

Cooking like their bubbes – but better

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He said that locating his café in the historic Mile End neighbourhood, where many Jews first settled, was very important for him. “I’m just four blocks from where my grandfather came off the boat from Russia 100 years ago. I’m three blocks away from Moishes (the venerable Montreal steakhouse) and Beauty’s, and one block from Wilensky’s,” said Finkestein.

“This is the epicentre of Jewish Montreal.” Just down the street from Hof Kelsten, one will find the Museum of Jewish Montreal, which offers culinary programming headed by food historian Kat Romanow.

She runs the museum’s restaurant, which serves a variety of traditional Sephardic and Ashkenazic dishes.

Romanow also organizes Jewish food tours through Mile End, where there is “an entrenched Ashkenazi culture,” she said. Participants get to sample smoked meat, as well as hand-rolled, wood-fired bagels from the St-Viateur Bagel and Fairmount Bagel.

“

We’re trying to skip two or three generations, to see where this food came from.

Anthony Rose

Romanow and lawyer Sydney Warshaw are co-founders of the Wondering Chew, a grassroots organization dedicated to educating people about Jewish food.

They received a community grant to hold dinners and other events revolving around Jewish food traditions.

Warshaw said North American Jews in their 20s and 30s “are reconnecting to their culture through this new Jewish food movement. They are looking at the old ways things were made.

“When I was growing up, gefilte fish and pickles came from a jar. Now my family makes gefilte fish from scratch in the same bowl as my great-grandmother used.”

Pickling has also become trendy, Romanow said. “It’s a trendy thing our communities have been doing for generations,” she said.

Ashkenazic food is not necessarily trendy in Halifax, but with the opening of the Hali Deli six years ago, Jewish Haligonians have been able to enjoy their deli favourites and the traditional foods of their childhood.

This community of 2,000 Jews did not

have a Jewish deli or bakery for decades, said Sybil Fineberg, a baby boomer who runs the Hali Deli with her husband, Victor, a longtime restaurateur.

She said he was on the lookout for a smaller, retro-style space with a long counter and stools.

“We would go out for breakfast and we’d said, ‘We could do better than this.’ Victor has an excellent sense of timing. He introduced the bagel to Halifax (40 years ago) at his restaurant, the Little Nugget. When he first served up the bagel, no one knew what it was,” said Fineberg.

He manages the business side of Hali Deli, while she’s the creative force in the kitchen, she said, adding that for some traditional Jewish recipes, she consults her 96-year-old mother, Bella Shore.

Hali Del has an extensive menu with a wide selection of kosher-style items like corned beef and smoked meat on rye, sweet and sour cabbage borscht, chicken soup with matzah balls, hot brisket and a variety of sandwiches made with challah.

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How Does One Define a “High Conflict” Divorce?

Family Matters by John Syrtash

1. Your spouse calls to say Nehama has the flu. So for the first time the child will miss your weekly access visit. You demand a doctor’s note at 8 P.M. on a Saturday night or otherwise a Police Officer will grab the kid and arrest you, snow storm or not.
2. Your spouse calls for the 15th week in a row to say that Russel either has a cold or a special assignment in school or your ex simply doesn’t answer the phone again. Your sympathetic lawyer will help @ \$575 per hour.
3. Your husband has paid his child & spousal support on time to the *Family Responsibility Office* (FRO) for three years without once missing a payment. Now he’s late 2 days so you phone your MPP asking “Where’s Justice?” and demand for the resignation of the Director of the FRO.
4. You’ve paid a lawyer \$15,000 to chase after monthly support payments of \$2,500 each for several years and then successfully obtain Court orders of \$140,000 in arrears while he goes on vacations, buys new cars and a new house (often in someone else’s name.). So you ask the FRO to enforce the Orders. And then they make a deal behind your back in which he only has to pay you \$500 monthly towards the arrears on top of the ongoing support.
5. You have planned a trip to go with your children in Buffalo for the day and you need your husband’s notarized letter of travel consent to cross the border for some shopping at the Galleria. He refuses because in 2012 six Yemeini-Americans living in Lakawana were convicted of belonging to an ISIS terrorist cell trained in 2010.
6. You spend \$17,000 on a parenting assessment during which your husband suddenly starts diapering and playing with the kids for the very first time. Several months later the assessor confirms that, as the stay-at-home mother, you **really really are** the primary caregiver. Your husband then finally consents to an Order

agreeing to a parenting schedule giving him loads of time with the kids but then rarely exercises it.

7. As Dad, you are charged with assault and battery. As Mom you reluctantly take him back anyway. One year later you kick him out when he assaults you all over again, and the kids are a mess.
8. As Dad, you are wrongfully charged with assault and battery. You are eventually acquitted. But after a year of Court delays you’ve been out of the house and estranged from your kids so they’re not even speaking to you anymore.
9. Your spouse takes up with another. He/she asks for your forgiveness. You both go to counseling. You reconcile, but the mistrust lingers. One day you discover a sexy message on his/her smart phone. He/she denies it’s “anything.” Next day you come home: the kids and all the furniture are missing and the note says “Call my lawyer.”

What distinguishes all these cases to those where the conflict is not so intense? No, it’s not the ability to look the other way or to forgive when forgiveness is out of the question. One should run from violence for example. Rather, with couples who don’t react in such manner, it’s the ability to “bring it down a notch” before falling off the precipice, to pull back, lower the tone of voice, tell a joke well before disagreements get out of hand and to forget one’s ego a bit. Listen a little more carefully and compromise. To make it right, one doesn’t have to be right every time. Enjoy the good when it comes and remember the bigger picture. Those of you who have successful partnerships or amicable separations know exactly what we mean. In the larger scheme of life these sad conflicts become self-defeating, meaningless and expensive. The more clever couples are the ones who truly understand what the poet Francois Villon meant when he wrote: “*Ou sont les neiges d’antans*” (Where are the snows of yesteryear?)

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