

EYE ON MONTREAL

NAMES IN THE NEWS IN OUR CITY

By MIKE COHEN

CHEZ BENNY IS BACK: Do you remember the kosher restaurant Chez Benny? It was a mainstay since 1991 on Queen Mary Road, owned by Benny Cohen (no relation). When it closed in 2017 it left a huge void. In mid-October 2018, a rebirth was mounted with a new name and location. Benny et Fils made its debut across the street at 4944 Queen Mary, with Fils being Benny's 23 year old son Yaniv.

When I arrived for lunch with my friends Glenn and Mitchell, we were greeted by Michael Labbé. Benny et Fils has a unique format. The menu is posted

on large boards behind the cash. Customers arrive, make their order and then select a table to sit at. The manager on duty, in this case Labbé, brings the food to your table and takes your drink order. It is a neat and efficient format. Meanwhile, the chefs – on this day Benny and Yaniv- worked seamlessly to make the meals. We thoroughly enjoyed the experience, sampling the likes of hummus with eggs with small pieces of pita, the fried classic chicken burger, impeccable Shawarma on a baguette, dirty fries and different kinds of falafel.

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from 2% to 13% (during the period from 1997 to 2018). The number who care “strongly” about Israel (as opposed to just “somewhat strongly”) has actually been increasing steadily over the years. It was in the 20s in 1997-2002, the 30s in almost every year from 2003 to 2015, and has reached

the 40s each of the past three years.

A “Great Schism” between American Jews and Israel ? Hardly. It’s loud, passionate, and interesting - but it’s a small fracture, the size of which has remained unchanged despite the latest well-publicized quarrels.

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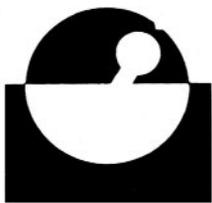
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Benny et Fils can seat 55 people. It is open Sunday to Thursday from 11:30 am to 10:30 pm and Saturdays after Shabbat until 2 am. For more information call 514.735.5858 or log on to <https://www.facebook.com/bennyetfils>. You can order from Uber Eats and soon a terrace will be unveiled.

ORANGETHEORY FITNESS: When local Jewish businessman Mitchell Heft invited me to come visit his new Orangetheory Fitness studio on Somerled Avenue in NDG, near Madison, I was curious. I arrived at 7:30 pm to the facility, which

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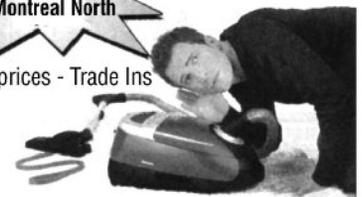
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EYE ON MONTREAL

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previously housed a rather large Russian bakery. Orangetheory is a one hour, full body workout, focused on training endurance, strength, and power. They use heart-rate based interval training, which burns

more calories post workout than traditional exercise. When wearing their exclusive OTbeat heart rate monitors, the real time results of clients are displayed on large screens throughout the studio. Intensity is based

on the person's individual heart rate zones, making the workout effective for all fitness levels. To top it off, certified coaches like Côte Saint-Luc's Melanie Shernofsky lead the workout to prevent you from over or under training. On this day Melanie had arrived

at work by 5:45 am for her first class.

There are 1,100 Orangetheory locations in 19 countries. Heft and his partner Cynthia Brunner met at the Pointe Claire franchise. Heft was working out and Brunner was a

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I join my fellow City Council members in wishing you peace and happiness at Passover and throughout the year! May this blessed time allows you to share with family and friends a beautiful moment of traditions marked by joy and prosperity.

Marc Demers
Mayor of Laval



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trainer, When they decided to open their own studio they needed to find out what territories were not already occupied by other Orangetheory franchisees. The NDG-Côte Saint-Luc-Hampstead-Montreal West sector was available. They soon landed the 3,200 square foot Somerled storefront and after pouring in the necessary \$750,000 investment to bring the premises up to Orangetheory standards they opened last fall.

Business keeps improving, with people of all ages signing on. A women's only class, which could appeal to members of the ultra-orthodox Jewish community, may start soon. Orangetheory is geared toward all levels of fitness, and everyone is encouraged to go at their own pace. They recommend signing up for a free introductory workout, then discussing any concerns you may have regarding your fitness goals with a coach before class.

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The workout room has a variety of equipment, including treadmills (bikes and striders as alternatives), WaterRowers, and floor equipment, including dumbbells, benches, T R X suspension trainers, medicine balls, BOSU trainers, and Ab Dolly's.

There are a variety of membership options. Just call 514.500.5464 or log on to www.orangetheoryfitness.ca. The address is 6275 Somerled Avenue

CHECK OUT OUR WEBSITE: You can check the News and Features section of our website for regular updates on what is going on in our community. Just go to <https://thejewish-standardmag.com>. One story provides details on upcoming programming at the Jewish Public Library. On June 11 one of Canada's most renowned living authors, Michael Ondaatje, will be in conversation with Joseph Rosen about his mesmerizing new novel, set in the decade after World War II. Ondaatje's previous

work has been awarded the prestigious Booker Prize, the GoldenMan Booker Prize, the Giller Prize, the Irish Times International Fiction Prize and the Prix Médicis.

JEWISH IN MONTREAL: I am pleased to announce that I have become the editor of a Facebook page called Jewish in Montreal. Just type in the words "Jewish Montreal" and you can like the page.

MASSAGE THERAPY SCHOOL: Victor Soussana and Georges Ouaknine have introduced their latest feature at Inter Coupe on Decarie – a massage therapy school. While Victor, Georges and their team perform magic each and every day with their scissors and razors, the massage business is booming. Victor also sells different lines of clothing. What a great place to be.

SAMARA IS A JEWEL: Stephanie Znaty continues to perform magic with his jewelry repairs at

the Quartier Cavendish, next to Pharmaprix. While Stephane spends a lot of time at his workshop, the kiosk is in good hands with Samara Nemeroff at the

helm.

Mike Cohen can be reached at info@mikecohen.ca. Log on to his personal website at www.mikecohen.ca

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