

INSPIRATIONS

Fall / Automne 2019

Vol. 6, No. 1

ARTS & LEISURE

COURTNEY GILMOUR

*breaks down
barriers with
comedy at
Just For Laughs*

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Lou Ferrigno on hearing loss

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by Kurt Eichenwald

***You Can't Ask That* on CBC Gem**

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Courtney Gilmour
performs at the Just For Laughs Festival
(Photo, JFL Courtney Gilmour).



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Incredible Hulk actor Lou Ferrigno talks about coping with hearing loss

By Mike Cohen

Montreal Comiccon recently celebrated its 11th edition at the Palais des congrès. More than 60,000 people were in attendance and *Inspirations* was fortunate enough to have an information kiosk. Co-presidents Alex La Prova and Oscar Yazedjian have come a very long way from their humble beginnings with some 2,000 fans. Communications Director Elizabeth Jutras, Oscar's wife and a de facto co-founder, was so excited to share with me that Laval Comiccon will make its debut October 5 and 6 at Place Forzani.

Montreal Comiccon has really turned up the star power over the years. Special guests this year included Elijah Wood, Tom Felton and James and Oliver Phelps from Harry Potter fame, kickboxer Georges St-Pierre, William Shatner, Lana Parilla (*Once Upon a Time*), The 100's Eliza Taylor, Bob Morley and Tasya Teles, Dean Cain (*Lois and Clark*), Dan Fogler (*Fantastic Beasts*), Christopher Lambert (*Greystroke: The Legend of Tarzan*) and the man who played (*The Incredible Hulk*) on TV, Lou Ferrigno. That was a show

I watched religiously in the late 1970s and early 80s. The storyline revolved around scientist Dr. Bruce Banner (played by the late Bill Bixby), who seeks a cure to his unique condition, which causes him to turn into a giant green monster (Ferrigno) under emotional stress.

I was among the media granted exclusive access to Ferrigno and when he walked into the room where we gathered, we all remarked how young he still looks. *"I am 68," he told us, "but I make sure to eat well, sleep well and live well."*

Ferrigno has starred in dozens of motion pictures and TV shows since *The Incredible Hulk* went off the air, yet he continues to be recognized for that role more than any other in his career. *"I had no idea the show would be so successful when I started,"* he said. *"We thought it would be for only one season and it went for five."*

Ferrigno was a professional bodybuilder and even had a brief cup of coffee with the CFL's Toronto Argonauts before becoming



Incredible Hulk star talks to Eric Cohen at Montreal Comiccon 2019.

an actor. He continues to serve as a motivational speaker. After he was born, Ferrigno suffered a series of ear infections and lost 75 percent of his hearing (though his condition was not diagnosed until he was three years old). Undeterred by what some may have perceived as a disadvantage, he threw himself into athletics.

"I had a hearing loss and a severe speech impediment as a child," Ferrigno told me. *"Some people said I would never amount to anything. Well I proved them wrong. Bodybuilding gave me the confidence to move on."*

Today Ferrigno still wears one hearing aid; he had a successful surgery on the other ear to implant an Esteem® Device, a fully implantable prosthetic cochlea stimulator. Ferrigno taught himself to read lips to overcome his disability and become able to



Ferrigno with Montreal and Laval Comiccon Communications Director Elizabeth Jutras.

communicate fluently with other people. He and his wife Carla have three children; son Lou Jr. has become a star actor himself, currently starring in the shows *SWAT*, *911* and *Super Girl*. *"I never pushed him into acting,"* he said.

St-Ambroise Montreal Fringe Festival

By Wendy Singer

This year's St-Ambroise Montreal Fringe Festival featured the debut solo performance of Claudio Tamburri in *I, Christopher*, a show that he wrote and performed. A Summit School graduate and Concordia 2017 Bachelor of Fine Arts Theatre Major, Tamburri was powerful on stage as his autobiographical character, **Christopher**, a 28-year-old graduate from Concordia who is struggling to get and hold down jobs and succeed in a world that's moving too fast for him.

I, Christopher brings challenges of autism to the stage



Claudio Tamburri plays in his one-man show *I, Christopher* at the St-Ambroise Montreal Fringe Festival in June, 2019.

In the opening scene, we feel the character's pain and angst as he is fired from his job - with no compassion - for not working fast enough. **Christopher** pleads his case, explaining that even though he has autism and learning disabilities, he is always on time and works

harder than anyone else. As this 30-minute play unfolds, we see similar patterns repeat themselves as Tamburri struggles at other places of employment, questions relationships and social cues, tries to pay the rent, and establish his role in society.

With humour, honesty and grit, Tamburri succeeds in his mission to educate the public about the challenges of living with a disability while showcasing his acting and writing skills. As Rosie Long Decter writes on her review of *I, Christopher* on Montreal Theatre Hub: *"Even in an era where class consciousness seems to be on the rise, it's still exceedingly rare to see art that deals with the day to day exhaustion of trying to pay rent - and even more unusual for that story to be told from the perspective of someone with a disability."*

Listen to Mark Bergman's podcast with Tamburri and Jesse Heffring, director of *I, Christopher* here: <https://soundcloud.com/inspirationsnews/meet-claudio-tamburri-from-i-christopher>



Courtney Gilmour. (Photos, JFL Courtney Gilmour)



Born with no hands and one leg, comic **Courtney Gilmour** a hit at Just For Laughs

By **Mike Cohen**

As the editor of *Inspirations* I was delighted to see **Courtney Gilmour** perform for the first time. She was born with no hands and one leg and makes this the focal point of her act. Considered one of Toronto's fastest rising comedy talents, she won the coveted **Homegrown Comics Competition** at the **2017 Just For Laughs Festival**, and is filming a set for **Kevin Hart's LOL Network**.

"I was born without hands and I get a lot of weird questions about it, especially from cab drivers," she says. "Cab drivers are chatty people. Cab drivers are the only ones who can interrogate you about life's choices, openly judge you for them and then charge you \$30. I was in a cab in Toronto

recently and as soon as I got in the cab the driver turned to me and he was like 'Excuse me Miss, can I ask what happened to your hands?' And I said, 'Oh nothing I was just born this way' and he said, 'That's interesting, my sister has back problems,' which is the same thing come to think about it."

Gilmour co-produces the hit monthly show **So Fresh N' So Clean** (now on hiatus) Toronto's only clean comedy show and has also opened for a number of prominent headlining acts including **Aparna Nancherla**, **Chris Gethard**, **Todd Glass**, and **James Adomian**. She has previously made appearances at the **All Jane Comedy Festival in Portland**, and **SiriusXM's Top Comic**.

NETFLIX REVIEW

Special: And other lies we tell ourselves

By **Ishini Fernando**

starts to date for the first time after Ryan's father left years ago.

Being a comedy, there's even a flair for the dramatic in the characters.

Ryan makes a new friend at his job, co-worker **Kim** (played by Punam Patel), who is a social butterfly with a big personality. Kim plays an important role in introducing Ryan to new people and helping him adjust to living in the city, all the while not knowing anything about his CP. We get to watch as Ryan awkwardly interacts with quirky personalities, struggles with everyday tasks living on his own, manages the enormous lie he's told everyone, handles his mean boss, starts dating men for the first time, and other things typical of a 20-year-old starting out in his career.

The show explores the themes of self-acceptance, image, love, friendship and sexuality, and has plenty of touching off-beat moments that either leave you laughing or tearing up.

Ryan himself sometimes acts a little entitled in the way he treats his mother, and his new friends all have interesting backstories of their own. These elements would have been interesting to explore, but with the episodes being under 15 minutes each, we only get to scratch the surface with some of the themes and characters. Parents should be warned that the show contains explicit sexual content.



Special can be watched on **Netflix**.

Ryan O'Connell's *Special* is an eight-episode comedy series that is partially based on his memoir *I'm Special: And Other Lies We Tell Ourselves*. In the show, the protagonist **Ryan** (played by Ryan O'Connell himself) has cerebral palsy (CP) and tries to remove himself from the label of his disability when he gets an internship as a writer for a website, and his co-workers assume his limp is due to a car accident.

Ryan accepts the challenge and moves out of the home shared with his mother **Karen** (played by Jessica Hecht). The two have a close relationship, but are seemingly co-dependent, which leads to the two of them struggling to cope with the new arrangement living apart from one another. Ryan learns to be independent, while Karen, whose adult life mainly consisted of taking care of her son, rediscovers herself as she



BOOK REVIEW

AUTHOR FULFILLS QUEST TO CHART HIS COURSE, REFUSES TO LET EPILEPSY ASSUME CONTROL

A MIND UNRAVELED, an inspiring 416-page memoir by award-winning American author/journalist Kurt Eichenwald, Ballantine Books, N.Y. 2018 (an imprint of Random House, a division of Penguin Random House, LLC, N.Y.)

By Elaine Cohen

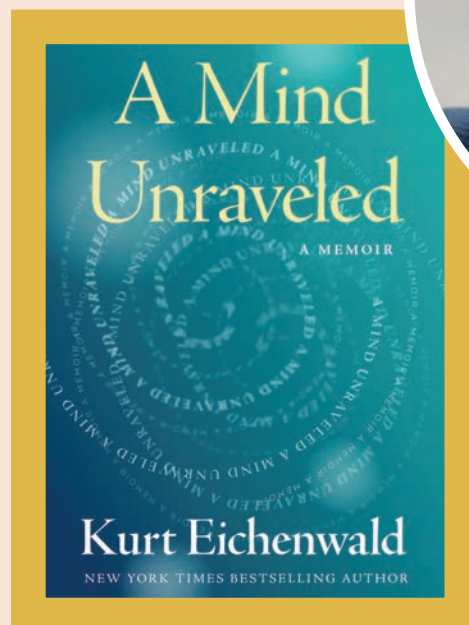
When I borrowed *A Mind Unraveled* from a municipal library recently, it was for personal interest, not for review purposes but after reading a few pages, I realized Eichenwald's memoir on his intractable epilepsy would resonate with readers of *Inspirations*.

Eichenwald embeds readers in his psyche, enlightens them on epilepsy, which has been misunderstood for centuries. He shares the gravity of his seizures, medications and treatment. Simultaneously, he infuses readers with his zest for life and making the most of each day.

"I believe the lessons in this book apply to people who face a range of traumas or difficulties, even those unrelated to health," he relates. Eichenwald refuses to be regarded as a victim and regards his memoir as a story of control, not survival. He grew up in comfortable circumstances in Dallas, Texas, with his father, Heinz, a physician; his mother, Elva, a nurse; and two siblings. In 1990, Eichenwald, married physician Theresa Pearse and they reside in Dallas with their three sons.

From his late teens to his 30s and beyond, he experienced convulsions, loss of consciousness and attacks but subsequently made significant progress. He assures readers cases differ and today more options are available.

Eichenwald emphasizes what happened to him isn't representative of what happens to others or should be used as an example. He adds not to judge all physicians or psycholo-



gists by the arrogant and incompetent ones who treated him. Besides Dr. Allan Naarden, the neurologist who came to his rescue, Eichenwald has received stellar treatment from other neurologists and dedicated professionals.

Born in 1961, Eichenwald's seizures became increasingly apparent at 18. Convulsions dominated his first two years at Swarthmore College, in Pennsylvania. Eichenwald followed his first neurologist's advice and kept his epilepsy a secret. Initially, only his roommates knew. His situation grew worse with another neurologist's treatment. When Dr. Naarden took over, he changed the course of medication plus told Eichenwald to reveal his epilepsy. Swarthmore lacked empathy and believed a school psychologist's false claims which contributed to Eichenwald's expulsion. Medical experts proved the psychologist wrong but Swarthmore countered with more hearsay, ultimately proven untrue. Eventually, Eichenwald re-entered and graduated in 1983 with distinction.

To compensate for memory lapses, Eichenwald took notes, kept diaries and recorded interviews. He has always exercised ingenuity and worked harder than colleagues and



Author Kurt Eichenwald
(Photo, Sylvia Elzafon)

peers. Some of his employers were empathetic but others were intolerant.

Eichenwald has remained close with a number of his buddies from Swarthmore. He recalls how they deftly instructed college peers and bystanders to refrain from trying to pry open his jaw or hold down his tongue during a seizure, but suggested putting a jacket or something soft under his head.

Eichenwald has written for major newspapers, magazines and penned five non-fiction books. *The Informant* was made into a film starring Matt Damon. Eichenwald won two George Polk Awards and is a two-time Pulitzer Prize finalist for investigative stories he wrote in the *New York Times*, where he spent two decades.

Epilepsy Canada refers to epilepsy as a disorder, not a disease. The physical condition is characterized by sudden, brief changes in how the brain works. It is a symptom of a neurological disorder that affects the brain and shows itself in the form of seizures. Note: Eichenwald points out the terminology for seizures was reclassified in 2016, but he used petit mal and grand mal in the memoir.

For information, visit *The International League Against Epilepsy* (www.ilae.org); *Epilepsy Canada* (www.epilepsy.ca).

JOIN THE SHIRA CHOIR!



The Shira Choir after rehearsal at the Shaar Zedek Congregation. (Photo, Cantor Daniel Benlolo)

The **Shira Choir** is an inclusive group of singers with developmental disabilities that is dedicated to celebrating the power of music and inspiring and uniting people of all ages and abilities. The choir performs at community-wide events.

If you are 18 or older and have a developmental disability, are passionate about singing and interested in learning new songs, looking to connect with others and be part of a team, and are available on Tuesday evenings, then this is for you! The choir is free to join and meets at the Spanish & Portuguese Synagogue (4894 Saint-Kevin Avenue in Montreal).

Contact Cantor Benlolo at 514-892-2859 or cantorbenlolo@gmail.com

INSPIRATIONS



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Theatre is an art form that relies highly on the visual experience to tell a story. We read an actor's mood by his facial expressions and body language, and the set design, costumes, and lighting heighten our experience.

Several years ago, **Audrey-Anne Bouchard**, director and creator of *Camille*, asked the question: "How can we create a dance and theatre piece that would be completely accessible to audience members living with a visual impairment?"

"This idea came to me because I myself have a visual impairment," said Bouchard, who has Stargardt's disease; an inherited disorder that causes progressive degeneration of the macula (a small area in the centre of the retina that is responsible for sharp, straight-ahead vision).

After three years of research, Bouchard, along with her team and people living with visual impairments, developed strategies to share art with a visually impaired audience. To personally evaluate the procedure, Bouchard closed her eyes throughout most of the creative process.

CAMILLE: An immersive and multisensorial show beyond sight

By Wendy Singer



Audrey Anne Bouchard, fourth from the left, with the cast and crew of *Camille*.

A story of the loss of friendship, and how we modify our lives moving forward, *Camille* does not address visual impairment at all in the script. Each show accommodates only six audience members. After being blindfolded, participants are escorted onto the set by an actor/guide who stays with them throughout the one-hour show. In the barber-shop scene, we are placed in our seats and

experience the sensations and smells that a haircut offers – the sound of a blow dryer, the trickling of a shower, the feel of a shampoo and the scent of hairspray. It is a surprisingly liberating and relaxing experience as the senses of smell and hearing take charge. In another scene, audience members move in the space with their guides while experiencing various dance styles and music together.

Actress Sarah Leblanc-Gosselin explains how unique each audience member is as they work to gain their trust. "People with visual impairments are much more comfortable with their mobility in this piece than those that are blindfolded," she relates.

While the show was designed specifically for people with visual impairments, and not to give those with sight an experience of how it feels to not have sight, the experience succeeds with both groups. As a participant with sight, it is an experience like none other as you learn to trust your guide, the space you are in, and completely become immersed in the story.

Camille runs from September 4 to 22 at the Montréal, arts interculturels (MAI), 3680 Jeanne-Mance. For tickets, visit <https://m-a-i.qc.ca/billetterie> or visit Audrey-Anne Bouchard – Conceptrice au - delà du visual on Facebook. The show is performed in French.

Listen to Mark Bergman's one-on-one interview with Audrey-Anne Bouchard on the Inspirations Podcast at <https://soundcloud.com/inspirationsnews>

'You Can't Ask That' on CBC Gem sheds light on the truth

By Wendy Singer

You Can't Ask That invites Canadians from across the country to ask questions to people with disabilities that they've always wondered about but were too politically correct to ask.

Based on the hugely successful unscripted format from ABC Australia, the new documentary series offers individuals whose lives are often marginalized or misunderstood the opportunity to share their experiences, yielding raw, often surprising insights. Their answers demystify the disability and show that people are simply people, no matter what their abilities.

Each of Season One's eight episodes feature different individuals and topics, including Wheelchair Users, Tourette Syndrome, Visual Impairment, Autism, Limb Differences, Little People, Down Syndrome and Facial Differences.

In the Wheelchair Users episode, subjects respond to somewhat awkward questions including: "Can you take a shower alone?," or "How do you feel when an able-bodied person uses a wheelchair accessible bathroom stall?"



CBC Gem's *You Can't Ask That*

Answers are direct, to the point, and at times comical. In the Visual Impairment episode, the question, "How do you know you're not dressed like a fool?" is asked. The response: "I'm sure I've made a lot of poor outfit choices, but I definitely did that in the 14 years I had sight as well...so!"

The answers break down stereotypes and offer highly informative insight. Be sure to make *You Can't Ask That* a pick on your show list.

This is the first CBC series to use Integrated Described Video (IDV). To view Season One, visit, <https://gem.cbc.ca/season/you-cant-ask-that/season-1/72c403c1-54c9-41c9-9608-e07f82bf4b84>

REGISTER FOR SUMMIT SCHOOL'S SCERT CONFERENCE 2019

NOVEMBER 1, 2019

New Residence Hall, 3629 Ave Du Parc, Montreal, QC

The Summit Centre for Education, Research, and Training (SCERT) invites you to the first annual Conference on Neurodevelopmental Conditions (NDCs). The aim is to bring together leading scholars to communicate their knowledge on issues concerning individuals with NDCs.

Keynote speakers **Dr. Bryna Siegel** and **Dr. Michael Wehmeyer** will address self-determination and transitioning into adulthood. Breakout session speakers will lead workshops on diverse topics including healthy sexuality, sleep difficulties, cognitive assessment, and family dynamics (some workshops offered in French). The conference is geared toward scholars, professionals, educators, and parents.

Continuing Education Credits:

The Summit Center for Education, Research, and Training (SCERT) is approved by l'Ordre des Psychologues du Québec and the Canadian Psychological Association to offer up to five hours of continuing education credits for psychologists. SCERT maintains responsibility for the program.

Early bird prices are available until **September 23, 2019**

Register now at: www.summit-scert.com/conference.

For information, contact Andrea at scert@summit-school.com



Ali Stroker accepts the Tony award for Best Supporting Actress.
(Photo, Sara Krulwich/The New York Times)

ALI STROKER WINS TONY AWARD

Actress Ali Stroker made history in June when she became the first actor in a wheelchair to win a coveted Tony Award.

Stroker, who won Best Supporting Actress for her role as Ado Annie in the Broadway musical *Okla-homa!* also made history in 2015 when she became the first actress in a wheelchair to appear on Broadway. "This award is for every kid who is watching tonight who has a disability, a limitation, a challenge, who has been waiting to see themselves represented in this arena. "You are," said Stroker in her acceptance speech.



INSPIRATIONS PODCASTS BRING STORIES TO LIFE



*I*nspirations has teamed up with podcast host **Mark Bergman** to bring you the Inspirations Podcast. This most welcomed addition gives us the opportunity to go deeper into our stories and share the voices of our experts beyond the written word. **Mark Bergman** has a knack for asking thoughtful questions, bringing out the best in our guests and teaching us with each topic he covers.

Tune in regularly and follow the Inspirations Podcast at <https://soundcloud.com/inspirationsnews>.

Share your podcast idea with us at info@inspirationsnews.com.



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Wayne State University School of Medicine
Detroit, Michigan, USA



Gabor Maté, MD

Vancouver, BC, Canada



Michael Kearney, MD

Radhule Weininger, MD, Ph.D.

Santa Barbara, California, USA



Frances Westley, Ph.D.

University of Waterloo
Waterloo, ON, Canada



<http://bit.ly/mcgillwpc2019>

This program meets the accreditation criteria as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada and has been accredited by the Office of Continuing Professional Development, Faculty of Medicine, McGill University for up to 17 Section 1 credits/hours.

BREAKOUT SESSIONS



ROGER GODBOUT, PhD

Sleep Difficulties in ASD and Intellectual Disability: Causes and Interventions
(Presentation In French)



ISABELLE HÉNAULT, PhD

Healthy Sexuality: Adaptive Skills for Students with ASD



LUCYNA LACH, PhD

Documenting the Lives of Families of Children with NDCs: From Understanding to Impact



ISABELLE SOULIÈRES, PhD

Challenges of Cognitive Assessment in Children with NDCs
(Presentation In French)

Slides in French and English available for all presentations.



The Summit Centre For Education,
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ÉCOLE LE
SOMMET
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SCERT CONFERENCE

ON NEURODEVELOPMENTAL CONDITIONS

NOV 1st, 2019

The Summit Centre for Education, Research, and Training invites you to our first annual Conference on Neurodevelopmental Conditions (NDCs). Our aim is to bring together leading scholars to share their knowledge on issues concerning individuals with autism spectrum disorder, intellectual disability, and other NDCs. Come join other parents, educators, scholars and professionals at this informative, community building event!



Bryna Siegel, PhD

Autism Center of Northern California

Reconceptualizing ASD:
From Diagnosis through Adulthood



Michael Wehmeyer, PhD

Kansas University's Beach Center on Disability

Autonomy, Self-Determination,
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TRAVEL

The iconic *Algonquin Hotel* in New York City

NEW YORK -

**I absolutely love the historic
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(www.algonquinhotel.com).

**It is always our first choice when
visiting New York City.**

**Located on 44th Street near
6th Avenue, walk out the front
door and you are a block and a
half away from Times Square.**

By Mike Cohen

The layout was ideally suited for us. It included a roomy entrance with a master bedroom to the left featuring a nice-sized bathroom. The spacious living room has a pullout couch, a large desk which was perfect for me to write my stories and good drawer and cupboard space. You can get a fridge and a microwave, depending upon availability and on request.

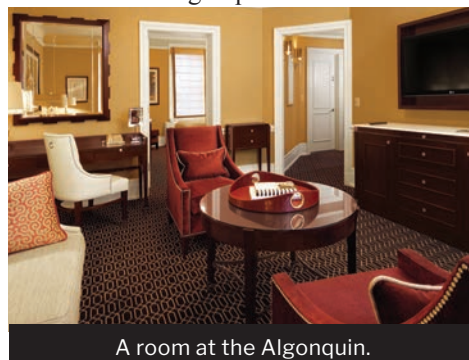
When you enter the hotel, you come face-to-face with the casual Lobby Lounge, along with The Round Table Restaurant. Just to the left is the hotel's trendy and aptly named Blue Bar.



Hamlet the Algonquin Cat.

The Algonquin Cat

As a cat lover, I was of course excited to see Hamlet VIII, the three-year-old orange cat who calls The Algonquin his home. Accord-



A room at the Algonquin.

The Algonquin first opened its doors in 1902. Today, it is part of the Marriott chain's Autograph Collection, an evolving ensemble of strikingly independent hotels. Each destination has been selected for its quality, bold originality, rich character, and uncommon details. The result is an array of properties that is nothing less than unique. The Algonquin Hotel was the first New York City property to become a part of the collection.

For well more than 100 years, the Algonquin has been greeting and lodging the country's most prominent writers and literary personalities, as well as the leading figures of the American stage. The hotel is best known, perhaps, for the members of the Round Table, a group of luminaries who had in common both the ability to fire blazing witticisms and to withstand being on the receiving end of them.

This year marks the centennial of the Round Table and as a result special programming took place all summer long. We were there to take in some of the festivities.

Comfortable accommodations

Each of the 181 rooms and 25 suites features a comfortable well-lit work desk, as well as complimentary Wi-Fi. We stayed in a very comfortable one-bedroom Heywood Broun Suite, named for the noted American journalist, sportswriter and newspaper columnist in New York City who founded the American Newspaper Guild.



The Round Table Restaurant.

ing to hotel executive assistant Alice De Almeida, he was originally a feral cat found in Long Island and brought to the Bide-a-wee shelter (the oldest shelter in the Big Apple), where the Algonquin then adopted him as their own. He came to the hotel in July 2017 after their former cat, Matilda III, retired.

"He is so friendly and loveable that people who never liked cats love him," De Almeida says proudly. "He has great purrsonality!"

The Algonquin, its bar and restaurant, have easy access for wheelchairs from the street. There is valet parking. The hotel has six ADA rooms and one ADA suite. There are two elevators. Staff are very helpful and friendly.

The Algonquin Hotel is located at 59 W 44th Street, New York, New York 10036.

www.algonquinhotel.com.

For information call 212-840-6800.

INSPIRATIONS

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The EMSB Database of Special Needs Resources has over 500 listings

Take a look at www.inspirationsnews.com/database.html

Share your resource with us at fayschipper@gmail.com

www.inspirationsnews.com



TRAVEL

A BEAUTIFUL OUTDOOR POOL RIGHT IN THE HEART OF NEW YORK CITY

By Mike Cohen



The beautiful
dream hotel pool.

NEW YORK- Have you heard about New York City's most unique hotel pool — The Beach at Dream Downtown?

The famed 4,800-square-foot beach boasts private cabanas, fresh sand imported from the Hamptons, flat screen TVs, lounge chairs and a glass bottom swimming pool looking into the hotel lobby. One side of this upscale 300-room hotel closely resembles that of a cruise ship. Channeling the glamour of the Côte d'Azur in the heart of New York City's

Chelsea neighborhood, my family and I were most fortunate to be invited there to spend the day. We have been to New York in the summer a number of times in recent years and frankly always sought a day at a pool on a hot and steamy day. Well, we hit the jackpot for our chosen date. Community and Social Media Manager Lauren Saxe gave me a tour of the gorgeous facility and then set my family up with some chairs in a perfectly shaded area. Tabitha, a lifeguard who was busy managing the steady stream of sunbathers, was kind enough to get us an umbrella. A restaurant

is located next to the pool and servers will bring food and drinks right to your chair. The water was warm and exceptionally comfortable. Any of our troubles seemed a million miles away for that afternoon. The complimentary Wi-Fi provided a good signal.

Pool passes are available to the public Monday to Friday from 11 a.m. to 8 p.m. They cost \$65 a day per person, and guests can purchase them on site from 11 a.m. to 5 p.m. Hotel guests can access the facility from 8 a.m. to 8 p.m. daily.

The pool area is wheelchair accessible via an elevator from the main lobby. There is another Dream Hotel in Midtown Manhattan as well as locations in Miami, Hollywood, Nashville, Thailand, and more to come. Dream Hotel Group is a hotel brand and management company with a

rich, 30-year history of managing properties in some of the world's most highly competitive hotel environments. Home to its Dream Hotels, Time Hotels, The Chatwal and Unscripted Hotels brands, Dream Hotel Group encompasses three business lines: proprietary brands; hotel management, dining, and nightlife.

This downtown location opened in June 2011 with a celebrity VIP party which included the likes of actor Leonardo Di Caprio.

Dream Downtown Hotel is located at 355 West 16th Street near 9th Avenue. For more information, call **646-625-4828**, email frontoffice@dreamdowntown.com or visit www.dreamhotelgroup.com. Jay Stein is the CEO.

POUGHKEEPSIE IS A GREAT PLACE TO STOP EN ROUTE TO THE BIG APPLE

POUGHKEEPSIE - When traveling to New York City in recent years, our family has become fond of stopping over in the Town of Poughkeepsie for the night in order to make the most of our first day in the Big Apple. It is just over 90 minutes from New York.

By Mike Cohen

Poughkeepsie, nestled in the majestic Hudson Valley, is home to 45,000 residents. The town is rich with culture and steeped in history and the home of such prestigious institutions as Vassar and Marist Colleges as well as Dutchess Community College. Along with these institutes of higher learning, they also have Locust Grove, the former home of Samuel F. B. Morse (as in the founder of Morse Code).

The 180-acre estate of Samuel F. B. Morse includes an Italianate villa designed by Alexander Jackson Davis containing extensive collections of American and European decorative and fine arts. Three miles of carriage roads wind through landscaped grounds, romantic gardens and a shady grove.



The new Homewood Suites in Poughkeepsie.

The 22 parks in the area offer recreational activities such as hiking and walking trails in Peach Hill Park. Fine dining is abundant, while art exhibits, festivals, fairs and farmer markets are bountiful.

There is a new hotel in Poughkeepsie, the perfect stopover en route to New York City. We typically like to stay here overnight, getting us into the Big Apple at a good hour the following day. The arrival of a Homewood Suites by Hilton (Hwpoughkeepsie.homewoodsuitesbyhilton.com) made that decision a lot easier.

This is a beautiful property. The suite we had was very spacious and comfortable.

This hotel offers a combination of spacious studio and one-bedroom suites, featuring fully-equipped kitchens and separate living and sleeping areas. Guests are also provided all the essentials needed for a smart, reliable and convenient stay including complimentary hot breakfast seven days a week, evening social with complimentary beer and

wine served Monday to Thursday, complimentary shuttle service within a five-mile radius and complimentary advanced Wi-Fi.

The hotel makes it easy for travelers to unwind with an outdoor patio area, featuring multiple fire pits, an outdoor kitchen under a large pergola and a putting green. The property boasts a 750-square-foot fitness center with state-of-the-art equipment, including a Peloton bike, indoor saline swimming pool and an outdoor sports court. The property also offers more than 1,000 square feet of flexible space that is ideal for meetings and social events.

Service animals are allowed here. There are accessible guest rooms with mobility features with entry or passage doors that provide 32 feet of clear width. The business centre, exercise facility, public entrance and registration desk are all accessible. There is closed captioning on televisions or closed captioning decoders and a lowered peep hole in the doors of wheelchair accessible rooms.



TRAVEL

NEW YORK:

Headed to New York City
(<https://www.nycgo.com>) and
the Manhattan area?

Here is our latest tips of where to dine.



The Il Mulino Prime filet mignon.

1

IL MULINO: For our family vacations in Sunny Isles, Florida, in years past one of our favourite dining establishments was Il Mulino New York at the Aqualina Resort. “I wonder what the New York City experience is like?” I always asked myself. Well on this trip we finally found out and it did not disappoint us. Our destination was *Il Mulino Prime* in Gramercy (<https://www.ilmulino.com/prime/gramercy>), located at 43 E 20th Street.

This modern steakhouse and Italian restaurant is

wheelchair accessible. It features inspired cuisine and choice cuts by Executive Chef Michele Mazza. Located in the heart of Gramercy-Flatiron, Il Mulino Prime embraces the signature style and unparalleled service attributed to the success of Il Mulino New York. Savor prime dry-aged meats and inspired Italian cuisine at this modern Italian steakhouse. The dining room can accommodate 50 guests.

A nice plate of crackers, cheese, focaccia and cold cuts was brought to the table to get things started. We decided to share a bottle of Pinot Grigio. As appetizers we opted for two orders of delicious tuna tartare with avocado and chips, some jumbo shrimps, an order of burrata and tomato and crab cakes with zesty garlic

sauce. For the main course the ladies remembered how much they enjoyed the risotto langostino from the Florida location and for them this was the only option. They were pleased with their choice. As for me it was the veal chop Milanese, topped with a light arugula salad that got my attention. Then came time for dessert, a sensational plate which included cheesecake, chocolate cake and tiramisu. For a final nightcap we each had a glass of limoncello, an Italian lemon liqueur which had a very sweet taste to it.

DEL FRISCO'S DOUBLE EAGLE STEAK HOUSE:

One of the restaurants very high on our list for this trip was Del Frisco's Double Eagle Steak House (www.delfriscos.com). The main entrance and floor are wheelchair accessible. An elevator will take you to the higher floor where the washrooms are located.

We had previously dined at this energetic, luxurious three-story restaurant, located at 1221 Avenue of the Americas, three years ago and we were anxious to return. Del Frisco's Double Eagle Steakhouse, with 16 locations across the United States, is an ultra-premium steakhouse providing a distinguished dining experience with personalized service in a breathtaking atmosphere, offering bold, delicious fare complemented by an expansive, award-winning wine list. Boasting a vast selection of USDA Prime wet and dry-aged steaks such as the 45-Day Dry-Aged Double Bone-In Prime Ribeye “Double Eagle Steak,” modern takes on fresh seafood, signature

side dishes and mouth-watering desserts. The one-of-a-kind menu distinguishes each restaurant and features an impressive in-house wine list curated by teams of the industry's finest sommeliers. The latter are perennial winners of the Wine Spectator “Best of Award of Excellence.”

The New York location can accommodate more than 500 people at a time. Our server Stephanie was excellent, providing us with superb guidance for both the food and drink menus. Two members of our party started off with their signature VIP cocktail, Svedka Clementine Vodka infused with fresh Hawaiian pineapple. I treated myself to a glass of prosecco.

For the appetizers we shared the shellfish plateau: Chilled Alaskan King Crab Legs, Iced Jumbo Shrimp and Chilled Crab Claws. We added six delicious oysters to the order. This was a meal in itself. Next came a Caprese salad, a simple Italian salad made of sliced fresh mozzarella, tomatoes, and green basil, seasoned with

salt and olive oil. It closely resembles the colours of the Italian flag: red, white and green. This was easily split in three.

Since Del Frisco's is known for its fantastic steaks, that is what we wanted to sample. Stephanie recommended the bone in filet and the bone in prime rib eye. As sides, she suggested we try the Cauliflower and Brie au gratin and the sautéed wild mushrooms and pearl onions. She was right on the mark. For our meal, the sommelier brought us a bottle of Chablis. We left just enough room to enjoy their fabulous lemon cake split in three for dessert. Call 212-575-5129 for reservations.

2



The beautiful interior of Del Frisco.



TRAVEL

OCEAN PRIME:

If you are looking for one of the best seafood and steak restaurants in New York, Ocean Prime at **123 West 52nd Street** should be at the top of the list. Located in the heart of Manhattan, Ocean Prime (www.ocean-prime.com) sits amongst world-class museums, theatres and corporate headquarters. Centrally located, it offers an impressive menu of seafood and prime cuts of steak, signature

3

The restaurant specializes in incredible seafood and prime steaks. Their menu features classic dishes crafted with a modern sensibility and an appreciation for ingredients. With lighter fare, like their shellfish, cobb salad and sushi, as well as more indulgent items like the smoking shellfish tower, juicy steaks and decadent desserts, there's something for every occasion.

This place's passion is to offer exceptional service and truly genuine hospitality to each and every guest.



The beautiful interior of Ocean Prime.

Our server was Giscard and he guided us beautifully through the superb menu selections. We each started off with some glasses of wine and then indulged in a spectacular selection of Dutch Harbor King crab legs and six delicious oysters. In addition, we shared some sushi in the form of a lobster roll - poached lobster

tail, kiwi, pickled serrano, masago and spicy mango. It had been a while since I enjoyed a bowl of lobster bisque and this piping hot option truly hit the spot.

The two ladies chose wisely with the sea scallops for their main course, accompanied by parmesan risotto, English peas and citrus vinaigrette. I was in a steak kind of mood and when Giscard described the bone in filet, dry-aged for 28 days, it sounded perfect. This was one fantastic cut of steak as others around the table concurred when sampling some pieces. I added some lobster mashed potatoes on the side, something I do not get to sample on each menu. One of the managers, Evan Walcher, came by and tempted our palate with one of their signature desserts - *the warm butter cake with fresh berries, vanilla ice cream and raspberry sauce*. It was the perfect way to end a fabulous dinner.

A special pre-show theatre menu is available Tuesday through Saturday from 4 pm to 6 pm and all night Sunday. There are also gluten-free friendly menus for lunch and dinner.

For reservations call (212) 956-1404.



Spaghetti at Patsy's

4

PATSY'S: A few years ago I made my first visit to Patsy's Italian Restaurant (www.patsys.com) and boy was I impressed. On the occasion of their recent **75th anniversary** I was invited back to the iconic **235 West 56th Street** location and I jumped at the opportunity.

Patsy's main entrance at street level is wheelchair accessible. Patsy's attracts a varied clientele, including an extremely loyal following of regular patrons, Italian food aficionados, tourists, and celebrities. They enjoy the restaurant's remarkable signature dishes, including succulent veal chops Siciliano, spicy lobster Fra Diavolo, tender chicken contadina, and savory calamari stuffed with seafood. Spectacular seafood such as striped bass marechiale, lobster oreganata, and shrimp scampi are always requested, as are meat favorites like sirloin steak pizzaiola with peppers and mushrooms, stuffed veal chop marsala, and chicken livers cacciatora.

I was dining alone on this evening, as other members of the family enjoyed a show nearby. My server Adriano gave me time to review the appetizing menu. I started off with a glass of prosecco and an order of fried calamari, with some delicious marinara sauce on the side. I followed that off with a magnificent chopped salad. It was as good as I remembered from the last time. For the main course there were so many options. I looked at the signature dishes and elected to go with the veal rollatine marsala, stuffed with parmigiana, ano-reggiano and prosciutto. It was sautéed with onions, mushrooms, prosciutto and

marisala. Adriano brought me some fried zucchini sticks on the side, shaped just like French fries. I was pretty full after this absolute treat of a meal so with time on my hands I took a 30 minute break until Vinny passed by with the dessert cart. The chocolate mousse cake was screaming my name out and I absolutely could not resist the temptation. I finished every last decadent morsel, with some decaf to drink. Sal came by again to make sure I enjoyed my meal.

For more information call (212) 247-3491 or log on to www.patsys.com where you can view the entire menu.



Junior's Restaurant

JUNIOR'S RESTAURANT:

I experienced Junior's Restaurant (www.juniorscheesecake.com) for the first time on **49th Street near Times Square**.

There is another location at **1515 Broadway**, the original in Brooklyn, as well as another at the Foxwoods Casino in Connecticut and a bakery outlet in New Jersey. Known for its no-frills, diner-style comfort food, this iconic eatery was founded by restaurateur Harry Rosen in 1950. With a full menu ranging from steaks to seafood and sandwiches to salads and cheesecake, there was a lot to choose from. I enjoyed their trademark beverage: the chocolate egg cream, a hot bowl of matzoh ball soup, a big latke and a Reuben sandwich.

The entrance to Junior's is wheelchair accessible. Everything is at one level. There is also a special lane designed for wheelchairs and strollers which leads to the washrooms.

5

cocktails, a Wine Spectator-honored wine list and truly genuine hospitality. The restaurant is wheelchair accessible. A service elevator can take patrons up to the second floor where there is seating and washrooms.

Spanning 7,400 square feet and a 2,500 square-foot mezzanine, Ocean Prime seats more than 275 guests and features private dining rooms to accommodate more intimate gatherings and celebrations. An expansive seasonal terrace seats 50 guests to enjoy al fresco dining. The bar and lounge area is a welcoming, relaxing space for guests to enjoy expertly created cocktails handcrafted by talented bar chefs, while a separate sushi bar showcases the freshest, most delicate and impeccably sourced fish, providing a total seafood experience.

This place only opened in 2015 and quickly gained a reputation for excellence.

A modern American restaurant and lounge, Ocean Prime falls under the umbrella of renowned restaurateur Cameron Mitchell. There are currently 16 locations from coast to coast, with the original, Mitchell's Ocean Club, in their home base of Columbus, Ohio.



TRAVEL

LAS VEGAS - What would a visit to Las Vegas be like without spending some time at the famous Caesars Palace? (<https://www.caesars.com>). As famous as Las Vegas itself, this spot is perhaps the best-known casino resort in the world.

By Alexandra Cohen

Caesars Palace spans 85-acres at the heart of the Las Vegas Strip, just 10-minutes from the McCarran International Airport. Walking through the building allows you to experience some of the beautiful architectural designs, inspired by ancient Rome. On this trip, we were fortunate enough to enjoy a day at their pool, as well as a meal at Gordon Ramsay's Hell's Kitchen.

Spanning five acres and offering access to seven distinct swimming pools, the Garden of the Gods Pool Oasis at Caesars offers guests a variety of engaging daytime experiences in a truly beautiful setting. At the heart of Caesar's Palace, the pool complex is situated on three levels and is filled with Roman statues and fountains. Interested in a game of swim-up blackjack? Looking for a relaxing poolside massage? There truly is a pool for everyone.

Wheelchair accessible walkways lead to all of the pools. Certain sections of the pool areas require steps to access them. During our visit, we spent time on incredibly comfortable daybeds at the Temple Pool. With umbrellas available for those who wish to stay in the shade, and plenty of sun for those who do not, the pool is a breath of fresh air. Daybed seats are located just steps from the pool, allowing for a quick and frequent refuge from the heat of Vegas in the summer. The quality of poolside service at Caesar's is incomparable—we enjoyed lunch by the pool, including cocktails, grilled cheese sandwiches, and fruit bowls.

Other pools available include Cove Beach, which has a Mediterranean vibe and high-energy music, the Neptune Pool, which includes DJs and large floaties, and The Apollo Pool, offering a more casual atmosphere and poolside games. Take your family to the Jupiter Pool, which has life-sized games, themed floaties, and weekend activities for children. Finally, visit the Fortuna Pool for the swim-up blackjack tables or the Bacchus Pool for a more VIP experience.

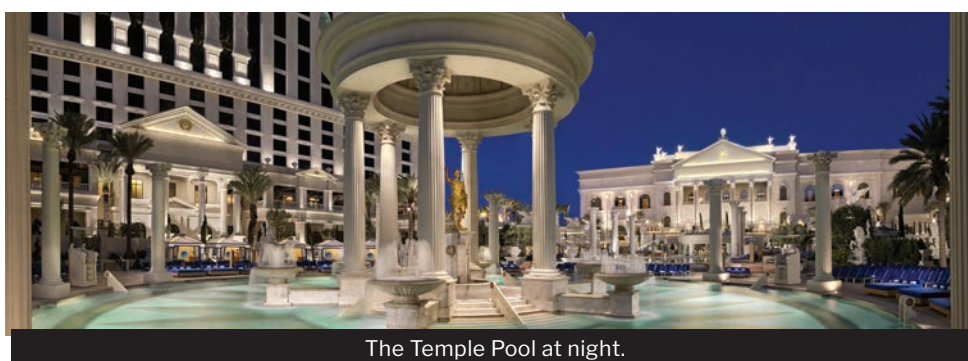
THE HEAVENLY POOLS AT CAESARS PALACE IN VEGAS AND SOME FINE DINING



Hell's Kitchen



The beautiful Il Mulino New York.



The Temple Pool at night.

HELL'S KITCHEN: The world's first Gordon Ramsay Hell's Kitchen Restaurant (www.GRHellsKitchenLV.com) is an experience like no other. Drawing inspiration from the global hit reality television show starring world-renowned Chef Gordon Ramsay, guests will feel like they really are on the studio set.

Located in front of Caesars Palace, the restaurant seats more than 300 guests and is wheelchair accessible. The Red and Blue kitchens, similar to the two teams featured on the TV show, serve up modern lunch and dinner menus, including Hell's Kitchen signature dishes made with the highest quality ingredients.

Gordon Ramsay, known not only for his refined cuisine, but also his TV personality on several hit programs including "Hell's Kitchen," "MasterChef" and "Kitchen Nightmares," has generated worldwide attention and entertained viewers on six continents. By reputation alone, I was certain that this would be an exceptional culinary experience, and I was certainly not mistaken.

Inspiration from the television show is seen throughout the restaurant—the giant signature fiery pitchfork located in front of the restaurant, the life-sized video of Chef

Ramsay greeting guests upon arrival, and of course, the menu items themselves. The restaurant opened in January 2018.

Several of the most successful signature menu items and recipes featured on the television show can be experienced during lunch and dinner, including: Pan Seared Scallops, Lobster Risotto, Beef Wellington, Truffle Arancini, Brick Pressed Chicken and Crispy Skin Salmon. Special menu items direct from the show will be added as new episodes air. We also ordered the absolutely delicious rack of lamb and filet mignon. Not to be missed for dessert is the famous sticky toffee pudding—a true highlight.

A cocktail also worth mentioning is the gin-based "Notes from Gordon," which comes with a scroll printed with a surprise note from Gordon Ramsay himself.

Gordon Ramsay's Hell's Kitchen marks Ramsay's fifth Las Vegas restaurant and extends his successful partnership with Caesars Entertainment to seven eateries. Hell's Kitchen airs in 41 countries around the globe.

IL MULINO: The best word to describe the dining experience that accompanies every

meal at Il Mulino New York is "elegance." Our family's first experience with Il Mulino New York (www.ilmulino.com) was at their Florida location, found in the Aqualina Resort. Therefore, we were very much looking forward to visiting this dining establishment again at The Forum Shops at Caesars. The restaurant is fully wheelchair accessible.

Prior to receiving your menu, a cheese steward delivers some delicious Grana Padano to the table. Following this, you are also brought complimentary hors d'oeuvres and several offerings of Italian bread. While there is great pleasure in taking your time in such a restaurant, they also now offer pre - and post - theatre menus, starting at \$39 from 5 p.m. to 6:30 p.m. and 9:30 p.m. until closing on Sunday through Friday.

After enjoying some cheese, focaccia, and Italian bread, we began our meal with two delicious appetizers: a burrata and tomato salad, as well as breaded eggplant, stuffed with shrimp and lobster and topped off with cheese and a creamy pink vodka sauce. For our main course, we enjoyed the rack of lamb, as well as our personal favorite: Langostinos served on a bed of mushroom risotto. For dessert, we enjoyed their tiramisu, perhaps the best that we have ever had. The meal is completed with a small glass of limoncello.

Founded in Greenwich Village in 1981, Il Mulino New York originated as an intimate and esteemed eatery. Today, it has grown to 17 locales, with outposts in New York (Downtown, Uptown, Tribeca, the Hamptons, and Long Island), Las Vegas, Puerto Rico, Sunny Isles Beach, Atlantic City, and Boca Raton. They also offer Il Mulino Prime, a modern Italian steakhouse in the Soho and Gramercy neighborhoods in New York City. Trattoria Il Mulino offers casual, chic dining in the Hard Rock Hotel & Casino, found in Atlantic City, Nashville and Orlando.

NOTE: Casino game tables at Caesar's are at standard heights and are accessible. Slot machines have removable seats. The lounge areas around the casino have easy ramp access. You may use a small WC hydraulic lift from the casino to access one of the main shopping corridors. Common area restrooms are wheelchair accessible. For more log on to: <https://www.caesars.com/about/accessibility>



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TRAVEL

THREE PERFECT DAYS IN BUDAPEST

By Daniel Smajovits

First time visitors should not leave the airport without picking up a **Budapest Card**, sold in the arrivals hall. With many options that depend on your length of stay, all cards provide unlimited public transportation and free or discounted access to hundreds of local attractions, museums and tours. With an easy public transportation system and

also being a very walkable city, it's hard to go wrong when choosing an area to stay, so pick your locale based upon your interests. The 4-star **Corinthia Hotel** is centrally located, on the border of the bustling Jewish Quarter and a 15-minute walk from the Danube River and the famous Chain Bridge. Airbnb is also a great option, with many apartments located in and around the centre of the city. It is without question that the Jewish community helped shape Budapest over the past century, so spend your first morning walking through the Jewish Quarter with Timea Tarjáni (www.budapestjewishwalk.hu). Whether you have only a few hours or want to dedicate a full day, Timea will customize a private tour that encapsulates the triumph and tragedy of what was once a community that represented 23.6 percent of the city's population.

Your morning will include a stop at the **Shoes on the Danube** memorial. Built on the bank of the Danube River, the sculpture commemorates the 800 Jews and 3,500 people who were forced to remove their shoes before being murdered and falling into the river. Read more about this walking tour on page 15 of this edition.

Located only steps away from the memorial is the **Hungarian Parliament Building**. Built in the Gothic Revival style, the building is recognizable world-wide for its size and detailed handiwork. Visitors can reserve one-hour tours of the Parliament building in various languages. To ensure availability, buy your tickets in advance.

After an emotional and educational day, spend your evening with family at **Eat, Meet and Greet Hungary** (www.eatmeet-hungary.com). This pop-up restaurant is run by Suzie Goldbach and her family in a quaint apartment overlooking the Danube River. Joining you for dinner will be eleven strangers, and together, you will indulge in five-star, homemade Hungarian cuisine in an unpretentious and incredibly welcoming environment. Suzie only opens up her doors four days per week, so reserve immediately after booking your flight.

Begin day two with a trip up to **Castle Hill**. Located on the Buda side of the river, the hill is fully accessible and can be reached on foot or via funicular. If walking from your hotel, enjoy the views of the Danube on the famous **Széchenyi Chain Bridge**. Once on the hill, a vast array of attractions await you for the day, including the **Buda Castle** and **Royal Palace**, which is now the **Budapest History Museum** and **National Gallery**, **Matthias Church**, the **Fisherman's Bastion**, which provides incredible views of Pest and the fascinating **Hospital in the Rock Museum**, a hospital and bunker built under the rocks of Castle Hill. The Budapest Card will provide a free walking tour of Castle Hill and free or reduced admission to all attractions.

Trekking around Castle Hill will drain even the most fit traveler, so spend your afternoon at one of Budapest's many thermal baths. A short walk from Castle Hill is the **Gellért Thermal Bath** while the city's and also Europe's largest is the **Széchenyi Thermal Bath**. Both of which are good options to relax and get ready for your evening.

While you already saw the Jewish Quarter by day, spend your evening enjoying the nightlife that has taken the city by storm. Famous for its ruin bars, modern bars built in dilapidated buildings, Budapest's Jewish Quarter has become a hub of activity after dark, attracting locals and tourists alike. For dinner, head to Street Food Karaván an alleyway of food trucks serving up Hungarian and Western food alike.

Begin your third and final day in Budapest with an incredible food tour operated by **Taste Hungary** (www.tastehungary.com). Running each morning from the Central Market Hall, this food tour will serve as the perfect exclamation point on your trip, allowing you to experience the ultimate variety of Hungarian cuisine with fellow foodies. Beginning with the classic street food *lángos*, a fried dough topped with garlic, cheese and sour cream, you make your way through the market, learning and sampling along the way. Once outside, you venture through the streets to indulge in the savoury *goulás*, the traditional beef and vegetable stew, alongside a wide selection of sausages, before switching to the sweet and relaxing in one of the city's famous cafés. With many surprises along the way, come hungry and thirsty. Reserve well in advance.

The best way to burn off the calories from your morning is to join one of **Budapest's Free Walking Tours** (www.triptobudapest.hu). With multiple walks throughout the day, the dynamic guides in their blue vests offer traditional historic tours of the city as well as specialized walks. We recommend joining the 3:30 Communism Walk, leaving daily (rain or shine) from **Erszébet Square in Central Budapest**. The tour is absolutely free, but the guides work on tips.

Wrap up your day with a modern take on many Hungarian classics at the aforementioned **Corinthia Hotel's Brasserie and Atrium**. The five-star restaurant offers all the classics like *gulyás* (beef stew with vegetables) or *csirke paprikás* and *nokedli* (flavourful chicken served with egg dumplings) alongside a large variety of local beers and wines. For those looking for a break from local cuisine, chef Balás Ölvédy also put his spin on a number of Western dishes as well.



Shoes on the Danube memorial located on the banks of the Danube River .



TRAVEL



The Dohány Street Synagogue.

BUDAPEST'S
JEWISH WALK

The eyes of Tímea Tarjáni's daughter *light up as she steps into* Budapest's famous Kazinczy Street Synagogue.

By Daniel Smajovits

While she's undoubtedly been there many times before, its sky-blue walls, adorned with handcrafted menorahs and Stars of David mesmerize her, along with the dozens of other visitors that morning.

Kazinczy Street Synagogue is just one of many gems of Budapest's Jewish community, all of which Tímea, who runs Budapest Jewish Walk, proudly shows hundreds of guests every year. Unlike other tours, Tímea's business is more than a way to pay the bills, but a way to open guests' eyes to the community's rich, yet tumultuous, history.

I was determined to discover the community that many in my family called home before World War II. Over the course of four hours, Tímea takes you back to a time when Jewish culture and tradition echoed

through the streets, homes and alleyways. From the hidden symbols which now adorn modern businesses and apartment buildings, to the last remnant of the Ghetto wall, tucked deep inside a nondescript courtyard, our walk went well beyond any guidebook, ensuring that we saw a side of the city that some seldom even know exists.

In the aftermath of the war and the subsequent Soviet occupation, the **Jewish Quarter** all but disappeared. Today, guidebooks steer tourists to the district for its slew of ruin bars, modern pubs built in formerly run-down buildings, as well as for a host of trendy restaurants. The gentrification of the neighbourhood makes Tímea's job, her passion, all the more important.

Even though this trip had a deep personal meaning for me, as I trace my roots back to the 440,000 Hungarian Jews deported by the Nazis in 1944, most guests do not have such a connection, leaving it up to Tímea to bridge the gap between today's distinct hipster culture and the community that once was.

While our walk focused on the community's past, spending the morning with Tímea and her daughter proves that there is a bright future ahead. Today, Budapest's Jewish community is experiencing a renaissance, with a population well beyond 100,000. Yet, numbers alone do not tell the whole story: as with every question I had for Tímea, her daughter propped up with two more. As fascinated as I was with every street corner and symbol, she was equally as intrigued. Even walking right through the movie set of Hollywood's latest blockbuster, *Black Widow*, she was more intrigued by the very subtle Holocaust memorial running along the façade of Eötvös Loránd University than the fact that

Scarlett Johansson was only steps away. Tímea Tarjáni's Budapest's Jewish Walk is both a journey into the past and a window into the future.

Tímea can be reached at: budapestjewishwalk.hu or info@budapestjewishwalk.hu. She offers personalized tours in English, Hungarian and Hebrew and ensures the content is tailored to her guests' specific interests. Overall, the **Jewish District** is wheelchair friendly, including all synagogues. All tours can be organized to avoid any areas which would pose any great challenge for those with special needs.

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Westmount High School

4350 St. Catherine St. W.,
Westmount, QC H3Z 1R1
514 933 2701
duxvitaeratio.ca

Open House: September 26, 2019
(6:30 pm to 8:30 pm)
Placement exams for Grade 7 students:
June 6, 2020 at 8:45 am

Marymount Academy International

5100 Côte St. Luc Rd.,
Montreal, QC H3G 2W9
514 488 8144
marymount.emsb.qc.ca

Open House: September 25, 2019
(3 to 5 pm and 6 to 8 pm)
IB placement exam: October 19, 2019
at 10 am

LaurenHill Academy Junior Campus

2355 Decelles St.,
Ville St. Laurent, QC H4R 1P3
514 331 8019
laurenhill.emsb.qc.ca

Open House: September 26, 2019
(6:45 pm to 9 pm)
Placement Exam: May 2, 2020 at 8:30 am
*LaurenHill's Senior Campus
is located nearby at 2505 Côte Vertu Blvd.

James Lyng High School

5440 Notre-Dame St. W.,
Montreal, QC H4C 1T9
514 846 8814
jameslyng.emsb.qc.ca

Open House: November 7, 2019
(3 pm to 10 pm)

Royal Vale School

5851 Somerled Ave.,
Montreal, QC H3X 2A5
514 481 2463
royalvale.emsb.qc.ca

Open House: September 12, 2019
(9 am to 11 am and 7 pm to 9 pm)
Entrance exams for Sec. 1 applicants:
September 28, 2019 (9 am to 12 pm)
Registration opens for new applicants
for Sec. 2 to 5: January 6, 2020

Royal West Academy

189 Easton Ave.,
Montreal West, QC H4X 1L4
514 489 8454
royalwestacademy.com

Open House: September 24, 2019
(5 pm to 8 pm)
Deadline for applications 2020-2021:
October 3, 2019 by 11 pm
Qualifying tests: October 5, 2019
(A-L) from 8:30 am to 12 pm and
October 6, 2019 (M-Z) from
8:30 am to 12 pm.

EAST SECTOR

John F. Kennedy High School

3030 Villeray St. East,
Montreal, QC H2A 1E7
514 374 1449
jfkhighschool.emsb.com

Open House:
November 7, 2019 at 6:30 pm

Laurier Macdonald High School (Grades 9 to 11)

7355 Viau Blvd.,
St. Léonard, QC H1S 3C2
514 374 6000
lauriermacdonald.ca

John Paul I Junior High School (Grades 7 and 8)

Door #20 at
Laurier Macdonald High School
514 328 7171
johnpauli.emsb.qc.ca

Open House:
October 17, 2019 at 6:30 pm
Placement Exam:
November 9, 2019 at 8 am

FACE School

3449 University St.,
Montreal, QC H3A 2A8
514 350 8899
face-english.csdm.ca

Curriculum night: September 19, 2019
(5 pm to 7 pm)
Open House: October 1, 2019
(9 am to 12 pm and 1 pm to 3 pm)

Rosemount High School

3737 Beaubien St. E.,
Montreal, QC H1X 1H2
514 376 4720
rosemount.emsb.qc.ca

Open House: October 3, 2019
(7 pm to 9 pm)

Vincent Massey Collegiate

5925 27th Ave.,
Montreal, QC H1T 3J5
514 374 1999
vmc.qc.ca

Open House: September 12, 2019
(4 pm to 9 pm)
Entrance exam for Sec. 1 applicants
(2020-2021): September 14, 2019
(8:30 am to 12 pm)
Online registration (www.vmc.qc.ca):
from August 23, 2019 to September 12,
2019 for Sec. 1 applicants.
As of January 6, 2020 for
new applicants from Sec. 2 to 4.
Information session for applicants:
August 29, 2019 (7 pm to 8 pm)

MIND High School

4563 St. Urbain St. (4th floor),
Montreal, QC H2T 2V9
514 842 0792
mind.emsb.qc.ca

Open House: March 20, 2020
(7 pm to 9 pm)

Lester B. Pearson High School

11575 P.M. Favier St.,
Montreal North, QC H1G 6E5
514 328 4442
emsb.qc.ca/lesterbpearson

Open House:
October 3, 2019 (6:30 pm to 9 pm)
Placement Exam (Sec I for 2020-2021):
October 19, 2019 at 8:15 am

Programs for Students with Learning Difficulties and/or Special Needs

John Grant High School (West sector)

5785 Parkhaven Ave. Côte St. Luc,
QC H4W 1X8
514 484 4161 | johngrant.emsb.qc.ca
Open House: April 17, 2020*

LINKS High School (East sector)

9905 Papineau St., Montreal North,
QC H2B 1Z9
514 723 2845 | links.emsb.qc.ca
Open House: April 23, 2020*

*By appointment during the school day.

www.emsb.qc.ca