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**May your Chanukah celebration be filled with joy and happiness and the year 2013 be a healthy and prosperous one for family and friends.**

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**May your celebration be a joyous one for family and friends.**



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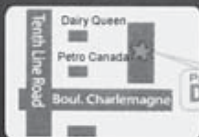
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# TRAVEL TALES

HELPFUL HINTS FOR THE JEWISH TRAVELLER

By **MIKE COHEN**

CAPE ELIZABETH, MAINE: Extending 12 miles into open ocean, rimmed by craggy shores and sandy beaches, the Maine town of Cape Elizabeth (www.capeelizabeth.com) marks the entrance to spectacular Casco Bay.

We were lured to Cape Elizabeth by a beautiful resort called The Inn by the Sea (www.innbythesea.com). Voted a World's Best Hotel by *Travel + Leisure Magazine*, 2011, this very pet friendly venue is located on a mile of sandy beach and just 15 minutes from Portland. There are 61 guest rooms, suites and cottages making the property the perfect luxury Maine beach hotel for couples or family travel. Rauni Kew, the head of public relations and green programs, gave me a tour of the property. This included a peek at some of the extraordinary and spacious rooms, including one of 10 new ocean view, luxury one and two bedroom suites. Meanwhile, she also showed me a stylish loft one bedroom suite. They both had nice outdoor balconies, full kitchens, lavish bathrooms, gas fireplaces, flat screen TVs and ipod docking stations.

DINING: The Sea Glass restaurant offers panoramic views of Crescent Beach from its intimate dining room or al fresco deck. Chef Mitchell

Kaldrovich features the best of Maine's oceans  
*(Please turn to page 21)*

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on the most important issue of all, Iran, and how he handles the nuclear issue may not only affect his standing with Jews but determine the success of his entire presidency.

*Mitchell Bard is the author of The Arab Lobby: The Invisible Alliance That Undermines America's Interests in the Middle East (HarperCollins) and Israel Matters (Behrman House).*

\*

**TRAVEL TALES**

*(Continued from page 10)*

and farms in his seasonally appropriate menus. Here you can enjoy sig-

nature cocktails or selections from an award-winning wine list. Both the hotel and the restaurant are involved with an underutilized seafood program orchestrated by the Gulf of Maine Research Institute, (GMRI) - which includes local fishermen, regional talented chefs and GMRI's research to interest restaurant diners to enjoy lesser known, but delectable seafood fresh from the Gulf of Maine.

Chef Kaldrovich marries the freshest regional ingredients with his Argentine roots to create a unique and memorable culinary experience. Sea Glass serves breakfast, lunch and dinner year-round and an all-day light fare menu in the lounge. Hours vary by season and reservations are recommended by calling 207.799.3134 or booking online. It is open to the public.

We spent some time at the facility's beautiful heated outdoor pool, where attendants take your orders for lunch and bring them right to you chairs. My family enjoyed some pita and hummus, salads and sandwiches.

This venue has been nationally recognized for its green and pet-friendly hotel practices. It is a particularly popular spot for weekend get-aways, wedding celebrations at the beach or group meetings.

**SUPERB SPA EXPERIENCE:** Spa at Inn by the Sea offers a full complement of beach in-  
*(Please turn to following page)*

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a Joyous Chanukah Holiday  
And a Happy and Healthy New Year*

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**TRAVEL TALES**

*(Continued from preceding page)*

spired body treatments, massages and aesthetics. Here you can unwind and be soothed by luxurious facials, massages and treatments. There are six elegantly appointed treatment rooms and private spaces for men and women, featuring relaxing steam and experience showers. The Spa offers a full array of natural and maritime-inspired massages, facials and body treatments. A room-for-two can be reserved for treatments with that special someone and men's and women's sanctuaries allow for quiet repose before and after spa services. The spa was designed and built with eco-friendly materials and offers treatment products that specifically complement its reputation for environmental responsibility while offering natural chemical-free ingredients to promote wellness. One member of our party enjoyed an extraordinary relaxing massage while raving about the therapist. The Spa is open to the public, but try to make

a reservation as far in advance as possible.

**JEWISH CONNECTION:** Sara Masterson, the general manager of the Inn by the Sea, is Jewish. The former Sara Cohen speaks glowingly about the property, managed by the Olympia Companies, which has hosted a number of Jewish weddings over the years. The state of Maine itself is home to about 11,000 Jews, almost 8,300 of whom reside in Portland. Jews have been living in Maine since the 1800s. The Portland area is home to seven synagogues: the orthodox Shaarey Tphiloh, Chabad Lubavitch of Maine, Etz Chaim (combined orthodox and reform), the conservative Temple Beth El, the reform Congregation Bet Ha'am and Congregation Beth Israel in Old Orchard and another synagogue called Etz Chaim in nearby Biddleford.

*Mike Cohen's email address is [info@mikecohen.ca](mailto:info@mikecohen.ca). Follow his travels at [www.sandboxworld.com/](http://www.sandboxworld.com/)*

**We Take Pleasure in Again Extending Best Wishes**

**For Chanukah to Our**

**Jewish Friends in**

**HAMILTON-WENTWORTH AND BURLINGTON**

**May the year 2013 be a happy, healthy and  
prosperous one for family and friends.**



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