

TRAVEL TALES

HELPFUL HINTS FOR THE JEWISH TRAVELLER

By MIKE COHEN

LOVING MY TIME IN OTTAWA: As Canada's capital, Ottawa is the perfect place to experience some of the country's best attractions, celebrations and flavours in one welcoming city. With its unique blend of urban and rural beauty, year-round outdoor activities, and vibrant neighbourhoods, the Ottawa region is best explored over three days or more. Even if you live in Ottawa, I hope you enjoy reading what I have to share.

THE BROOKSTREET HOTEL: Since opening in 2003, the Brookstreet Hotel in Kanata has gained notice as a luxury property renowned for outstanding dining, incredible entertainment, luxurious accommodations, inspired green initiatives and world class golf and fitness facilities. The locale hosts many Jewish weddings and receptions. While in Ottawa we had a chance to visit the hotel, enjoying a delicious lunch on the patio at Perspectives Restaurant. We spent some quality time at the lovely outdoor saltwater pool and I was in heaven in the jacuzzi. When rain cut our date of leisure in half, we were invited back a few days later to resume the pool experience. The Brookstreet has 276 rooms and suites spaced across 18 floors. Plans call for the hotel to build a second tower. There is now some 30,000 square feet of flexible

meeting space, featuring 25 meeting rooms, including three large ballrooms, an outdoor pavilion and the Newbridge Foyer which boasts floor to ceiling glass window. The hotel is located at 525 Legett Drive. For more information log on to <https://www.brookstreethotel.com>, <https://www.marshesgolfclub.com> or call 1-888-826-2220.

DINING OUT: There are so many wonderful choices for dining out. From my most recent trip, here is my culinary report. The historic York on William (YOW) building, which encompasses Starling Restaurant & Bar and Apothecary Cock-

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Federation CJA, in conjunction with the Jewish community Foundation, provided **\$1,013,850** in funding for food security to help support vulnerable households over the High Holidays and Passover holiday period. This increase in investment towards food security programs to local impact partners helped support **9,215** household interactions over the 2022/23 holiday period allowing families to celebrate with joy and dignity.

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LITTLE HAS CHANGED

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the Jewish, Italian and Greek communities in Québec when faced with the referendum on independence in 1995. With the current threats of Bill 2 (secularism) and Bill 96 (language), perhaps such a coalition should be re-established?

We were also able to draw strength from our small Jewish communities from coast to coast which CJC nurtured recognizing their historical and political importance. These smaller Canadian centres continue

to have a vital role to play and merit meaningful support.

These were some of the many issues that preoccupied the lay leadership and staff of Canadian Jewish Congress throughout the last century and into this one. Unfortunately, many of the problems persist albeit in modified forms. It is appropriate then to recall the wisdom of the Sages who declared that we are not obligated to complete the work, but neither are we free to abandon it.

conveniently located next to the Byward Market at 700 Sussex. That is just steps away from Parliament Hill. The restaurant is open seven days a week, serving lunch, dinner and brunch on weekends. When we planned our return summer trip to the Nation's Capital, this was the first dining establishment on our list. It was a beautiful evening to once again experience their spacious patio, which is completed covered by a tent-like structure and umbrellas. Log on to www.metropolitainbrasserie.com. Lavender Grill and Lounge opened in the Byward Market in the summer of 2022, the vision of owner Reza Khakbaz. He and his team have certainly taken advantage of the connection, from the décor to the coloring of some of the drinks like my blackberry smash tea mocktail, a com-



AT ITS RECENT Annual Meeting, the Cummings Centre has announced a new slate of officers to serve on its Board of Directors for 2023-2025. Gloria Steinberg was named President of the Cummings Centre. "Cummings is a unique programming and community service Centre that encourages all to optimize both physical and mental well being," said Gloria. "I believe that when working supportively, Cummings has the power to enhance and extend its impact on the lives of seniors in Quebec and far beyond." The Cummings Centre's mission is to empower and enhance the quality of life of adults aged 50 and over by providing dynamic and innovative programs, social services, and volunteer opportunities in a vibrant, respectful, inclusive and compassionate environment. Visit cummingscentre.org or call 514.343.3510

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tail Lounge, represents a must visit. The latter are part of a multiple-dining concept featuring a rooftop terrace and street-level patio and located in one of

the oldest buildings in Ottawa, dating back to 1875. Log on to www.starlingottawa.ca. In 2022 I made my first visit to the Metropolitan Brasserie in Ottawa

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bination of blackberry and Earl Grey tea. The menu contains a touch of Dubai and Iran, two countries where Khakbaz has lived. But make no mistake, the items to choose from are all very familiar from steaks to pasta. Lavender Grill and Lounge is located at 47 Clarence Street. Opening hours are 5 pm to midnight Wednesday to Friday and 11:30 am to midnight Saturday and Sunday. For more information call 613-569-6605 or log on to www.lavendergrill.com. On Elgin Street you will find a supper club called Marzitelli, which also has a super weekend brunch. Marzitelli is located at 350 Elgin Street. Log on to www.marzitelli.ca. Finally, we have to mention Al's Diner in a popular spot on Clyde Street that serves breakfast and a whole lot of other menu items all-day long. Besides an array of breakfast items, the regular menu consists of items like pizza, wings, burgers, salads, fish and much more. They offer quick pick up and delivery and you can order online at www.alsdiner.ca.

Future editions of *The Jewish Standard* will provide more information on where to dine in our nation's capital. For more details on what to do and see while you are in Ottawa readers can log on to www.ottawatourism.ca.

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Our place or yours

FALL & WINTER 2023-2024

In person, online & at-home

Our doors are wide open at the Cummings Centre and we're ready to welcome you with open arms. Step inside and experience the joy of being part of our vibrant community. Meet up with old friends, make new ones, learn a new skill, or rediscover a beloved hobby. We have something for everyone. And if you prefer online courses, we've got you covered!

SPECIAL EDITION

Les portes du Centre sont toujours ouvertes. Venez nous rejoindre en personne, en ligne ou à domicile. Rencontrez d'anciens amis, faites de nouvelles connaissances, apprenez une nouvelle compétence ou redécouvrez un hobby. Nous avons quelque chose pour tout le monde. Et si vous préférez les cours en ligne, nous sommes là pour vous.

LE CENTRE CUMMINGS

THE CUMMINGS CENTRE, SERVING THE 50-plus community, makes it fun and easy to connect and get involved. Fall and winter program offerings range from fascinating speakers to hands-on workshops and countless ways to keep your brain and body active, plus ways to socialize and volunteer. Whether you join us in person at our Westbury campus or prefer to participate from the comfort of your own home or any of our off-site locations, we've got you covered. For more information on our exciting activities visit cummingscentre.org/programs

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