nature. $165. nature.ca

Sept 15. **Buffy Sainte-Marie.** $31+. nac-cna.ca

Sept 17. **Feast of Fields.** Food prepared by the city’s best culinary talent. City Hall. $75. carefor.ca

Sept 19. **Breakfast on The Rideau.** Featuring Frank O’Dea, co-founder of Second Cup. Horticulture Building. $65. tdplace.ca

Sept 19. **Paint Jam.** Music, food, silent auction and live art demonstrations. Lago Bar and Grill. $50. ottawapaintjam.com

Sept 20. **613nightMRKT.** Handmade items and antiques while enjoying beer or wine. Aberdeen Pavilion. 613flea.ca

Sept 20. **Midnight Moose Ultra** (Gatineau). 160K, 100K, 50K and 25K trail races. $50+. 3beaversracing.com

Sept 20-21. **Fifty-Five Plus Lifestyle Show.** EY Centre. Free. fifty-five-plus.com


Sept 20-21. **Arohafest.** A bilingual festival celebrating the arts of India. Shenkman Arts Center. arohafinearts.ca

Sept 20-22. **Living Statues on Sparks.** Living statue artists, face painting, live music and more. sparkslive.com

Sept 21. **Fall Horse Festival.** Horse demonstrations and RCMP Musical Ride. $5+. wesleycloverparks.com

Sept 21-22. **War of 1812 Weekend.** 19th Century military re-enactments. $10. glengarrypioneermuseum.ca

Sept 21-22. **Parent & Child Expo.** Nepean Sportsplex. $10. parentandchildexpo.ca

Sept 21-22. **Ottawa Pinball and Gameroom Show.** Nepean Sportsplex. $20. ottawapinball.com

Sept 21-Oct 31. **Haunting Season and Frightfest** (Munster). Hayrides, mazes and haunted houses. $20+. saundersfarm.com

Sept 22. **Army Run.** Half-marathon, 10K and 5K run. Canadian War Museum. armyrun.ca

Sept 22. **Make Strides for Melanoma.** Ride, walk or run supporting melanoma patients. Andrew Haydon Park. melanomanetwork.ca

Sept 22. **Capital Comic Book Convention.** Marriott Hotel. $6. facebook.com/capitalcomicbookconvention

Sept 22. Dean Brody and Dallas Smith. $57+. canadiantirecentre.com

Sept 23. **Coronation St. – Roy & Brian.** Featuring David Neilson and Peter Gunn. Algonquin Commons Theatre. $50+. algonquinsa.com

Sept 25-27. **Jane Goodall: Inspiration in Action.** $77+. meridiancentrepoinete.com

Sept 25-29. **Ottawa International Animation Festival.** Showcasing quirky and original animated features. $10+. animationfestival.ca

Sept 26-29. **Ottawa Fall Home Show.** Featuring Bryan Baeulmer. EY Centre. $13. ottawafallhomeshow.com

Sept 27. **Jimmy Rankin.** $40+. Algonquin Commons Theatre. algonquinsa.com

**Staff Picks**

**FAIRS AND FESTIVALS**

Sept 19-22. **Richmond Fair.** Celebrating 175 years with helicopter rides over the fair. Demolition Derby on Sept 19. $10+. richmondfair.ca

Sept 21. **Canada’s Coolest Curds.** 100% Canadian cheese including winners of Canada’s best. $20+. Agriculture and Food Museum. ingeniumcanada.org

Sept 26-29. **Carp Fair.** 156th year. Rawhide Rodeo on Sept 29. $12. carpfair.ca

Oct 17-20. **Merrickville Jazz Festival.** Performances by Steven Taetz, Heather Bambrick and more. merrickvillesjazzfest.com
OCTOBER

Staff Picks
OUT OF TOWN

Sep 27. **CNIB Hero Night.** Superhero walk with games and costume contest supporting the visually impaired. Aberdeen Square. cnib.ca

Sep 27. **The Bicycle Ball.** A low-carbon event with live music and food. Horticulture Building. $25+. tdplace.ca

Sep 27-29. **Dief the Chief** (Carp). Play portraying former Prime Minister John Diefenbaker. $35. diefenbunker.ca

Sep 27-Oct 27. **Pumpkinferno.** (Morrisburg). Over 6,000 hand-carved pumpkins. $16. uppercanadavillage.com

Sep 28. **Etsy Made in Quebec** (Chelsea). Featuring local Etsy sellers. Centre Meredith. facebook.com/etsyoutaouais

Sep 28. **Health and Charity HOPE Gala.** Reception, 3-course meal and silent auction supporting children's hospitals. $125. healthandcharity.com

Sep 28. **Harvest Festival** (Osgooode). Artisan tents, demonstrations and harvest supper. osgoodemuseum.ca

Sep 28. **Hike for ALS.** 7K, 5K and 1.2K hike and scavenger hunt for youth. Mer Bleue Conservation Area. als.ca

Sep 28-29. **Etsy Made in Canada.** Featuring 150+ local Etsy sellers. Fieldhouse at Carleton University. markets.cherfullymade.com

Sep 29. **Rattle Me Bones.** 10K, 5K and 1.5K races supporting cancer research. Aviation and Space Museum. rattlemebones.ca

Sep 29. **Head of the Rideau Regatta.** Annual fall regatta. Rideau Canoe Club. ottawarowingclub.com

Sep 29. **Kidney Walk.** 5K and 1K walk raising funds for the Kidney Foundation of Canada. City Hall. kidneywalk.ca

Oct 3-6. **Metcalf Fair.** Rides, games, dancing and a demolition derby. Metcalfe Fairgrounds. metcalffefair.com

Oct 4. **Grilled Cheese Festival.** City Hall. facebook.com/grilledcheesefestival

Oct 4-5. **Whiskey Ottawa Festival.** Whiskey tastings, snacks and distilleries. Canadian War Museum. $140. whiskeyottawa.ca

Oct 4-6. **Gatineau Hills Fiddle Festival.** Mill Road Community Space. $17+. facebook.com/GatineauHillsFiddleFestival

Oct 5. **Zombie Run.** 2.5K fun run with corn maze and other spooky surprises. Proulx Berry Farm. $50. rattlemebones.ca

Oct 5. **Sens Home Opener vs. New York Rangers.** nhl.com/senators

Oct 5. **Sip Axe and Relax.** Brewery tour at Flora Hall and Beyond the Pale, followed by axe throwing. $101. brewdonkey.ca

Oct 5. **Panda Game.** Gee Gees vs. Ravens (football). $20+. tdplace.ca

Oct 5. **Craft Beer & Food Truck Festival** (Renfrew). Low Square. renfrew.ca

Oct 5. **NAC Golden Gala.** 50th anniversary celebration featuring Sarah McLachlan and the NAC Orchestra. $135+. nac-cna.ca

Oct 5-6. **Yoga and Wellness Show.** EY Centre. $9. yogawellnessshow.com

Oct 5-26. **Gatineau Park Shuttle.** Shuttle to Gatineau Park and back on Saturdays in October. ncc-ccn.gc.ca

Oct 5-27. **NCC Fall Rhapsody** (Gatineau Park). Enjoy fall foliage while walking or biking along the trails. ncc-ccn.gc.ca

Oct 6. **CIBC Run for the Cure.** 5K and 1K run or walk to fight against breast cancer. Tunney’s Pasture. cibcrunforthecure.ca

Oct 10. **TEDxOttawa.** National Art Centre. $50. ted.com

Oct 12. **Harvest Festival.** Wagon rides, scavenger hunt and other family activities. watsonsmill.com

Oct 12-14. **Garden Fall Rhapsody.** Colours of fall in the capital. Various locations. gardenpromenade.ca

Oct 12-14. **Perth Autumn Studio Tour.** Artisan demonstrations and garden walks. perthstudiouotoronto.com

Oct 13. **Fall Colours Run.** Marathon, half marathon, 10K, 5K and 3K run. Heritage Village Museum. somersault.ca

Oct 14. **Chelsea Challenge.** 10K or 2K walk/run raising funds for La Maison Libère-Elles. chelseachallenge.org

Oct 14. **Happy Thanksgiving!**

Oct 15-16. **Céline Dion.** $62+. canadiantirecentre.com

Oct 18. **Dueling Pianos.** $22+. meridiancentrepointe.com

Oct 18. **Ghost.** $50+. canadiantirecentre.com

Oct 18. **Glebestock.** Live music, dancing, flower-crown making and food. Horticulture Building. $40. tdplace.ca

Oct 18. **The Head and The Heart.** Algonquin Commons Theatre. $54. algonquinsa.com

Oct 18. **Ottawa Fire Truck Pull.** Teams race to pull a fire truck 100 feet. Lansdowne Park. ottawaiotruckpull.com

Oct 18. **Pumpkinfest (Carleton Place).** Pumpkins, hay climber and scavenger hunt. downtowncarletonplace.com

Oct 19. **Ottawa Men's Expo.** Aberdeen Pavilion. ottawamensexpo.com

Oct 19. **9-Run-Run (Stittsville).** Half marathon, 10K, 2K, relay and chilli cook-off. Village Square Park. 9runrun.ca

Oct 19. **Ottawa Valley Craft Beer Festival (Pembroke).** Best Western Pembroke Inn. $15+ ovcbf.ca

Oct 19, 20, 26, 27. **The Haunted Walk's Incident in the Bunker (Carp).** $24+. diefenbunker.ca


Oct 19-20. **National Women’s Show.** EY Centre. nationalwomenshow.com

Oct 19-20. **Ski, Snowboard & Travel Show.** EY Centre. ottawaskishow.com

Oct 19-20. **Ottawa Antique and Vintage Market.** The Fieldhouse at Carleton University. ottawaantiqueandvintagemarket.ca

Oct 19-20. **The Canada Beer Run.** Run brewery to brewery and enjoy local drafts. canadabeerrun.ca

Oct 19-20. **Butterfly Run.** 5K walk or run to raise awareness around pregnancy and child loss. Aberdeen Pavilion. $30. butterflyrunottawa.ca

Oct 19. **Ottawa Book Expo.** Horticulture Building. ottawabookexpo.ca

Oct 20. **Tegan and Sara.** $50+. Algonquin Commons Theatre. algonquinsa.com

Oct 20. **RENT.** 20th anniversary tour. nac-cna.ca

Oct 20-26. **Haunt Nights (Manotick).** Haunted houses, mazes, and more. watsonsmill.com

Oct 20. **Boobyball.** Food, drinks and live performances supporting breast cancer research. Lago Bar Grill. rethinkbreastcancer.com

Oct 20. **The Grand Casino.** Canapés, drinks, and casino games in support of the Ottawa Regional Cancer Foundation. Shaw Centre. $80. thegrandcasino.ca

Oct 25. **Halloween Roller Disco (Gatineau).** Centre MultiSport. ottawarollerderby.com

Oct 25-27. **Ottawa Wedding Show.** EY Centre. $16. ottawaweddingshow.com

Oct 29. **The Dead South.** Saskatchewan bluegrass ensemble. $35. tdplace.ca

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**Staff Picks**

**TO DO ON A FALL WEEKEND**

**Parc Omega** (Montebello). Recommended to buy one bag of carrots per person to feed the massive wapiti. $20+. parcomega.ca

**Apple Picking.** Our favourites include Orléans Farm and Log Cabin Orchard. Late season due to dry summer, best to pick after Sept 19. logcabinorchard.ca, fermedorleans.com

**Upper Canada Village** (Morrisburg). Don’t miss the 1860’s fall fair from Sept 14-15. Be sure to try their village-baked bread. uppercanadavillage.com

**Saunders Farm.** Haunting Season and Frightfest on from Sept 21 until Oct 31. March of Monsters Parade weekends at 3pm. $20+. saundersfarm.com

**Sept 26-Oct 14. Canneberge en Fête.** Visit the cranberry bog via tractor or guided tour. $12. canneberge.qc.ca

**Oct 16. Canneberge en Fête.** Visit the cranberry bog via tractor or guided tour. $12. canneberge.qc.ca

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**ExelHR Autumn’s In The Air**
Nov 1-2. **Ottawa International Burlesque Festival.** Ottawa Art Gallery. oibf.ca

Nov 1-2. **Ottawa Canadian Film Festival.** Arts Court Theatre. ocanfilmfest.ca


Nov 2. **Day of the Dead Festival.** Parade and cultural festival. Lansdowne Park. latinamericanfestival-latino.org

Nov 2. **Comedy Night in Canada.** Hosted by Rick Mercer. $41+. tdplace.ca

Nov 2. **Loreena McKennitt.** $68. nac-cna.ca

Nov 2. **The Great Big Cookie Run.** 5K and 1K run with Girl Guide Cookies at the finish line. runottawa.ca

Nov 2-3. **Tea and Chocolate Festival.** Nepean Sportsplex. teaandchocolatefestival.com

Nov 2-4. **Ottawa Wine and Food Festival.** ottawawineandfoodfestival.com

Nov 3. **Matt Mayes.** $41+. nac-cna.ca

Nov 3. **Ottawa Vintage Clothing Show.** Carleton University Fieldhouse. $12. ottawavintageclothingshow.ca

Nov 4-5. **The Baby Show.** EY Centre. $12. thebabyshows.com

Nov 5. **Chance the Rapper.** $79+. canadiantirecentre.com

Nov 7. **Rock the Rink.** Featuring Tessa Virtue and Scott Moir. $25+. tdplace.ca

Nov 7. **Howie Mandel.** $84. meridiancentrepointe.com

Nov 7-9. **Boston Ballet.** $31+. nac-cna.ca

Nov 8-10. **Ottawa Salsa Convention.** Workshops and dance socials. Canadian Museum of History. $25+. ottawainternationalsalsaconvention.com

Nov 9. **Tyler Shaw.** $28+. Algonquin Commons Theatre. algonquinsa.com

Nov 9-10. **Ottawa Pet Expo.** EY Centre. $15+. ottawapetexpo.ca

Nov 11. **Remembrance Day**

- **National War Memorial Ceremony.** A moving ceremony of remembrance for those who have served in Canada’s military. legion.ca
- **Beechwood Cemetery Ceremony.** Recognizing the bravery of the country’s fallen heroes. beechwoodottawa.ca List of ceremonies across Canada: veterans.gc.ca

Nov 11. **Toronto Symphony Orchestra.** $31+. nac-cna.ca

Nov 13–Dec 13. **CAPCORP Fill the Foyer.** Supporting the Ottawa Foodbank. facebook.com/CapcorpFillTheFoyer/

Nov 14-17. **Signatures Show.** Artisan décor, skincare, fine art and jewelry. Shaw Centre. $10. signaturesottawa.ca

Nov 15. **World Trivia Night.** Raising funds for the Children’s Aid Foundation of Ottawa. EY Centre. $400+ per team. cafott.ca

Nov 16. **Sebastian Maniscalco.** Comedian. $40+. canadiantirecentre.com

Nov 16. **Night Lights Run.** 1K, 5K and 10K run with glowsticks followed by a chili potluck. Centre de formation professionnelle de l’Outaouais. somersault.ca

Nov 16. **Whiskey Business (Carp).** Whiskey and food pairings. diefenbunker.ca

Nov 17. **Glebe Craft and Artisan Fair.** Featuring over 50 local vendors. Glebe Community Centre. gnag.ca

Nov 19. **Canada’s Great Kitchen Party Ottawa.** 8 Ottawa chefs compete to move onto the Canadian Culinary Championships. Le Cordon Bleu. greatkitchenparty.com

Nov 23. **Movecon.** Health, lifestyle and fitness convention. Ottawa Art Gallery. $22+. movecamp.ca

**TUNE IN:** Nov 24. **CFL Grey Cup.** Hosted at Stampede Park in Calgary, Alberta. Kick off at 4pm. greycupfestival.ca

Nov 25. **City and Colour.** $70+. canadiantirecentre.com

Nov 29-Dec 22. **Ottawa Christmas Market.** Ottawa’s first European style Christmas Market. Aberdeen Square. ottawachristmasmarket.com

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**Staff Picks**

**UNIQUE EXPERIENCES**

Now until Oct 31. **Aviation and Space Museum.** Ride in a WWII Biplane. Recommended to do the Gatineau Hills tour to see the fall colours. $65+. ingeniumcanada.org

Sept 13–Nov 9. **The Haunting at Laurier House.** Newest haunted walk offering spooky experience at the residence of two former Prime Ministers. $50. hauntedwalk.com

**Camp Fortune.** Sunday brunch in October, zip lining through the trees and ski swap on Sept 28. Free Fall Rhapsody shuttle bus from Gatineau Park lookouts. campfortune.com

**Le Nordik.** NEW: Express treatments and massages offered outdoors. chelsea.lenordik.com

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Nov 2. **Loreena McKennit...**
PROFESSIONAL DEVELOPMENT

Sept 18-Dec 18. Risk Management: Principles and Practices. Learn about the basic concepts involved in the risk management process from policy development to implementation of a program. $795. sprott.carleton.ca

Sept 19. Conscious Leadership. Better understand yourself and your leadership identity while learning to lead with both awareness and intention. $284. claritigroup.ca

Sept 21-Oct 6. Introduction to AutoCAD. Learn the features and elements of computer-aided drafting using AutoCAD software. $668. algonquincollege.com/ccol

Sept 24. Critical Thinking and Problem Solving for Effective Decision-Making. This course will demonstrate how critical thinking, problem-solving and decision-making can work in unison to identify and work through business problems. $465. pmctraining.com

Oct 2. Effective Delegation. Learn a full set of tools and techniques to better allow members of your team to use and develop their skills and knowledge to their full potential. $595. pdinstitute.uottawa.ca

Oct 5-Nov 2. Human Resource Planning. Gain a deeper understanding on the impacts of HR planning on an organization over various timelines. $725. sprott.carleton.ca

Oct 8-9. Skills for Effective Presentations. This workshop is designed to reduce public speaking-related anxiety and aid you in better delivering your ideas to a group. $890. pmctraining.com

Oct 15-24. Fundamentals of Finance and Accounting for Non-Financial Managers. Learn the concepts, tools and techniques that can help make each decision pay off—on the job and on the bottom line. $2,599. cmcoutperform.com

Oct 21-22. The Basics of Business Writing. Fine-tune your writing skills and learn to write well-organized business documents and plan your communications. $695. pdinstitute.uottawa.ca

Oct 21-22. Adobe Photoshop. Learn how to process, crop and straighten images and work with the adjustment features to enhance colour and the brightness/contrast in an image. $635. eliquo.ca


Nov 1-Dec 27. Strategic Analytics. Learn how to create relevant and actionable key performance indicators that align digital analytics to business objectives. $369. algonquincollege.com/ccol

Nov 5. How to Speak Accounting. Become familiar with common accounting concepts and buzzwords used by accounting insiders and develop a baseline of financial understanding. $329. cmcoutperform.com

Nov 15. Blockchain Overview: Business Foundations. Answer your most pressing questions about Blockchain and its role in the future of business. $775. globalknowledge.com

Nov 19. Conflict Resolution Skills for Leaders. Learn techniques and strategies in order to respond quickly and effectively to conflict in the workplace. $299. ca.achievecentre.com

Nov 25-26. Developing Your Emotional Intelligence. Build stronger workplace relationships and understand how to integrate your Emotional Intelligence skills into everyday business situations. $1,995. cmcoutperform.com

FALL LAUGHS

What month does every tree dread?
A: Sept-TIMBER!

What did autumn say to summer?
A: Make like a tree and leave!

What type of vehicle should you use during fall?
A: An autumn-mobile!

Why do trees hate going back to school in the fall?
A: Because they’re easily stumped!

What kind of vest should you wear in the fall?
A: A har-vest!

What do you use to mend a jack-o-lantern?
A: A pumpkin patch.

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