



# AORTA

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## PANDEMIC ISSUE



DELICIOUS DISH REPORT • BACK TO THE FUTURE? • I GIVE UP

# STEVE'S SCOOP

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I hope I never hear the following phrases again:  
Social distancing,  
Flattening the curve,  
Self-isolation,  
Fallow time,  
And, of course...working from home...if you can!

I think it is safe to say that for most of us the past three months have been one of, if not the most challenging and stressful times in our lives and careers. Certainly, we have never seen our personal lives and our profession in such a precarious and vulnerable state. As in most industries, we have been challenged to evaluate how we will resume our daily work. According to some sources, dentists are statistically at a very high risk of occupational exposure to CV-19, and therefore we have been forced to rethink how we will practice moving forward.

I know there are many opinions among us about how our governing bodies have handled this difficult situation. As one who has had to make final decisions on a variety of matters this year, I do not envy them. I am hopeful, however, that the directives outlining how we will practice going forward will provide maximal safety, yet be measured and achievable. On a lighter note, at least wearing a mask and gloves all day is not a stretch for us, although we have probably never done this at the supermarket.

AO Toronto's approach during the pandemic

has focused on supporting our members and the greater community as we adjusted to a "new abnormal". When the state of emergency was enacted, most of our operations and programs were immediately reorganized and set up virtually. While we could not complete all of our planned programming due to physical distancing requirements, the pandemic did create an upside by allowing us to connect our local chapter to AO members abroad through e-communications. Our Toronto members presented excellent CE presentations via AO International's CE webcasts and our international e-broadcast of the Sunday Morning Breakfast Program was a great success. Locally, our members selflessly donated to the Mount Sinai and Baycrest Hospitals' PPE drives and assisted with CV-19 testing. We directly helped front line workers and our community in a time of great need. I am proud to report to you that our help and donations were greatly appreciated.

The pandemic provided us with greater motivation to create and provide additional benefits to AO members. In addition to our regularly scheduled programs, we hosted a special CE presentation about the way dentistry might be practiced going forward with Dr. Carlos Quiñonez. Also, to lighten our mood, we learned how to make cheesecake, hosted virtually as a special e-edition of the Delicious Dish, and we learned how to make amazing cocktails at our first ever AO Revival Happy Hour E-Cocktail Course.

We also launched the AO Toronto Marketplace. This new initiative provides an opportunity for local vendors to advertise products and services on our website to help members ready their practices for re-opening. Keep watch as we hope to expand this initiative. If you know of businesses interested in listing their products or services, please let us know.

As my year as President winds down, I owe a tremendous amount of gratitude to many people.

I would like acknowledge our Executive

Council, Committee Chairs and their committees, and all those who worked so hard this year to ensure we provided the highest quality, engaging, and interesting programming for our membership.

I also want to acknowledge our Executive Secretary, Jackie Levitan and the administrative team, who have tirelessly helped me, and the line, keep on top of the multitude of details that needed to be managed to keep our organization running efficiently.

Special thank you's to: Barry Reinblatt for putting together AO's best chapter publication, Naomi Cohen, for managing our Purchase Program during these challenging times with the supply chains, and to Oren and LeVi of Uponline, for accommodating my zillion e-blasts and for setting up the AO Marketplace at a moment's notice.

To my fellow line officers, Iris Kivity-Chandler, Laurel Linetsky-Fleisher, Tammy Herzog, Allan Katchky and Line Advisor Ira Marder. As a team we accomplished so much, had a great time, and learned a lot from each other! Your insights, ideas and collaboration helped make this a great year especially under difficult circumstances. Allan, this year marks the end of your time on the line. Yasher Koach for all of your accomplishments and contributions to our chapter, and thank you for being an amazing mentor!

With each end, comes a new beginning. I want to introduce our new secretary, Ilana Kraus. Lani, your enthusiasm and contributions have shown us that you will be an excellent future leader of our chapter. And to our new President, Iris Kivity-Chandler, I want to wish you a fulfilling and successful year to come. We have worked together for many years on committees and on the line. You will be an amazing and creative President who will connect with our members and represent us well in AO and within the greater community!

I have enjoyed meeting and getting to know many of you this year and I have learned



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#### **Next Executive Meeting**

T.B.A.

#### **Next AORTA Deadline (August)**

Monday, July 6, 2020

#### **Notable Achievements**

Please inform the AORTA of fraters or members of their families who have achieved success, honours or milestones.

#### **Benevolence**

Please call Stan Markin regarding illnesses or deaths of fraters.

Office: (416) 497-2122

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#### **Associate Placement**

Fraters who are interested in having an associate join their practice or who are interested in associating with another dentist (full or part-time) contact Philip Novack

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*The opinions as expressed by the editors and columnists of the AORTA do not necessarily reflect the views of Toronto Alumni Chapter and/or its executive. All correspondence should be sent to the editor at [barryreinblatt@sympatico.ca](mailto:barryreinblatt@sympatico.ca)*

a lot along the way. None of this would have been possible without the support of Gina and my children, Ashley and Justin. Thank you for helping me fulfill my role as President this year!

While we have faced a very difficult three months, the pandemic has reinforced to us the importance of social connections, and it has taught us how to continue to interact with each other even when we cannot physically be together. I hope that we will all soon be able to gather once again, in person, at our fabulous AO events.

It has been a great honour and a wonderful opportunity to lead our chapter this year. Keep well everyone, and have an enjoyable summer!

Fraternally,

Dr. Stephen Kay

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- Preparation of COVID-19 policy and procedures

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## DENTAL VOLUNTEERS FOR ISRAEL

Dentists needed... to treat disadvantaged children in Jerusalem who cannot help themselves.

For information, contact **Les Train** at [drtrain@rogers.com](mailto:drtrain@rogers.com), or check our website at [canadianfriendsofdvi.org](http://canadianfriendsofdvi.org).

## RCDSO PET EXAMS

Are you writing the RCDSO Pet exams? Do you want to join others who are writing for a study group?

Email Jackie at [info@atoronto.org](mailto:info@atoronto.org) and we will put you together.



You are invited to join the Toronto Alpha Omega Fraternity group on Facebook

Do you have a story to tell that other Fraters would love to hear?



Contact the AORTA editor Barry Reinblatt at [barryreinblatt@sympatico.ca](mailto:barryreinblatt@sympatico.ca) with your suggestions!

## SPONSORSHIP PROGRAM

If any Alpha Omega member knows of individuals or corporations who may be interested in sponsoring our programs please let me know. This will ensure the quality of our programs and events.

Please email this information to [drbgreenbaum@rogers.com](mailto:drbgreenbaum@rogers.com). To all committee chairmen, please forward a list of your corporate sponsors. Also please list the contacts and email addresses.

Thank you.  
**Robert Greenbaum**

# FROM THE EDITOR



As I sit down to write this, the RCDSO has just released its guidelines on what is necessary to resume our practices. As I read it, the restrictions are a lot less severe than I think most of us had even hoped for. To be brutally honest, I find I have a real mix of emotions as I contemplate returning to my office. On the one hand, I am happy and somewhat excited to be returning to work and taking care of my patients again. I also find myself feeling some trepidation about returning to work and taking care of my patients again. As well, I am a little disappointed (I will admit this) to be losing the freedom I have experienced during this time at home.

I'm sure this is an age thing, however, being able to go for daily long walks with my wife, finding numerous projects in and around the house to do, and just having some time to relax are going to be hard to give up. Having said that, I knew that this would eventually come and look forward to the challenge of our new normal. I hope all of you are back at work in some capacity by the time you read this. If anyone wishes to share how they spent their time during the pandemic, please send it to me at [barryreinblatt@sympatico.ca](mailto:barryreinblatt@sympatico.ca) and I will publish it.

Stay safe and well everyone!

# EVENING CONTINUING EDUCATION REPORT

Monday March 2 Dr. Geoff Duviner gave our members a superb presentation on Grafting: When and how to manage the extraction socket in preparation for Implants.

Wayne Wolfstadt



## UPCOMING EVENTS

T.B.A.

## Mazel Tov

### To...

**Jaclyn Glick and Daniel Israelsohn** on the recent birth of their daughter. Proud grandparents are **Eddie and Susan Glick**.

**Na'amah Jacobs Weltman** on the recent birth of a son.

**John and Elise Gasner** on the recent marriage of their son **Nadav** to **Pearl Kraft**.

### Just A Reminder...

The Roster is for the exclusive use of the membership of Alpha Omega Fraternity. Anyone found using this directory for solicitation purposes will be prohibited from advertising to Alpha Omega and may be the subject of legal action.



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# I ALSO HAVE A CAARR AND GOOD OLD DAYS STORY

by Arthur Dunec

I enjoyed reading Steve Brown's CAARRR!!! and "the good old days" story in the April Aorta.

The story did trigger (not Roy Rogers horse) flashbacks to my own "car stories", and my good old days. I was born in a DP (displaced persons) camp in Germany in 1947.

At age one we moved to Israel. Growing up we had fun playing soccer, there was no television in Israel at the time, and none of my friends had a telephone. We grew up without grandparents and only one friend had a grandmother. Then came the 1956 Sinai war and we had to blackout the windows with black bristol board to prevent Egyptian bombers from seeing Tel Aviv lights.

I remember the 17 jewel watch my late mother z"l gave me, which shortly after, I lost on the beach in Tel Aviv. A few days later, I found a new watch in my shoe as I was putting it on.

In 1957 my late father z"l moved to Canada and was finally able to get my mother, my sister and I to join him in Toronto, in December 1959. For 3 months we lived with my late uncle Max, my late aunt Rita, and cousin Arthur Slutsky on Cecil St. If I knew that U of T was walking distance from there, I would not have moved. With my limited English, my big outings were taking the Spadina bus and Queen streetcar to Sherbourne St. to visit my landsman Marty and Ralph Wolfe and that's where I learned to ice skate. Television was new and amazing. I thought that there was NOTHING FUNNIER IN THE WORLD than the 3 stooges until my cousin remarked that when my English improves I will appreciate the Dick Van Dyke Show more. In Israel I was aware of professional wrestling. IT IS REAL!!! In the book by Israeli body builder, Raphael Halperin, known in North America as the wrestling Rabbi, he wrote that he did not want to be in the ring longer than necessary with wrestlers much bigger than him. They can hurt you! And so with his agility, drop kicks, and submission holds he would win in 20-30 seconds. After some short matches the promoters did not arrange matches for him anymore.

I went to Lord Landsdown public school at College and Spadina and could not believe that it was ORTHODOX! The two entrances in the back of the school were marked "boys" "girls".

It was depressing to start a new school and new country in the middle of the year. I was put back

two grades to grade five and graduation seemed further away. We then moved to Briar Hill public school (at Dufferin) where I was given a chance to study grade 6 on my own and if I pass grade 5 and 6 finals then I could go to grade 7. We moved again and I am in Beverley Heights Jr. High, near Jane and Wilson. Here, graduation is grade 9.

My father was a cabinet maker and coincidentally worked in the shop with the fathers of Edward Reiter and Fred Wizenberg who are also Alpha Omegans. My father went to night school to get his Hebrew teaching certificate and we moved again! This time to Kingston On where he was the Cantor, Baal Koreh, Hebrew and Bar Mitzvah teacher. I wondered where is Kingston? At that time the 401 did not reach it and you had to detour to highway 2 to get there.

Now I start at the bottom of the ladder in grade 9 in Kingston Collegiate.

Actually high school was the "good old days". On many weekends I would visit my cousin in Toronto and my late uncle graciously lent me his car so I could drive friends downtown to a movie. I park the car and put money in the meter. I come out and the car is gone! Stolen! Apparently it was towed away. I wasn't aware of no parking during rush hour. We didn't have that in Kingston.

That was traumatic!

In Grade 11 the school organized a trip to the faculty of dentistry and I thought it would be nice to study here someday. My grandmother z"l was a dentist in Poland (now Belarus) in 1902, and my grandfather z"l got his diploma in electrical engineering in Germany in 1898. I have both diplomas. My mother did tell me that when news of Nazi atrocities reached their town of Novogrudek, that my grandfather could not believe it. He said that the when he studied in Germany, the people were cultured and civilized.

My second "car trauma" was when my father allowed me to take 5 friends to a Shabbaton in Watertown New York, in our new 1966 Chevy Impala. Yes, 2 passengers could sit in the front. On the way back on Sunday, a sudden snow storm made the highway slippery and I skidded into the guardrail, scratching both passenger doors. My father calmly said "don't worry we will get it fixed". 2 hours later I explained that it was bowling league evening and if I could please have the car. He agreed and I was on my way to

get my friend Michael Robinson. I park and knock on his door. At that moment his neighbour across the street backs out and puts a big dent into the driver's side of my car. What to do now? I make an executive decision to continue to Cloverleaf Bowling and focus on keeping up the team's average. When I returned home I blurted out "This time it was not my fault!!" Two accidents in one day with a new car!

At this time I would like to thank my friend Michael for letting me copy some of his grade 12 notes. We did not have "copy and paste". He wrote in my grade 13 yearbook that when I become a dentist, that it was because he lent me his notes.

And so it was. My very first graduation was grade 13, and then dentistry in 1972. Michael, thank you again.

p.s. Just before the first seder I recorded this Elvis Pesach video.

Are we lonesome tonight  
Is our family alright  
It's the virus that keeps us apart  
Does your memory stray when our children could play  
While we pushed a huge shopping cart  
Do the chairs at the seder seem empty and bare  
Do your gaze at our doorstep hoping children are there  
Is your heart filled with pain, shall I call them again  
Tell me dear are we lonesome tonight  
I wonder if we are lonesome tonight  
you know someone said that the world is a stage  
and each of us must play a part  
Fate had me celebrating Pesach with you as my sweetheart,  
Act one was when we met, I loved you at first glance  
You read your haggadah so cleverly and never missed a cue  
Then came Act two.. China seemed to change  
and acted strange  
and why I'll never know  
China! you lied when you said...that the virus  
wouldn't spread  
And I had no cause to doubt you  
But I'd rather have a seder alone  
then suffer with this unknown.  
Now the table is bare and we are sitting there  
with emptiness all around  
And in the future if family can't be with us  
Then they can bring the curtain down.  
Is your heart filled with pain?  
Will Pesach be normal again?  
Tell me dear are we lonesome tonight?  
I am leaving the building.

# 2020 WINTER SEMINAR AND CHARITABLE DRAW

It was a cold, snowy day. The perfect day for the Alpha Omega annual half day seminar and Charitable draw!

It was held on February 21, 2020 at Beth Emeth Synagogue. It was the first time our charitable draw event was held in a FULL day seminar model.

Two of our fraters donated their time, effort, and excellent lectures:

Dr. Aviv Ouanounou talked about pain management and analgesics. Very relevant, and extremely important lecture!  
A donation was made in Aviv's honour to "Tiferet Israel Congregation"

Dr. Adam Kaplan gave an excellent talk, summarizing in a very friendly way issues in medicine for dentists.  
A donation was made in Adam's honour to "Baycrest Alpha Omega dental clinic"

150 fraters attended the day and enjoyed a great lunch and supporters booths while getting 6 core 1 CE credits!  
I would like to thank our supporters for the day: **Adin Implants, Dentalcorp, Garfield Refining Company, Procter and Gamble, PWM Professional Corporation, Shaw Group of Dental Labs**

**The raffle raised \$5000** which will be distributed as usual through the Toronto chapter's charitable Board of Trustees.  
A list of the donors and prizes is published in this issue - please share this with your reps if they donated, or let new possible donors know for next year.

Thank you for all that made this day a success!

Guy Aboodi, Chair  
Committee members: Saira Perdes, Cara Lindsey, Shawn Groyeski

## We would like to thank the following donors:

DONOR	PRIZE
Coppi Ristorante	\$100 Gift Card
Grand Hotel and Suites	\$400 Gift Card
Skye Flowers	\$145 Gift Card
Delicious Dish for two with Carolyn Cohen	\$200
Canadian Orthodontics Labs	\$75 LCBO Gift Card
Sinclair Dental	\$100 Visa Gift Card
Dr. Larry Rotman	2X Blue Jays Tickets
Dr. Sharon Perlmutter	2X Blue Jays Tickets
Rieske Dental Lab	Nespresso machine
The Surgical Room	TYPODONT - Implants and Bridges



# DELICIOUS DISH REPORT

Report For The AO Revival Delicious Dish Zoom Cheesecake Baking Class For Shavuot May 25<sup>th</sup>, 2020

On Monday May 25<sup>th</sup>, 2020 at 4 pm AO Revival ran a Delicious Dish cheesecake baking class with Carolyn Cohen. This class occurred during the Covid-19 pandemic and quarantine period when social functions were prohibited so we did the class on Zoom. We had 16 fraters join via computers, some with their children and spouses baking alongside them. Carolyn sent everyone the recipe for an Italian Lemon Ricotta Cheesecake with a Blackberry Coulis a few days before so we all had time to buy the needed ingredients and gather the necessary baking equipment. Carolyn baked

in front of us while we all did the same. This was such an easy recipe and was absolutely delicious!! I cannot believe I actually prepared a cheesecake in less than 20 min. It was a huge hit with my family and I will definitely be making it again! There was time at the end of the baking portion for a Q & A and Carolyn graciously fielded many cooking, baking and ingredient questions. Thank you Carolyn for making our afternoons so enjoyable.

Respectfully submitted by  
Dr. Laurel Linetsky-Fleisher



## DELICIOUS DISH

### ITALIAN LEMON RICOTTA CHEESECAKE WITH BLACKBERRY COULIS

An Italian cheesecake is typically made with ricotta cheese. It is not overly sweet and slightly drier than a traditional cheesecake. This cake is best made the day before you want to serve it. The Blackberry Coulis really adds a nice touch. You can use frozen raspberries if you can't find blackberries.

#### INGREDIENTS

- 1 cup sugar
- 1/3 cup all-purpose flour
- 2 pounds ricotta cheese, drained
- 2 tsp. lemon zest
- 6 eggs
- 1 teaspoon vanilla extract
- 1/4 tsp. sea salt or 1/2 tsp. kosher salt

#### Blackberry Coulis

- 1 small bag (300g) frozen blackberries (about 2 1/2 cups), defrosted
- 3 Tbs. honey, maple syrup or agave nectar (I use agave)
- A squeeze of lemon, optional

#### DIRECTIONS

1. Preheat oven to 325 degrees. Set rack in the middle of the oven.
2. Butter and flour a 9-by-2-inch springform pan and tap out excess flour. Place on a rimmed baking sheet.
3. In a medium bowl, sift sugar and flour.
4. In a large bowl, combine ricotta and zest and whisk until smooth.
5. Add sugar and flour mixture and gently mix to combine.
6. Add eggs, 1 at a time, and whisk to combine. Add the vanilla and salt.
7. Pour batter into the prepared pan. Bake in the centre of the oven for about 55 to 60 minutes, until a light golden colour. Make sure the centre is fairly firm and the point of a sharp knife inserted in the centre comes out clean.
8. Cool completely on a wire rack. Cover with plastic wrap and transfer to refrigerator until chilled, at least 2 hours or overnight.
9. Make the Blackberry Coulis: Puree blackberries in food processor or blender. Using a spatula, push coulis through a strainer to remove the seeds. Add sweetener of choice and a squeeze of lemon if you want.

# ISRAEL INSIGHTS

## WINTER RUNOFF

Heavy rainfall across Israel over the winter exceeded the annual average by 105% and in the north by more than 120%.

Once the snow on Mount Carmel started melting, the runoff in the Golan Heights sent water surging towards the Kinneret (Sea of Galilee).



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# I GIVE UP



Sheila and I live in a 65-year-old house in London North. When we purchased the home almost 50 years ago, there were farms to our south, west and north. The Medway Creek Valley coursed about a Km north of our property. Land was relatively cheap, and our lot is about an acre in size. The previous owner was a farmer who didn't want to spend time growing anything he couldn't sell, so there was no attempt at landscaping. When our guys were young, we had a large above ground pool, a lot of grass and a cute but rather wimpy dog. As the years went by, we kept a vegetable garden and planted a few trees. When the boys left the nest, we demolished the pool, put in a fishpond and a large perennial garden, planted more trees, built a patio and did some landscaping. Neither of us have a green thumb so eventually we got rid of the finicky plants and grew stuff that was hardy. We called it our Darwinian garden. With the boys on their own and the dog long gone, we settled into reading under a tree, sharing a pre-dinner cocktail and enjoying our little park.

If you have read this far, you might be saying- so what!

Well, our property has become a magnet for wildlife. Not cutesy bunnies and chickadees but a real horror story that reads like a Stephen King novel. Everyone has grubs in the lawn, ants in the sidewalk and mice under the patio. Although we share those annoyances, our interaction with a menagerie of wildlife is well beyond the norm.

I often wondered how it all began. To my

best recall, about 20 years ago we noticed that there were dozens of rabbits in the neighbourhood. Every lawn seemed to have its resident bunny. On my walk to work, I could count a dozen without fail. They were cute and did little damage. A nibble here and a nibble there, the pruning was insignificant. In the Spring and late Summer, we enjoyed the bunny babies testing the suburban buffet. One summer, I was in our garden pulling weeds when I stepped back, and my foot dropped into a depression. I heard a wail and many squeals and was surrounded by furry things racing off in all directions. When I examined the hole, it was clear it was a rabbit nest. Although I was unhappy that I disturbed the brood and worried that I may have injured a baby or two, I thought nothing of it. When I look back, this was the beginning of many years engaged in a personal animal vendetta.

I am convinced that animals talk to each other. Intraspecies dialogue makes sense but I know that conversations also occur between species. The evidence is clear. Consider two of the most loved movies, Bambi and Winnie the Poo. These movies give unmistakable evidence that animals can and do share information verbally. Beyond chatter, I have no doubt they can conspire and even act in a vindictive manner.

Shortly after the rabbit nest incident, we noticed weird noises and scratching in our fireplace. There were periods of quiet but then the peculiar squealing would restart, and last for hours. One evening, I was in our driveway about to turn the car lights off when I saw a large raccoon descend the chimney and scramble down the side of the house, leaving a track of soot. I got some advice and successfully evicted the mother with her pups. At some cost, we got the mess cleaned out and changed the locks on the raccoon hotel. For the next few years, we were frequently awakened by the horrible and ghastly sounds of mating raccoons doing their thing just a few yards from our bedroom window. Don't tell me there is no connection.

Most people find chipmunks perky little charmers. Don't be taken in. They are mean spirited and organize themselves as if they were in the mafia. I believe that they are in

cahoots with the rabbits. At first, they found joy in ripping holes in window screens. After repairing a few, we have had to replace whole units. No one knows why they do this. Not satisfied with minor vandalism, in the spring they set up sentries waiting for us to arrive with annuals for planting. Within hours of putting the new flowers into fresh soil, we find the small plants dug up and lying in heaps around the planters. Commercial animal repellents are effective but at a cost. If you are still a sceptic- last year, I put my car in reverse and rolled down the driveway. I was startled to see the dashboard transmission gear-indicator light blink D-D-D-.... There was a thud when I put the car in drive and an abrupt jolt with each gear change. I limped into the dealer who was perplexed. Hours later I was informed that they found a chipmunk nest close to the wires to the relay device which controls and synchronizes gear changes. The insulation had been chewed away causing electrical shorts. They had never seen this type of damage before. I know what you are thinking- but you are wrong. This was a purposeful act by a gang of thugs.

Skunks are seen and smelled most often when they are splattered on a roadway. Everyone in the suburbs or country sees them occasionally. Our skunks seem to be on a terrorizing mission. At first, they simply dug up our lawn so that it looked like it had been plowed. Application of grub poison slowed that activity only to be replaced by lurking and voyeurism. They would hang out around our backdoor as we returned in the evening. Seeing us, they would slowly turn in an unperturbed manner and waddle away in the tail up position. They hung out around the house leaving a smelly trail as they passed under our open windows. One evening my son who had some fireworks left over from a display suggested that a blast might deter them. He lit a cherry bomb, a firework which makes a lot of noise and a bright flash. He tossed it toward the skunk and unbelievably it exploded right on the animal's nose. When the flash subsided, the skunk had not moved, and I swear it stuck out its tongue and grinned. Another took residence under our patio. No animal repellent, human hair or unwashed underwear would move him or her. One day as I was watering some plants,

---

it appeared just 5 yards away studying me in a typically skunky way. I adjusted the spray to full stream and with some degree of luck, caught it flush. He ran off giving me enough time to lay bricks in the holes under the patio. This is not normal behaviour. This spring, Sheila called from the basement and was perturbed that something odd was happening. I went down only to hear rumbles and bangs coming from the wall. I thought the sound centred on a window-well. I slid the inside shutters back and discovered a pair of skunks rutting on the other side of the window. It lasted until their passion subsided. There is a conspiracy afoot.

So, what about birds, you ask? While washing a dirty front window in the Spring, I suddenly felt a slap and heard a whoosh at the side of my head. It startled me and I almost fell off the ladder. I caught a glimpse of a Peregrine falcon snatching a Mourning Dove not far from our front door. Speaking of doves, flocks of these dim-witted birds have taken up residence just outside our bedroom window and insist on starting their incessant cooing at 4:00 in the morning. These birds are too dumb to do that on their own. Did I mention the great Blue Heron who checks out our fishpond, selecting the best morsel to start its day?

We have far too many squirrels and they have joined the conspiracy. We mostly ignored these furry rats until one day I found our squirrel-proof bird feeder on the ground, smashed and severely chewed. So, I bought another and hung it on a thin wire. Within a day, a squirrel had learned how to pull up the wire, paw over paw, until it was able to land on the feeder and gorge himself. Did I try greasing the wire and poles? - of course? Did I try cayenne pepper? – yes, again. Did that deter the creature? -yes, for a day or two. One day, I stood watch from a window, while a plump grey climbed a nearby patio post, and I swear it took out a small slide-rule and calculated the trajectory angle and initial velocity to make a jump which would land him on the feeder platform. Do any of your resident squirrels chew away at the wood moulding of your windows? Well, we were planning on installing new windows anyway. After cayenne pepper, greased poles, squirrel

deflectors and relocation of the feeder, I finally outsmarted a bushy rodent with a brain half the size of a walnut. But truly, I know it is only a temporarily respite.

By this time, we had given up on our vegetable garden. It had begun to look more like a jail, covered with chicken wire and nets. Nothing survived the onslaught of burrowing and chewing animals.

My neighbour and I share about 2 acres separated by a few hedges. We are frequently visited by a small herd of deer. No need to prune small trees or bushes. Most of the time they are not seen except for the deer poop which helps fertilize the grass. From time to time fawns are left behind and we have learned not to be alarmed as mom drops by in the evening to collect the youngsters. After solving the squirrel/bird feeder problem, we discovered to our dismay that deer can empty the feeder within minutes. They knock at it with their forehead, antlers and tongue. How they find their way from Medway Valley, through the subdivision to our yards is a mystery to my neighbour, but not to me. Recently the deer have become almost domesticated. We often have a few peering into our kitchen window checking out what's up for breakfast. I searched the yellow pages for wolf packs on loan with no success.

Our current adversaries are groundhogs or woodchucks, or as I call them 'evil beasts'. They dig holes, eat everything that grows, burrow under patios and can even climb trees to denude branches. I have tried to flood them out of their burrows, used varieties of repellents, bought an electronic device that was guaranteed to annoy them so that they move away, and even live-caught one. My trip to a release site left my car smelling of rodent for weeks. My farmer friends have two solutions, both of which are unavailable to me. They either use something they call a gopher grenade which is dropped down the holes or as one said with a grin, 35 grams of brass.

No doubt, you are thinking that we have had a run of bad luck. All the creatures are common, and these interactions are a matter of statistical probability. That may be a reasonable argument. Let me address it when

I return from the hardware store with another roll of chicken wire to cover our fishpond. We have had two visits by a mink. I hope it left us a few fish.

Is there a lesson here?

Yes, be very careful when gardening: Don't step on a rabbit's nest.

As for me-I give up!

Stan Kogon

# BACK TO THE FUTURE?

By Steven Brown

Doc Brown? I've been Doc Brown for 40 years. The original. That's me. I look like Doc Brown. HE looks like me! O.K. Enough of that. I'm beginning to sound like you-know-who. So during this time of lockdown a lot of the usual random thoughts have crossed my mind. And thank goodness for Post-It notes. Otherwise this attempt at 'humour' might be over. So here we go again.

Wow. With all the time I have on my hands these days, have I gotten a lot of stuff done,—that never needed doing in the first place! And boy-oh-boy is Paula losing her mind. She called me at the office a few mornings ago, and interrupted my routine of reading the paper and then watching YouTube videos, but I listened. She said "It's over. - I took out the granola. Went over and made coffee. And then I brought the coffee over, and poured the granola into it." OYE! And with all the time we have on Facebook these days; when you're going back and forth with someone on messenger for 10 minutes, and finally the conversation stops, don't you feel like, - They hung up on me. Also. Way too much CNN. The same commercials over and over again. But the ones that bother me the most, are the ones about the biologics. (drugs)(Sorry. You knew that) At the end of the commercial, after telling you all the side effects, they always say "Talk to your doctor, and see if this drug is right for you." So I can imagine them walking into their doctor's office and saying "Hey doc, I just heard about this drug. It's called truntedorpiscal (I don't know), and I think it's right for me." If I was their physician I'd hand them my script pad and say - "Here. Go ahead and write it out for yourself..... and let's see what happens. Should be interesting." NEXT!!!!!!!!!!!!!!

Now here's the good thing that has come along with this situation. 1. Traffic is fantastic! 2) I've been able to clean my office six times. It looks barren. 3) NO faxes. And 4) Driving to work, I'm getting 3 weeks to the gallon. (O.K. That's not mine) And walking into work along Yonge Street, because I park a mile from my office. Sorry, 1.6 kilometres. I'm not cheap. I like to walk. Every day! I see a lot of 50%

off signs in windows. It always reminds me of what a '50% Sale' really means. It means "Nobody wants it, you take it." And this is going to get Barry in trouble, so don't read it. I have this amazing talent. I can sneeze very loudly, and yell something at the same time that I sneeze. It was really funny at the beginning of all of this when the subway was crowded, and I was on my way down to U of T, And I'd sneeze and yell Coronavirus at the same time. And I swear, I could have lay across 3 or 4 seats that opened up. And again, on my walk from my car to the office. When someone is talking on their cell phone with their ear plugs in, very loudly, I like to sidle up close to them and yell "Come back to bed. I'm freezing." (I don't think that's mine either.) And correct me if I'm wrong, but you all know how much I enjoy stupid signs. So on my walk I saw a sign that said - " Rug Sale. Everything Must Go. Last week." Why do they put up a sign when the sale was last week? (You may have to read that again).

Now these are really random 'thoughts'. Isn't it wonderful that the word parallel has two l's (ells) in the middle. So the word parallel-el, really is parallel in the middle. Those two ells will NEVER cross!. And speaking of crosses. There's a Crossfit Store on Avenue road that I pass every day. So one day I stopped and went in, and told them I was Jewish, and could they fit me for a Star of David? They threw me out. And think about this. 'Room temperature'. Every room is room temperature. (I don't care if you got that or not.) And did you ever realize this? All odd numbers have an 'e' in them. I'll give you a few minutes.

O.K. We're back. Paula and I have been getting C.P.P. for a few months now, and she was really excited. She said they were giving her free money. She was excited until I burst the bubble and said, "Yeah, they're giving us our money back that we've been giving them for 40 years, and if we live to 72 it will all be worthwhile." So yes, I'm getting older. And there's one thing I can guarantee. The person that invents the self zippering zipper, will become a bazillionaire. And also, I pass a number of Psychics on my way in the morning. And if they're Psychics, why are

their offices always over a laundromat? But when you go to a Psychic, do they always have to put on their 'reading' glasses? And again. Laundromats. I'm quite naive. I always thought money laundering was done at a coin wash. Aaaaaand, if you need a door, and you get a door salesman to come to your house, how do they knock when they get there? Think about that!

And back in the old days when we could go to a movie, have you ever noticed how many trailers you have to watch before the 'Feature Presentation' starts. And some of the trailers are so long. During one of them I turned to Paula towards the end of it and said "I hear the last 7 seconds of the movie are amazing." I think I might have stolen that too. Who can remember anything anymore. If I didn't have a pill thingy with days of the week on it, I wouldn't know what day it was. You should get one, and put Smarties in it. And I heard about an American couple in Paris who went out for dinner at a lovely restaurant, and you know how everyone smokes in Paris. Well they called the waiter over, and said "We're not really enjoying this. Could we please sit at a Non-Smoking table please?" And the waiter leaned over, grabbed the ashtray off their table, and said ——"VOILA!" Again speaking of restaurants. My wife wanted to go out for Indian food. But I said "I want NAAN of that!" And back to the theatre. We went to see the movie Parasite. An excellent movie that won the Academy Award for best picture. Korean? Who can remember. All I remember is, after an hour my lips got tired. And if you don't get it, I don't care. And I was just speaking to my brother-in-law in New York. He's a Rabbi. So I asked him. When I go to a synagogue I believe I'm going to a House of Worship. I asked, when rabbis and priests go, do they feel as if their going to a House of Wor(k)ship?

And now let's go dental. I don't think I ever told you about my patient who once asked me if I liked all the patients I treat. So I asked her if she liked all the people she meets. And she said No. And then said "But you wouldn't tell them, would you?" And in my most sarcastic neck roll I said "NOOOOOO!" But the patient I like a lot said to me at the end of an appointment. "I told my friend I broke

a tooth, and I had to go see my Magician". I said thank you, but that I was actually a reverse magician. Patients make things disappear, and I make things reappear. And recently I was stopped by a couple of police officers, who said it was a new policy, but they'd have to do a cavity search. I told them they didn't need to because I was a dentist, and I don't have any cavities. But if it was policy, I'd let them, if they really knew what they were doing. And once I got to my office, my first appointments that morning were the Weners. Who could resist? I went out to the waiting area and said "I just love the smell of wieners in the morning." And whenever I see someone at a party that knows I'm a dentist, and they come over to tell me about their dental problem, I always tell them, I think I can help. I say "I think you have to see your dentist." Now, - no offence. But if a dentist gets to a certain age and doesn't start hearing - "YOU'RE NOT RETIRING SOON!!!!" Maybe they should consider retiring. (Or maybe not. Don't call Barry). Recently, about six weeks ago now I guess, I got the best answer from an eleven year old, when I asked when the Orthodontist said they'd be getting their braces off? She said "I guess, when they're straight." TOUCHE! And another patient said to me, when I asked her what she would think about me combining my office with a dentist named Silver. She said "Silver and Brown. That's my teeth!" And Dartmouth College in New Hampshire. Do they have a Dental Faculty, because if any College should, they should. Dart-Mouth. I hate when I have to explain things. And when a child told his mother in the waiting room, I was the 'Goat'. Who knew that was a good thing? Don't worry. Some day this stuff will happen to you too.

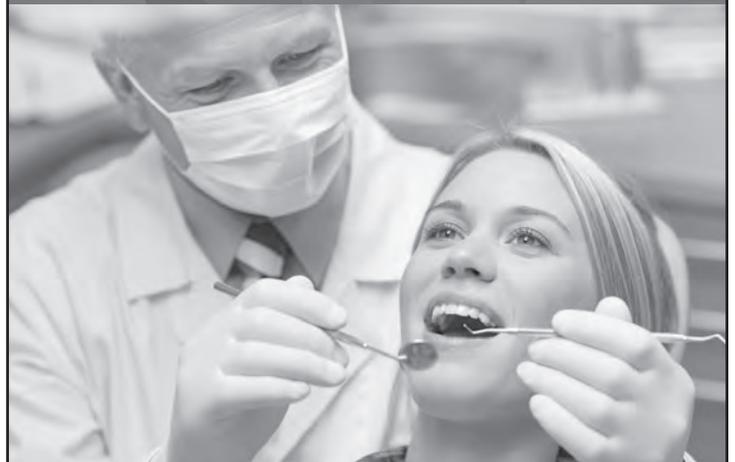
And I'll leave you with this. Every time I say something about myself, (which is much too often) I think of you-know-who again. Anyway, let me tell you, and don't hold it against me. There's a difference between a Comedian, and an Actor in a comedy series. A Comedian makes up their lines. A Comedy actor says them.

Alright,  
As always,

I remain SHB.

P.S. - There's no better time to be kind, than during a pandemic. If you can't, who cares. It's just nice to end softly.

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## GOLD CARDS

### Condolences

Dr. Paul & Hyla Okorofsky on the loss of their daughter  
Dr. Stanley & Ellen Markin  
Drs. Avi Wurman & Sharon Sussman  
Drs. Allan Katchky & Cindy Greenspoon  
Dr. Howard Steiman on the loss of his mother  
Dr. Stanley & Ellen Markin  
Dr. Howard Steiman on the loss of his father  
Dr. Stanley & Ellen Markin  
Dr. Stan & Linda Waese

## SILVER CARDS

### Speedy recovery

Dr. Manor Haas  
Drs. Avi Wurman & Sharon Sussman  
Jackie Levitan

### Condolences

Gottlieb family on the loss of their father  
Dr. David Eisenstat & Amanda Salem  
Dr. Howard Rosen & family on the loss of his mother  
Dr. Bonnie Chandler & Oded Hubert  
Dr. Paul and Hyla Okorofsky and Family on the loss of their daughter  
Dr. Bonnie Chandler & Oded Hubert  
Dr. Harvey & Maura Cooperberg  
Dr. Alan Vinegar  
Dr. Miriam Rosenberg & Family  
Dr. Howard Steiman on the loss of his parents  
Dr. Marvin & Helene Obar  
Dr. Phil & Bonnie Novack on the loss of their son  
Dr. Alan Vinegar  
Rosaleen Rinzler & family on the loss of her mother  
Dr. David Eisenstat & Amanda Salem  
Harry Krakowsky on the loss of his mother  
Dr. David Eisenstat & Amanda Salem  
Dr. Gary Scharoff on the loss of his father Past International AO President, Donald Scharoff  
Drs. Avi Wurman & Sharon Sussman

## TRIBUTE CARDS

### Condolences

Godfrey Family on the loss of their father  
Dr. Sheldon & Marlene Cooper  
Sara Bleiwas on the loss of her father  
Dr. Aubey & Marilyn Banack  
Dr. Paul & Hyla Okorofsky on the loss of their daughter  
Dr. Aubey & Marilyn Banack  
Dr. Murray & Marilyn Wagman

Elaine Yaffe on the loss of her husband  
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### Speedy recovery

Dr. Manor Haas  
Dr. Wayne & Sheryl Wolfstadt and family  
Andrew Hubert  
Dr. Wayne & Sheryl Wolfstadt and family

### Condolences

Okorofsky Family on the loss of their daughter, sister, aunt, cousin and friend  
Dr. Wayne & Sheryl Wolfstadt and family

## AO BAYCREST CLINIC SILVER CARDS

### Congratulations

Dr. Gary Elman & Jan Goldstein on their daughter's wedding  
Dr. Jeff Solomon & Eva Rosenthal

### Condolences

Dr. Robert & Jan Simonsky on the loss of his mother  
Dr. Jeff Solomon & Eva Rosenthal  
Dr. Stephen Abrams & Rosette Rutman on the loss of her mother  
Dr. Jeff Solomon & Eva Rosenthal

## TRIBUTE FUND PRICES

1. Tribute Cards	\$10.00 each
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Donate **online** at [aofoundation.ca](http://aofoundation.ca)  
For assistance, contact Harvey Cooperberg at (416) 223-4616, or by email at [tribute@aofoundation.ca](mailto:tribute@aofoundation.ca)

5. Toronto Alpha Omega Forest \$18.00 per tree.  
A donation of Trees in the Toronto Alpha Omega Forest in Canada Park, Israel, may be ordered directly from J.N.F. When ordering please indicate the purchase through Alpha Omega Fraternity.

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or email [info@aotoronto.org](mailto:info@aotoronto.org)  
or fax 416-250-8668  
Hours: 9:00 a.m. to 1:00 p.m. Weekdays Only

### Anyone needing help or information with tribute cards, please contact:

Harvey Cooperberg at [tribute@aofoundation.ca](mailto:tribute@aofoundation.ca), or call Harvey at (416) 223-4616. As well, anyone who wishes to volunteer some time assisting with this very worthwhile cause, please contact Harvey as above.

## CONDOLENCES TO:

Dr. Barry Hanser on the loss of his brother  
Dr. Howard Steiman on the loss of his father and mother  
Dr. Jonathan Rosen on the loss of his grandmother  
Dr. Paul & Hyla Okorofsky on the loss of their daughter  
Dr. Stanley & Carol Okorofsky on the loss of their niece  
Dr. Ron Kellen on the loss of his wife  
Dr. Morris & Susan Fremar on the loss of her mother

## Honour a loved one and perform a mitzvah with Alpha Omega Tribute Cards

### WHERE DO THE TRIBUTE CARD FUNDS GO?

The Alpha Omega Foundation of Canada distributes funds from the sale of tribute cards to charities in Canada and Israel such as:

- Yad L'Kashish/Lifeline for the Old
- Beit Issie Shapiro (children with developmental disabilities in Israel)
- Amutat Melech Ha'artz mobile Dental Clinic
- DVI – Dental Volunteers for Israel
- One Family Fund (supporting victims of terror in Israel)

**Support Dental Research in Israel and Canada**

# 2020 AO SUNSHINE CITY CONVENTION

THURSDAY DECEMBER 24	FRIDAY DECEMBER 25	SATURDAY DECEMBER 26	SUNDAY DECEMBER 27	MONDAY DECEMBER 28	TUESDAY DECEMBER 29
Fraternity BOD Meeting 8:00AM – 4:00PM	Convention Registration 8:30AM – 4:30PM	B'nai AO 7:00AM – 9:00AM	B'nai AO 7:00AM – 8:00AM	B'nai AO 7:00AM – 8:00AM	SEE YOU NEXT YEAR
Early Convention Registration 12:00PM – 4:00PM	U.S. Foundation Meeting 9:00AM – 11:00AM	Welcome Breakfast	Opening Business Session 9:00AM – 12:00PM	Continuing Education	Farewell Breakfast
 <p><b>TENTATIVE SCHEDULE</b></p>	PIP Meeting 1:00PM – 2:00PM	Continuing Education	Delegates Lunch	Optional Tours 9:00AM – 3:30PM	Fraternity BOD Meeting 9:00AM – 11:00AM
	First Timers Orientation 2:00PM – 3:00PM	Free Time Optional Tours Day of Leisure	Second Business Session 1:00PM – 5:00PM	Board Photos 4:00PM – 5:30PM	<p><b>STAY ON AT THE HOTEL IF YOU WISH...</b></p> 
	Kabbalat Shabbat 5:30PM – 7:00PM	Golf Outing	Spouses' Event 12:30PM – 2:30PM	Honors Night Reception & Dinner 6:00PM – 10:00PM	
	Shabbat Dinner 7:00PM – 9:00PM	Reception & Dinner Duncan McClellan Gallery 5:30PM – 8:30PM	Student/YP Night Out		
	Hospitality	Hospitality	U.S. Foundation Event	Hospitality	

## REGISTRATION: Prices are in U.S. Dollars

- Frater Couple** ..... \$ \_\_\_\_\_  
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\$750 IF PAID AFTER NOVEMBER 1, 2020
- Young Alum Couple\*** ..... \$ \_\_\_\_\_  
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\$1,200 IF PAID AFTER NOVEMBER 1, 2020
- Young Alum Only\*** ..... \$ \_\_\_\_\_  
\$575 IF PAID BEFORE NOVEMBER 1, 2020  
\$675 IF PAID AFTER NOVEMBER 1, 2020
- Student** ..... \$ \_\_\_\_\_  
\$500 PER PERSON
- CE Only - Frater** ..... \$ \_\_\_\_\_  
\$250 PER PERSON
- CE Only - Non-Member** ..... \$ \_\_\_\_\_  
\$400 PER PERSON

**TOTAL AMOUNT** ..... \$ \_\_\_\_\_

## FULL REGISTRATION INCLUDES:

All Event Dinners or Receptions (not including U.S. Foundation Night), Hospitality, Spouses' Event, and Continuing Education. Any group tours are not included.

## POLICIES

- \*Young Alum is a dental school graduate from the following years: '15, '16, '17, '18, '19, '20.
- NON-AO Member registration rates: add \$200 per rate.
- Members must be in good standing prior to the start of the convention.
- All payment plans must be paid by November 1, 2020.

## PLEASE RETURN THIS FORM TO:

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## PAYMENT OPTIONS:

- I authorize a charge to my Credit Card for a Full Payment.
- I authorize Two Payments to my Credit Card now and on November 1, 2020.
- Enclosed please find a check payable to:  One Payment  
Alpha Omega International Dental Fraternity  Two Payments

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Credit Card No: \_\_\_\_\_

Expir. Date: \_\_\_\_\_ CVV: \_\_\_\_\_

Signature: \_\_\_\_\_

## CANCELLATION AND REFUND POLICY:

All registration cancellations and refund requests must be made in writing by December 1, 2020. All refunds, if applicable, are subject to a \$50 administrative fee.

**Refund Schedule:** Before December 1, 2020: Full refund less administrative fee; December 2- 14, 2020: 50% refund less administrative fee; After December 15, 2020: No refund available.

Submit all requests via email to [hweber@ao.org](mailto:hweber@ao.org). AO regrets that refunds will not be given for no-shows. All requests for exceptions to the cancellation/refund policy must be submitted in writing by the registrant with appropriate documentation no later than December 25, 2020. After that time, no refund considerations will be made.

**QUESTIONS? Contact 2020 Marshal // Gary Scharoff // [marshal@2020ao.org](mailto:marshal@2020ao.org)**

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\*Room availability and rates are only guaranteed through November 30, 2020.

\*\*All reservations must be accompanied by a first night room deposit or guaranteed with a major credit card.

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