



AORTA

ALPHA OMEGA REVIEW OF TORONTO ALUMNI CHAPTER, PI CHAPTER | MAY 2022 VOL. 63. NO.4
WEB SITE: WWW.AOTORONTO.ORG

ANNUAL BUSINESS MEETING

ANNUAL BUSINESS MEETING

WEDNESDAY, MAY 18, 2022

IN-PERSON EVENT

Bistro Grande Restaurant
1000 Eglinton Avenue West

AO FAMILY PICNIC AT CAMP ROBIN HOOD

SAVE THE DATE

June 12th, 2022



FRATERNITY NIGHT DINNER • 2022 PI CHAPTER GRADS • CHALLAH DAZE



AO REVIVAL PRESENTS

SPEAKER SERIES

WITH GERIATRIC PSYCHIATRIST

**DR.
MARK
LACHMANN**



BRAIN HEALTH AND MEMORY- TIPS
AND TRICKS FOR HEALTHY AGING

JUNE 9 2022
at 7:30 PM

ADATH ISRAEL SYNOGOGUE

THE GRANOFSKY ROOM
37 Southbourne Avenue

*All proceeds from this evening will be donated to
the creation of the Hennick Bridgepoint Dental Clinic*

\$30.00

AO Members
& Immediate
Family

\$40.00

Per Guest

CLICK HERE TO REGISTER

Dr. Mark Lachmann is a geriatric psychiatrist and the Medical Director of Hennick Bridgepoint Hospital, the rehabilitation hospital of Sinai Health. He is also the Medical Director (geriatric psychiatry) of the Provincial Geriatrics Leadership Office. Prior to training as a geriatric psychiatrist he was a family physician for nine years in the far North (on James Bay and on Baffin Island). He also works as a coroner in Toronto. He has an interest in community based cross cultural seniors care, supporting healthy aging, and team based models of care.

A LINE FROM LAUREL



Hello fellow fraters! I hope you all had meaningful and joyous Passover seders with your families and were able to gather in person this year. I know that Covid was still making its way through our city and some families had members missing at the seders due to the Omicron variant. I hope that you are all now healthy and able to enjoy the long awaited Spring weather. I am writing this article while sitting on a balcony in beautiful Cancun, Mexico at a resort called Nizuc overlooking the Atlantic Ocean. I am here with Danny and three of my four boys with one girlfriend in tow. I am so grateful that we could all be travelling together and am enjoying this relaxing family time.

I know that we all share outrage and disappointment with the ongoing Russian invasion of Ukraine. Our thoughts and prayers are with all of those personally affected by the tragedies that have continued to unfold there. I am grateful that Canada has stepped up and has committed to providing a safe haven for over 9,000 Ukrainian refugees with that number continuing to rise. I am proud of the efforts of many of you and those in our community who have donated items, funds, and their time to help with those fleeing war-torn countries and making a new life elsewhere with nothing but the clothes on their back.

I cannot believe that this will actually be my last Aorta article as your president! This year was incredibly busy for me but has certainly

gone by quickly. We had a year jammed full of programming, both virtual and in-person and still have many programs yet to come. Thank you to those of you that were able to come to our Winter Social program at Kandl for a sushi dinner, wine and evening of candle making- it was such a fun and intimate evening. If this sounds interesting to you, please make sure to look out for the flyer next year when we run this program again as space is limited. Thank you to Khash Gharavi and his committee for planning this fabulous event. Our AO Revival Challah Baking Class scheduled on Feb 3rd was initially planned in person, however we had to pivot to a virtual format. We are hoping to run this event next year in person. All proceeds from the challah bake were donated to the Yorkville Jewish Centre. Thank you to Lani Kraus and her committee for organizing this great program. We had our Winter Core 1 seminar and charitable draw on Zoom with Dr.Hagen Klieb discussing Oral Cancer with a bonus segment on Opioids on Feb 11th. A delicious lunch was delivered to all participants from Milk 'n Honey restaurant. Thank you to Guy Aboodi and his committee for organizing the seminar and to Miriam Rosenberg for spear heading the charitable draw committee. On March 9th we had an evening continuing education seminar on Zoom with Dr.Lesley David on Oral Surgery for the General Practitioner. Both Drs.Kleib and David are tremendous speakers, and it was a real treat to listen and learn from both of them. Thank you to Jaclyn Glick who runs our continuing education committee. We ran two consecutive CPR courses on March 28th and April 4th in person at Adath Israel. The course was taught by Josh Altenberg from Canadian Paramedic Rescue. Participants were required to do a didactic portion online before attending the in-person segment. Not only did Adam Kaplan run this program, but he also presented a mini bonus lecture on Bleeding and Blood Thinners- What to do When you Can't Stop the Bleeding. Dinner was served in individual Covid friendly boxes, and all participants received one core 2 credit for participating as well as their CPR certification. Thank you Adam for putting this great program together. Unfortunately, we had to cancel the AO Revival Bookclub Author series with Camilla Gibb discussing her latest

Continue page 5

AORTA



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of Alpha Omega**

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Next Executive Meeting

Wednesday, May 18, 2022 (with the ABM)

Next AORTA Deadline (August)

Tuesday, July 5, 2022

Notable Achievements

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

Benevolence

Please call Lorne Chapnick regarding illnesses or deaths of fraters.

Email: lorne.chapnick@utoronto.ca

Home: (416) 782-1521

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

Office: (416) 224-2114

Fax: (416) 224-1282

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

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, or check our website at 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 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 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. 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



Revival Fitness and Speaker Series Events, the Picnic, and Sailing Day.

Karen Rodney has submitted a moving tribute to her mother Sheila which I know will bring a tear to many of you, as it did to me. We have articles and information from the Holocaust Survivors program, an update on the Dental Clinic at Baycrest, a report from the Pi Chapter formal as well as a tribute to the graduating class, and a very timely update on what is happening at DVI. Finally, we have our regular contributors: an extremely interesting article from Stan Kogon that should be a must read for anti-vaxxers, and a thought provoking picture from Barry Korzen. As I said, this is a very full issue, and I hope you all enjoy it and stay healthy!

Barry Reinblatt

It has been well over two years now that I have been publishing references to Zoom seminars, social events and meetings. This was something none of us could have envisioned prior to Covid. During this time, I, like most of you, have been taking precautions to avoid getting this terrible virus and making sure my vaccination status is up to date. With the development of Omicron and its subvariant, it has become a bit of a joke to say that it is only a matter of when we will get sick, not if. Even though I would say this to others, I never believed it would happen to me. However, the post-Seder sleepover happened for my 2 ½ year old grandson Joey, his daycare reared its ugly head, and lo and behold Joey woke up on Sunday morning with bad cold symptoms, a high fever, and a positive rapid antigen test. This of course quickly spread through our family and the next thing I knew, Karen and I were self-isolating for the rest of Passover. I guess the good part of this is we didn't eat much matzah; the bad part is we didn't eat much else either. The moral of this story is you can try to run and hide and protect yourself, but things still happen and you just have to deal with them. As of this writing, we are definitely better and looking forward to returning to work after a forced week of vacation.

I am sure there are lots of stories out there just like mine. If you have had it, I hope you are better and not suffering any ill effects. If you have just gotten it, what better time is there to sit down and read this packed version of the AORTA. You can catch up on many past programs, including the Winter Seminar and Charitable Draw, the Challah Bake, the Winter Social, and Fraternity Night Dinner. There is information on many upcoming programs, including the Annual Business Meeting, AO

A LINE FROM LAUREL *(Continued)*

book The Relatives due to poor registration. I am hoping that we have a better response next year for this program. By the time the Aorta is in your hands we would have already had the Sunday Morning Speaker Series on May 1st featuring Ryan Bellerose discussing Indigenous Jews on Zoom. Thank you to Mort Silberberg for planning this educational event. We would also have had our third virtual Confronting Anti-Semitism seminar on May 9th featuring the Honorable Professor Irwin Cotler and moderated by my good friend and UJA Board President Linda Frum. I hope that many of you were able to come out to that program and shared the link with your family and friends. Neither Irwin or Linda received an honorarium for speaking that evening and kindly suggested that donations be made to the Raoul Wallenberg Centre for Human Rights. Thank you to Carole Gruson and her Advocacy Committee for all the hard work that went into planning this important event.

So let's discuss the upcoming programs that are in store for you! On May 10th we have an evening Continuing Education seminar on Pediatric Dentistry by Noah Turk. This event will be offered both in person at Adath Israel and on Zoom for those that aren't able to attend in person. We will see how a hybrid event turns out and, if it goes well, we can try to offer that option moving forward in the future. On Sunday May 15th we will be having our first ever Shred-A-Thon event at Adath Israel in the parking lot from 9 am to 1 pm. If you have boxes of charts or paper that need to be properly disposed of, please sign up. This event was conceived of by Marv Obar z"l and we are thrilled to be following through with his idea. Our Annual Business Meeting and House Association Meeting will be taking place on Wed May 18th at Bistro Grande Restaurant. This event is co-chaired by Tracey Hendler and Jon Madras-thank you to both of you and your committee for organizing this program. We have the AO Revival Fitness program on Wed May 25th at Forest Hill Village Gym from 8 pm to 9 pm for a bootcamp style fitness class taught by owner Aubey Yaphe that will accommodate all different fitness levels. This event will also be a hybrid event- you can either attend in person or virtually on Zoom. On June 9th

we will be having our AO Revival Speakers Series featuring geriatric psychiatrist Dr. Mark Lachmann discussing Brain Health and Memory- Tips and Tricks for Healthy Aging. This will be an in-person event at Adath Israel Synagogue at 7:30pm. This event is open to all AO members and guests. I have heard Dr. Lachmann speak and he is wonderful- I definitely recommend coming out to hear him speak. All proceeds from this event will be donated to the creation of the Hennick Bridgepoint Dental Clinic. On Sunday June 12th we will be having an AO Family Picnic at Camp Robin Hood from 11 am to 3 pm, rain or shine. Kosher cheese pizza will be served to all attending. The pool will be open with lifeguards on duty. There will be arts and crafts, races and family challenges. There are playgrounds, sports fields with equipment provided, tennis, basketball, soccer, volleyball, mini golf, tetherball and gaga ball courts available. Please sign up and bring your children, grandchildren and friends. Thank you to Andrea Heckler and her committee for planning this event. On Wed July 13th we will be having our 50th AO Sailing Day at the Island Yacht Club. Please see the flyer for all the details for this annual event. Thank you to Dave Cowan for spearheading this program since the beginning!

I would like to take a moment to thank the line for being the fabulous team that has allowed me to shine as your president this year. They were and are invaluable to allowing this fraternity to function, grow and prosper. Thank you to Iris Kivity-Chandler who as past president guided us. Your passion for AO is evident in all you do. Thank you to Tammy Herzog who said yes to me when I asked her to join me in this adventure. Tammy you will be a superb president- you are dedicated, principled, diligent, incredibly smart, and capable. It has been such a pleasure to have you on this ride with me and I know the fraternity will be in the best hands with you at the helm. Thank you to Lani Kraus, our treasurer extraordinaire- you have been such a pleasure to work with. Your energy is infectious, and you are so beyond capable. You have been such an integral part of our team. Thank you to Andrea Heckler-Aboodi, our secretary, for your organizational skills, for being able to juggle many balls

in the air and not drop any, and for always saying yes when presented with a task. And finally thank you to Allan Katchky- my advisor on the line- you have been a wealth of knowledge to all of us. Your patience and diplomacy have taught me so much. Thank you for saying yes to me- you are beyond appreciated. We were all lucky to have you on our team and I will be forever grateful. I would also like to thank Gary Elman for saying yes to being the advisor next year for Tammy. We are so grateful. Gary, we never really let you go after being an advisor to Iris and I also want to thank you for all of your sage advice over the past few years- you have also taught me many things along the way with your diplomatic way of thinking, your calm demeanor and no-nonsense way of looking at things. I look forward to continuing to work with you next year.

I am so sorry this is so long but thank you Barry Reinblatt for your patience with me and for your dedication to Alpha Omega as editor of this publication that we all enjoy. And a final thank you to Jackie Levitan and Bronwyn Shepherd in the office for keeping us all afloat.

I look forward to seeing you all at our exciting line up of future programs. Thanks for your continued support- it is beyond appreciated.

Fraternally,
Laurel Linetsky-Fleisher

...1000 WORDS

SERVING THE MASSES

The Sikh Golden Temple in Amritsar, India, is home to one of the biggest community kitchens anywhere. Historically a fresh vegetarian meal has been provided to 50,000 - 75,000 individuals every day with that number increasing to 150,000 on special religious occasions. Even during India's strict Covid lockdown the community kitchen stayed open with only 50 people running the kitchen and serving up to 50,000 meals every day.



UPDATE ON DENTISTRY AT BAYCREST

In the fall of 2019, the Ontario provincial government announced investment of \$90 million annually for the new Ontario Seniors Dental Care Program (OSDCP) that provides low-income seniors in Ontario free dental care within public health system. Ontarians aged 65 and over with an income of \$19,300 or less and no access to dental benefits qualify for the Ontario Seniors Dental Care Program. In 2021, the eligibility was expanded to include seniors with income of up to \$22,200 per year. It is estimated that 100,000 low-income seniors will benefit annually from this program once fully implemented. One of the objectives of the program was to reduce the number of dental-related emergency department visits. "With this program, we are making sure Ontario's low-income seniors can age with dignity and enjoy the quality of life they deserve," said Premier Ford.

The Department of Dentistry and the Alpha Omega Dental Center at Baycrest saw an opportunity to partner with Toronto Public Health and its 24 dental clinics to provide expert dental care to seniors with advanced frailty, medical compromises, and mobility challenges who could not be safely managed in an outpatient setting. Toronto Public Health is responsible for the health and well-being of 2.9 million residents. Under the agreement, Baycrest became the primary referral center for OSDCP patients who reside in the Toronto area and require complex dental services. Since the start of the partnership in the fall of 2020, more than 600 patients referred by Toronto Public Health received much needed dental care at Baycrest. Under the agreement with Toronto Public Health, patients receive dental care at no charge, and Baycrest is reimbursed for the provision of dental

services by Toronto Public Health through the OSDCP. This agreement has also permitted Baycrest residents who qualify for free dental care through Toronto Public Health to access their dental care at Baycrest without needing a referral from a Toronto Public Health Dental Clinic. The partnership has been very successful and recently has been extended for the second year.

By David Chvartszaid

LETTERS TO THE EDITOR

Hi Barry,

Flipping through my February Aorta this weekend, I wanted to say what a stunning, beautiful and creatively composed photograph is the one on page 6 of that issue.

At least since science has made clear to us the immensity of our universe, and maybe for a long time before that, humans have looked to the night sky and been filled with a sense of awe and wonder at how "tiny" and "insignificant" we truly are, in comparison to the vastness that surrounds us.

However, I couldn't help but be struck by the contrast between this perspective and one that was shared on CBC radio's The Sunday Magazine this weekend by Dr. Brian Cox, a professor of particle physics and a popular science writer from Manchester University. A meandering interview eased into the question of climate change. When Cox was asked what one thing he would want to share with our world leaders, Cox commented on the potential rarity of conscious thought. "It is quite possible," he said, "that we are the only civilization present in our galaxy at the moment. Let's imagine that this is the case. Then if by inaction or even by deliberate action we damage or destroy this civilization then we risk eliminating meaning entirely, in a galaxy of 400 billion stars, potentially forever. Because meaning is a property of consciousness, and consciousness, it does seem, may be extremely rare in the Universe. We might be more valuable than we can possibly imagine ..."

We may be a speck of dust, but perhaps an extremely important speck of dust, indeed.

Fraternally,

Gerry Zeit

UPCOMING EVENTS

ANNUAL BUSINESS MEETING

Wednesday, May 18, 2022

5:30 Registration

Bistro Grande Restaurant

1000 Eglinton Ave. W

AO REVIVAL FITNESS

Wednesday, May 25, 2022

8:00-9:00 pm.

Forest Hill Village Gym (or Zoom)

324 Lonsdale Rd.

AO REVIVAL SPEAKER SERIES

Thursday, June 9, 2022, 7:30 pm

Dr. Mark Lachman-Brain Health
and Memory-Tips and Tricks for
Healthy Aging

Adath Israel Synagogue

37 Southbourne Ave.

AO FAMILY PICNIC

Sunday, June 12, 2022

Camp Robin Hood

AO ANNUAL SAILING DAY

Wednesday, July 13, 2022

Island Yacht Club

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.



FRATERNITY NIGHT DINNER

Alpha Omega Toronto Alumni Chapter Fraternity Night October 25, 2021

After a year's hiatus, Shaarei Shomayim was abuzz with AO Fraters once again. On October 25, 2021, in full compliance of COVID protocols, we held Fraternity Night with a much-reduced attendance of 93 people made up of Fraters, honoured guests, and 4th Year Pi Chapter members. Many Fraters chose to tune in virtually, as this was our first hybrid event. It was an exciting night, overflowing with the usual boisterous schmoozing and lively reunions with colleagues and friends. Seated at the head table were Line Officers and esteemed guests, Dr. Alan Moltz, AO International President, and his wife, First Lady, Linda Moltz, Dr. Jim Lai, Vice Dean at U of T Faculty of Dentistry, and Dr. Charles Frank, President of the ODA.

Dr. Laurel Linetsky-Fleisher was installed as the Toronto Alumni Chapter President. Laurel delivered an encouraging and hope-filled speech. We celebrated Dr. Iris Kivity-Chandler, as the Immediate Past President who steered the Fraternity through its second Covid year. Receiving their 50-Year membership pins

were Drs. Brian Feldman, Merrick Jackson, Jeff Kirshenbaum, Sheldon Rusak (not in attendance), Ted Schipper, Minna Stein, and Martin Sterling (not in attendance).

As is our tradition, we hosted Steven Millman's family as they watched him receive our Chapter's greatest recognition, The Toronto Alumni Chapter Achievement Award. Steven has served as our Chapter's President in 2016-2017. He continues to Chair the Purchase Program and is part of our Executive Council. He also holds the position of Regent to AO International. Steven is a true mensch and is invaluable in many ways in our Fraternity.

Each year we look forward to the reveal of Desserts by Menchens Catering. This is always a thrilling assortment of delicious fruits and creatively presented sweet delicacies. This Frat Night had to be different and the sweet table was replaced by individually plated desserts, which meant that the sweetness was heightened by another great presentation from happiness expert Dr. Gillian Mandich (she spoke to our audience twice before). Overall, the event was a comfort for all of us since we were able to glimpse a return

to some form of normalcy. Hopefully, next Fraternity Night will be back to full capacity.

As usual, we would not be able to run any of the programs without the immense help and organization of our administrative team. Thank you to Jackie, Bronwyn and Joyce for all your help and dedication.

Fraternally Yours,

Riley Lewis and Iris Kivity-Chandler



Steven Millman receiving the AO Toronto Chapter Achievement Award from Laurel and Mark Librach



Alan Moltz delivering the International President speech with Laurel and Tammy Herzog appreciating his enthusiasm and sincere admiration for the Fraternity, Internationally and locally



Laurel Linetsky-Fleisher, Iris Kivity-Chandler and Mark Chandler



Laurel, Dr. Gillian Mandich and Iris



Laurel Linetsky-Fleisher and family



Brian Feldman, Jeff Kirshenbaum, Minna Stein, Merrick Jackson, and Ted Schipper



Steven and Michelle Millman receiving the Toronto Alumni Chapter Achievement Award

TORONTO
ALUMNI CHAPTER
invites you to our



IN-PERSON
EVENT

ANNUAL BUSINESS MEETING

BISTRO GRANDE RESTAURANT
1000 EGLINTON AVE W

WEDNESDAY MAY 18, 2022

5:30 PM- Registration and Hors D'oeuvres
6:00 PM- Meeting begins
7:30 PM- Dinner

Please RSVP by May 5th at:
<https://forms.gle/sUova4cXxoRe71gE7>

THEN WE CAME TO THE WINTER SEMINAR

We had our PPE. We had our N95s. Those who saw the (obvious) benefit of vaccination – had their shot. And the second one. And even the third. We got used to “life with the virus”. We even had an in-person AO event. Sometime in October. The only question regarding the winter seminar was “would there be a buffet or personalized lunch bags?”

And then there was Omicron. When its name first made the news, we didn't blink. We are survivors of the pandemic. But things quickly went out of control. We had to isolate. We had to stop using Level 3's. We had to keep the kids at home (again). We even had to cancel our trip to Israel. And we had to - once again – have our winter seminar and charitable draw on zoom.

We hosted Dr. Hagen Klieb, who gave an amazing and very informative talk - **Topics on Oral Cancer**. Heartbreaking cases which I'm sure all participants will remember, and mainly remember the importance of cancer screening and referring as needed.

A bonus lecture about Opioids followed the Core 1 lecture as well.

Then we enjoyed lunch. We all heard a knock on our door. We had lunch (from “Milk and Honey”) delivered to all participants! While we ate - we completed our Annual Charitable Draw. **Miriam Rosenberg** was the head

of the Charitable Draw committee, and together with the line members, organized awesome prizes.

\$4200 was raised through this year's Charitable Draw!!! The funds will be distributed through the Chapter's Charitable Board of Trustees.

A separate report, including the list of donors and winners can be found in the AORTA you are now holding.

This great event was generously supported by **Garfield Refining**.

And so – we came to the end. The end of a great Winter Seminar. And the end of an era. As restrictions are lifted across the board, we can be hopeful. We can still only have one patient in our waiting room. But we can travel to Israel on Passover. We can have sleepovers. And we can imagine a 2023 Winter Seminar in-person. A buffet or personalized lunch bags?

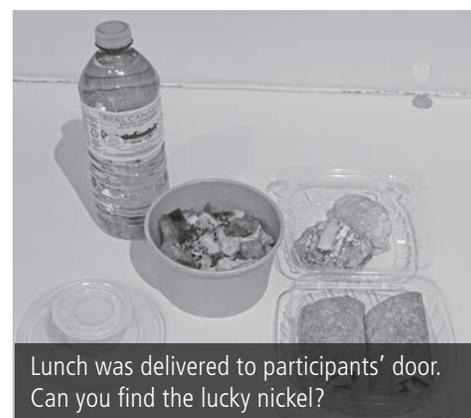
Guy Aboodi, Chair

Committee members: Saira Perdes, Shawn Groveski, Jennie Zagdanski

Adapted from “Then We Came to the End” by Joshua Ferris



AO certificate presented to Dr. Klieb



Lunch was delivered to participants' door. Can you find the lucky nickel?

CHARITABLE DRAW REPORT

The annual Charitable Draw was held on Friday, February 11, 2022, in conjunction with the Annual Winter Seminar. The draws were done during break times of the lecture.

Forty-five prizes were assembled from donors far and wide. The value of prizes ranged from \$30 to the Grand Prize of \$1000.

A total of \$4200 in tickets were sold. Hopefully, next year we will be in person for the lecture and we will sell more tickets.

Aside from yearly printing of tickets, there were no costs attributed to the Draw.

Donor list and winners are printed on the next page.

I'd like to thank the donors for their contributions. I'd like to thank the line for their efforts obtaining prizes. Thanks to Jackie for all the correspondence to the donors and for prize distribution. Thanks to Guy, Andrea and the backpack for the exciting draws and

the excellent seminar. I'd like to thank my committee for all their help.

Respectfully submitted,
Miriam Rosenberg,
Chairman, Charitable Draw

CHARITABLE DRAW PRIZE LIST

PRIZE	VALUE	COURTESY OF...	WINNER
GRAND PRIZE	\$1,000.00	AO Toronto	Daniel Pollit
Muse S Headband	\$500.00	Lani Kraus	Charles Pine
Muse S Headband	\$500.00	Lani Kraus	Lani Kraus
3 Months Free Social Media Management	\$450.00	Uponline	Jeffrey Levman
Gift basket of skin care	\$300-350.00	Shoppers at Dufferin & Steeles	David Stern
Nespresso Virtuo Coffee Maker & Aeroccino	\$329.00	RDT Dental Labs	Shaul Dwosh
One night at Westin Harbour Castle during Convention	\$250.00	AO International	Michael Bensky
Gift Certificate to Susur Lee's "Lee" Restaurant	\$200.00	RDT Dental Labs	Howard Smith
Gift Certificate to lululemon	\$200.00	Acmedent	Lawrence Manilla
Gift Certificate LCBO	\$100	Bite Rite Dental Laboratory	Perry Lichtblau
Gift Certificate LCBO	\$100	Bite Rite Dental Laboratory	Gary Klein
SoundLink Flex Bluetooth speaker	\$168.00	Henry Schein Canada	Michelle Appel
Healthy Mom's Gift Basket & lifetime membership	\$125.00	Healthy Mom's Market	Simone Seltzer
1 Forever Roses Flower Arrangement	\$125.00	Skye Flowers	Eliana Goldman
Hamilton Beach Airfryer	\$110.00	Tammy Herzog	Iris Kivity-Chandler
Lamp Berger Amphora Raspberry gift set	\$105.00	Ziggy's at Home	Brian Chapnick
1 x 30 min Spinal & Postural Evaluation	\$105.00	Ace Sports Clinic	Paul Okorofsky
2 bottles of Pearl Morisette (1 red, 1 white)	\$100.00	Tammy Herzog	Sharon Perlmutter
1 Candle	\$100.00	Kandl Artistique	Richard Fernandes
1 Prepaid Visa card	\$100.00	Cerum Ortho Organizers	Peter Dan
1 Prepaid Visa card	\$100.00	Cerum Ortho Organizers	Bernard Rubin
1 Gift Certificate for Amazon	\$100.00	Ace Sports Clinic	Michael Tenenbaum
1 GC for a Delicious Dish Cooking Classes & a candle	\$85.00	Carolyn Cohen & Skye Flowers	Arthur Train
1 GC for a Delicious Dish Cooking Classes & a candle	\$85.00	Carolyn Cohen & Skye Flowers	Eddie Glick
1 LCBO Gift Certificate	\$75.00	Canadian Orthodontic Lab.	Larry Tobis
1 LCBO Gift Certificate	\$75.00	Canadian Orthodontic Lab.	Laurel Linetsky -Fleisher
1 x 10 Pack passes to Virtual Bootcamp Classes	\$70.00	Glow-fit	Stephen Zamon
1 Gift Certificate for a 5 pack of Virtual Barre Classes	\$65.00	Dani MacDonald	Steven Richmond
1 Gift Certificate for a 5 pack of Virtual Barre Classes	\$65.00	Dani MacDonald	Steven Rosenblat
Pink octagon lamp set with a lavender oil	\$60.00	Tammy Herzog	Lyon Schwartzben
1 pair of Yuk Yuks tickets	\$58.50	Mark Breslin	Rick Rodney
1 pair of Yuk Yuks tickets	\$58.50	Mark Breslin	Janice Goodman
1 pair of Yuk Yuks tickets	\$58.50	Mark Breslin	Jonah Marks
Gift Card - Winners	\$50.00	Boyce Orthodontic Lab	Stephen Kay
Gift Card - LCBO	\$50.00	Boyce Orthodontic Lab	Larry Parker
Gift Card - Cineplex,	\$50.00	Boyce Orthodontic Lab	Larry Rotman
Gift Card - Starbucks	\$50.00	Boyce Orthodontic Lab	Carole Gruson
Dog seat cover for vehicle	\$40.00	Lani Kraus	Stanley Okorofsky
1 Bottle of Tanqueray Gin	\$30.00	Les Priemer	Gary Elman
1 Bottle of Tanqueray Gin	\$30.00	Les Priemer	Lawrence Sax
2 Blue Jays tickets		Sharon Perlmutter	Steven Millman
1 bottle of liquor & a Gift Certificate to the LCBO		RDT Dental Labs	Brian Chapnick
1 bottle of liquor & a Gift Certificate to the LCBO		RDT Dental Labs	Marvin Lean
2 Argos Tickets		Guy Aboodi & Andrea Heckler	Brian Feldman
2 Blue Jays Tickets		Larry Rotman	Alan Bobkin

HOLOCAUST SURVIVORS ORAL HEALTH PROGRAM

The Alpha Omega-Henry Schein Cares Holocaust Survivors Oral Health Program is a public-private partnership established to answer the White House's call to action to help vulnerable survivors age with dignity and support. By increasing Holocaust survivors' access to oral care, the program seeks to significantly enhance their overall quality of life.

The program launched in January 2015 in nine North American cities and has quickly grown to 22 North American cities including 4 Canadian cities (Toronto, Montreal, Calgary & Winnipeg).

According to a recent article, there are approximately 4500 Holocaust survivors living in Ontario, of which 50% are considered vulnerable and 25% live in poverty.

Survivors have special oral health needs, as many experienced prolonged nutritional deprivation and received little to no dental care throughout their childhoods, compromising their lifelong oral health.

The scope of treatment is wide ranging from restorative, endodontic, periodontal and prosthetic treatment – all free of charge.

This initiative includes generous laboratory partners such as Orthodont in Oshawa that donates crowns, dentures and other necessary appliances to restore the oral health of survivors as well as other corporations and dental schools.

After a Covid hiatus the program is up and running again. The program needs Alpha Omegas to volunteer who practice in the Greater Toronto Area. Survivors are referred to the program through Jewish Family and Child Service who vets the patients according to their needs. I try to triage each one to determine the required treatment.

There are lots of volunteer specialists but the program requires more General Dentists practicing in the area north of Sheppard between Bayview and Keele.

If you can see one patient per year, that would be a real mitzvah.

Please contact me to volunteer at: bchandler@smilemail.ca, or 416 927-0088.

Bonnie Chandler



Holocaust Survivors Oral Health Program



Program Guardians

The Claire Friedlander Family Foundation
Robert I. Schattner Foundation, Inc.

LOOKING FOR VOLUNTEERS

If you are a GP, OMFS, Perio or Endo, there are Holocaust survivors living below the poverty line in desperate need of dental treatment.

Lab Fees will be covered.

Name: _____

Address: _____

Phone: _____

Email: _____

Closest Intersection: _____

Languages spoken in your office:

English Hebrew Russian

Is your office wheelchair accessible?

Yes No

Please send this info to Bonnie Chandler.

Email: bchandler@smilemail.ca

Fax: (416) 927-7553



ALPHA OMEGA'S 50th SAILING DAY ISLAND YACHT CLUB

WEDNESDAY July 13, 2022

- ⚓ Sailing starts at 9:00 a.m. or 1:30 p.m.
- ⚓ Lunch 12:30 p.m.
- ⚓ Dinner 6:00 p.m.
- ⚓ **SPOUSES AND STAFF WELCOME**

CLUB TENDER SERVICE

20 MINUTES AFTER EACH HOUR

UNDERGROUND PARKING

FERRY DOCK LOCATION:

WEST OF SPADINA JUST EAST OF BATHURST

JUST WEST OF THE BIG MARINA

SEE CLUB SIGN

Plan A - All day – Brunch Sailing, Lunch, Sailing and Dinner \$135.00

Plan B - Half Day – Lunch, Sailing and Dinner \$125.00

Plan C – Pool, Tennis and Dinner \$ 70.00

Name: _____ Tel: _____

Payment: Cheque – payable to ALPHA OMEGA DENTAL FRATERNITY or

Visa: _____ Exp.: _____ CVV # _____

MasterCard: _____ Exp.: _____ CVV # _____

Check here: Plan A ___ Plan B ___ Plan C ___ Dinner: Meat Fish

Return to: ALPHA OMEGA SAILING DAY
ADATH ISRAEL SYNAGOGUE

37 SOUTHBOURNE AVE, 2nd floor, TORONTO, ON M3H 1A4 **or**
FAX: 416.250.8668 **or** SCAN/EMAIL: info@aotoronto.org



UKRAINIAN REFUGEES IN TREATMENT AT FREE JERUSALEM DENTAL CLINIC



Dr. Molinas and Dalia



Dr. Stan Frohlinger and Feige



Drs. Molinas and Madar with Veronica

On Sunday, March 13th, Dental Volunteers for Israel received its first Ukrainian refugee patient, which would turn out to be the first of many in desperate need for emergency dental care. With the sudden influx of Ukrainian refugees into Israel, DVI's volunteer coordinator, Sharon Spira, quickly built relationships formally and informally with the various individuals and groups (for example, Bridges for Peace and a dedicated social worker at Welfare Services) so that the clinic might assist them upon arrival and begin treating this population. DVI's Michelle Levine states "DVI's referral base continues to grow – and we stand ready to treat as many Ukrainian refugees as possible."

DVI Takes On Entire Ukrainian Orphanage

for Treatment: Nes Harim has resettled the Children's Home of Shatner, Ukraine. This shelter houses children whose parents are unable to care for them either temporarily or long term due to their financial situation or other issues such as addiction, as well as children who have been removed from their homes by court order. With the outbreak of the war, Chabad emissaries who run the children's home immediately worked to get the children living there out to safety in Israel. As the situation worsened, these Chabad emissaries managed to also extricate the close to one hundred women, children and elderly who had come to them looking for shelter. These one hundred and fifty individuals, ranging in age from five months to seventy-seven years, are now living in facilities in Nes Harim, beginning to adapt to their new realities, and struggling on multiple levels. When DVI Director Dr. Roy Petel met with the Nes Harim social worker, "I was so moved by the story of their perilous escape from Ukraine, and from the generosity of Chabad to transport all of the refugees that had simply taken shelter in the Shatner orphanage, I decided in this case to treat every patient of every age. As policy in agreement with the Ministry of Health, DVI treats patients aged 4-26 and 65+. DVI is privileged to provide totally free dental care to this entire group."

Fourteen-year-old Ukrainian refugee in

treatment: Coming from a divorced family, Dalia, her twin sister and ten-year-old sister were all residents of the Children's Home in Shatner since her mother was unable to provide for them. One morning when Dalia was outside, "I heard a plane overhead and then the booms started. I was so scared and ran inside, not sure where my sisters were. I ran downstairs, as far below ground level as possible." As the situation worsened, bus transport was arranged for all of the children and they made it safely to Israel, leaving behind everyone dear to them. "I speak to my mother. She said the 'booming' usually begins in the evening where she lives, and then she runs to a cellar behind her building. My father is fighting in the war." Despite her smile, her anxiety is evident. Dalia is one of the first from Nes Harim to have come to DVI for treatment because of the intense oral pain they are experiencing. It is quite clear that these girls have not seen a dentist for years. The initial checkup and x-rays showed that extensive dental work is needed. Some teeth will need to be extracted; others need root canals. Of course, there are cavities to be filled and sealants to be applied. The girls will get some serious oral hygiene education together with oral hygiene treatments. DVI is doing everything to save as many of their teeth as possible. These youngsters have so much pain in their lives; at least DVI can alleviate their oral pain and enable them to enjoy the simple pleasures of food once again. Dalia tries very hard to communicate without her counselor translating, as she had studied Hebrew in the Ukraine. When Dr. Davis Thomas (a professor at Rutgers School of Dental Medicine and at the University of Rochester School of Medicine and Dentistry) was treating her and asked Dalia what she wants to be when she grows up, she said she wants to be a translator as she already speaks Ukrainian, Russian, Hebrew and some English. Dr. Thomas offered to teach her some Indian languages which he speaks and then told her, "The best student I ever had was from the Ukraine. I am certain you will be so successful, you will end up being a translator at the UN in New York!"



Dr. Holskin with Dalia and Veronica



Mushky the counselor supporting Angelica in treatment with Dr. Ahmad



Profile of a Four-Year Old Ukrainian Girl in Treatment at DVI, after fleeing Ukraine with her pregnant mother: <https://dental-dvi.org.il/feige-a-4-year-old-jewish-refugee-from-ukraine-newly-arrived-in-jerusalem/>

As CNN's Clarissa Ward states, while standing amongst Ukrainians fleeing their homes, "they don't have any idea where they're going to go - they don't have any idea where they're going to sleep tonight." Some refugees will find beds in the homes of DVI dentists. An Australian DVI dentist and his wife have loaned out their London apartment to a Ukrainian refugee family and two Polish DVI dentists are sharing their entire home! Drs. Małgorzata and Pawel Ocios (or Margaret and Paul as they call themselves at DVI) have volunteered at DVI many times, and are truly part of the DVI global family. Their hearts are really in it, and having known her, they give Trudi Birger's reasons - to help the suffering directly, and in a powerful way. Drs Ocios were scheduled to volunteer in May 2022; they contacted DVI as soon as Israel opened up for tourists, excited to be able to come back to Israel, as the pandemic winds down. But Paul and Margaret live in Poland near the Ukrainian border, in a big home, as empty nesters - and as Russia invaded their neighbors, they realized they would have important work to do at home. Early March they canceled their trip to DVI/Israel and began preparing their home for guests. Their three daughters, Basia, Alexandra and Suzanne came to visit, to help do an intensive Pesach-style Spring cleaning of the whole house. They promptly notified the Israeli Embassy that they could send them Jewish Ukrainians fleeing the war. Their daughters also volunteered to host refugees in their apartments. The Ocios family hope to offer some comfort: "They're escaping their homes and towns which are actively being bombed. Maybe today they will be here, after three days of a terrible journey." Drs Pawel and Margaret Ocios ultimately ended up hosting a Ukrainian surgeon's family in their home. "The wife Lena has two children, are being made

comfortable, for example temporary private small kitchen. Wowa has started school in our village, Nastia is a student of medical school; fortunately, she has online classes. They now all have obtained formal permission to remain here and we are waiting for the war to end." And, like all DVI dentists who are driven to help others, providing hospitality is not enough, when the Ocios' realized they could help by also providing refugees with free dental care. That's right - they are opening their practice to Ukrainian refugees for dental care. DVI dentists, working the front lines...directly aiding the people suffering the most. The DVI family recognizes their efforts and values that embody Trudi's legacy - not just to Israel, but to the world. Indeed, several DVI dentists, like Dr. Sue Gross from Minnesota, heard about the Ocios' plan and inquired about flying to Poland to volunteer in their clinic.

According to Michelle Levine, "The kneejerk response of a DVI dentist is to help when needed, and that is always inspiring. At this time, every dentist who volunteers at DVI is volunteering with Ukrainian refugees - and we are in particular need of endodontists, as so many of them require root canal treatments. It is bittersweet, because it is so emotionally moving seeing DVI dentists engaging with the refugees in the sweetest way possible, providing them desperately needed care, but the refugees themselves are worried about friends and family left behind, and though they are feeling a very warm welcome in Jerusalem, they are afraid they will never be able to return to Ukraine." DVI's Board of Directors, helmed by Doron, Oded and Gil Birger, extend their gratitude to AO-Toronto and Alpha Omega Foundation of Canada, for its ongoing support, and for making this work possible.

For more information about DVI, please visit <http://www.canadianfriendsofdvi.org/> or email michelle@dental-dvi.org

ALPHA OMEGA FUNDRAISING RECOGNIZED BY SICK KIDS HOSPITAL

Please see letter and ad below that was printed in the Toronto Star in March of this year. Notice that our Alpha Omega Revival Speakers Series event is listed as all proceeds from that event were donated to the Sick Kids Hospital dental department. This event took place on Wed May 19th, 2021 on Zoom and was titled Dealing with Covid

Burnout by managing our Mental Health, Sleep and Nutrition. Our speakers that night were Dr. Gillian Mandich, happiness expert and researcher, Julia Glowinski, certified sleep consultant and Jordana Hart, holistic nutritionist. All three speakers generously donated their time so that we were able to raise and donate \$1,105.00 to the Sick Kids

dental department. Thank you to all of you that logged in that night and joined us for a phenomenal evening of listening and learning.

Respectfully submitted
by Laurel Linetsky-Fleisher



THANK YOU, COMMUNITY PARTNERS FOR EXTRAORDINARY COMMITMENT IN AN EXTRAORDINARY TIME.

The pandemic made it hard to be together in person, but that didn't stop you. You kept going, you adapted, and you continued to bring your communities and networks together in support of SickKids. Over the last year, you gave your time, energy, and effort – and kept fundraising! To every Community Partner listed below: THANK YOU.

#GetFitWithKobz Annual Walkathon
16 Hour Scrap-a-thon
33km walk
401 Bike Challenge
5K for Emilia
600km Cycling Toronto to Montreal
A Night for SickKids
A Night of Enchantment
A Walk in the 6
Alessandro's Christmas Tree
Alexis and Maya Lemonade Stand
ALICE THE BRAVE FOR SICKKIDS
Alina Rises
All Canadian Pageants
All-In: Learning Institute Fundraiser
Aloette Cosmetics
Alpha Omega Revival Speakers Series
Alyssa's Journey
Anangelinas 9th Birthday
Andrew Prashad - One Step at a Time
Annual 22q Family Conference
Annual Gillie Beans FUN Day
Aria's B-Day
Army Navy Air Force Veterans SK Fundraiser
Art In Motion
Arya's Legacy
Ashley's Angels Donations
Atticus Annual Golf Tournament
Automotive Industry Invitational Golf Tournament
Await Halloween Haunt
Back To School Carnival
Baking for Sick Kids
Bartlett Strength Showdown
Battaglia's Barbeque for SickKids
Bayridge Block Party

Divit's 10th B-Day Party
DJ5 Drive for SickKids
Doctor Who Society of Canada
Doe's Bakery
Dominion Day Classic
Donald's Fundraising Concert
Drills For Bills
Drive Thru Fun Co. Presents: Snow Magic
Dutty Bass Audio Presents: SickKids Session
Dynamic Discoveries Music Studio Recital
Eagleson Golf Classic
EAS Elite Alliance Services Inc.
ECHOage
Edukids Dance
Eglinton Sickle Cell Foundation
Eleni's Warriors
Elite Musicians Fundraising Concert Series
Ella's 1st Birthday
Emilia's 8A Piggy Bank
Emily Boissonneault
Emma IS
Endearing Minds
Erica Malik Fundraising Event
ESCC Ball Hockey Tournament
Ethan's 16th Anniversary
Ethan's 1st Birthday
Eva's fundraising
Evan's Fight Against Lymphoma
Evan's Workshop
Evie's 5th Birthday
Eye Shadez Optical Fundraiser
Ezra's Bar Mitzvah
Faith for Kids & JazzMe
Fashion Heals
Fete Chinoise

Kids Matter
Kids Mental Health Awareness Walk
Kids VS Limits
Kiera's Bat Mitzvah
Kira's 11th Birthday
Koo-Cool Splash Fun Fair
Kora's Wish
Kurling for Kids
Lange & Fetter's First Annual Car Show
Laski Family Fund for Child Life
Laurier Supporting SickKids
Le Tour De Niagara
Leo Saran's Bracelets
Let's Support the Music Therapy Program!
Liam's Light
Lilah's Fund
Lily Shaves Her Head!
Lindt Chocolate Masters Golf Tournament
Liv's Angels Fundraising
LivWise Foundation
Logan Giblett
Lola Dip
Louisa's First Birthday Fundraiser
Love & Hope Campaign
Luka's Birthday Wish
Lupus Grand Prix
Mabel's St. Clair Fundraiser
Madelynn Schwartz Fund
Malowary Takes on Ironman 70.3
Maple Lodge Farms
Marathon for Lyle
Marcheleo's Community BBQ for Sick Kids
Marcus Bruno Fundraising Events
Marky's Sweet Treats
McLellan Christmas

SickKids Pain Centre PAC Fundraising
SickKids Week at Leaside High School
SickKids/RMHC Golf Scramble
Sisca Family in honour of Christopher Sisca
Skate 4 Marco Event
Skate With Daniel
Ski for Kids
Skyky Youth Charity Concert
Smile Solutions Orthodontists
Smiles for SickKids
Smiles of Innocence Memorial Charity
Social Quidzancing
Songbirds SickKids Fundraiser
Sophia Belanger's Cinnamon Roll Sales
Sponsor-A-Family Program
Spreading Kindness to Front Line Workers
SPREADRED4BELLA
St Behnam Syrian Orthodox Church Holiday
Fundraiser for SickKids
St. George's Daycare Dance-a-thon
St. James Catholic School Dance Marathon
St. Thomas' Child Care DANCE-A-THON
Step Up With SKCW
Stepping-up for a Good Cause
Steps 4 SickKids
Steven's Hearts for Chiari Malformation
Stop the Pandemic
Strikes for Tikes
Students Supporting SickKids at York U
Sumeet Dhanju-Dhillon's Fundraiser
Super Jets and Super Cars with SD & ASR
SVP Sports Tournament of Hope
Sweat for SickKids
Tally in the Valley
Tanuja's Birthday Fundraiser

BCBC Fundraiser Saint-Nicolas Fundraiser
 Beads of Sweet
 Being Active for Kids
 Ben's Army
 Bennett Bakes with his Mom
 Bessborough Candygram Sale
 Best Boss Ever
 Best Buy Cooking for the Cure
 Bestbuy Distributors Ltd. Annual Dinner
 Betersocks
 BGIS Golf Tournament
 Bike for Ev
 Bike for happiness
 Bike Rally 500km for SickKids
 Biking VS
 Birthday Fundraiser
 Blessed Margherita of Citta Di Castello CS
 BMT VS 100 Days
 Bracelets by Beatryce
 Brandric Real Estate Group Summer Party
 Brave Maddie in Honour of Madelyn Kilner
 Breakfast of Champions
 BSC Holiday Giving
 Bubbie's Buns
 Bum Run
 Bump, Baby & Toddler Expo
 Bunzl Canada Inc.
 Button Boards in Support of SickKids
 BYJ Fundraising for SickKids
 Caleb Conquers Cranio
 Campus Challenge
 Canada Ginger Candles
 Canadian Automatic Sprinkler Association
 Canadian Food Truck Festivals
 Canadian Mortgage Brokers Association-Ontario
 Canadian Pediatric Stroke Support Association
 Canadian Softball Cricket Association
 Capitalize for Kids Foundation
 Cardiac Kids
 Cardinal Carter Academy for the Arts
 Care For Kids Foundation
 Carmen & Sophia's Fresh Lemonade
 Carson's Birthday
 Carter's Turning 4!
 Castle Supplier Appreciation Golf Tournament
 CC Student COVID-19 Fundraiser
 Celebrating Helen Edwards' Retirement
 Charitable Fine Art Photography Exhibit
 Charity Bracelet Sale
 Charity Car Show
 Cheers for Domenic
 Chefs with Hart
 Children On The Rise
 Chords for Kids
 Charity Live Stream
 Claire's Stair-Climb Challenge
 Clover Tool SickKids Golf Tournament
 Club Q Gives Back
 ColorBreak
 Colour Wars Fundraiser
 Comwave Holiday Fundraiser
 Concerts for Kids
 Connor's 8th Birthday
 Complex Cares! Kids Helping Kids! Event
 Corso Italia Flag
 Cortney's Fundraiser for ECFC
 Crafts for Kids by Lyla and Emma
 Crafty Lemons
 Craveable Creations by Catherine
 Crop for Cancer
 Crow and Anchor Tattoo Fundraising Event
 Cruisin' for the Cause
 Cuisine for a Cause
 Curtis Chow Memorial Fund
 Cycling Across Canada
 Dallimore-Tobon Bruce Trail Ultra
 Dance-a-thon
 Danceathon
 Dash for SickKids
 DaSilva Racing Cruise for Life
 David Goggins 4x4x48 Challenge
 De Castro Family in honour of Jade De Castro
 De Sario Family Festival of Lights
 Dead Oak Manor-Scare to Care Fundraiser
 Desjardins Community Cup
 Devany's Holiday Toy Drive
 Devraj's Legacy
 Dinner for Olivia
 Dicentra Fundraiser for SickKids
 District A-16 Lioness Fundraiser
 Diversey Canada Inc.

Fire in Our Hearts, Ice in Our Veins
 Flamingo Feet
 Footsteps in the City
 For Autumn
 For Kids
 For Niko
 FORE THE KIDS
 Forest Hill Real Estate
 Foxwood Haunted House
 Framework Runs
 Franklin's First Birthday Fundraiser
 Frezell Family Fundraising
 Friends Helping SickKids
 Friends of Elm Grove Trailer Park
 Frost Festival Polar Dip
 Full of Heart Bracelets
 Fund The Fight with Lennox
 Fundraising Concert for SickKids Hospital
 George's Birthday Party
 Gift of Health
 GIFTED
 Giving 101 Program
 GM Essentials x Sick Kids
 Golf for Gaby
 Golf Shootout for SickKids
 Golf Tournament for SickKids
 Grayson's Gratitude
 Groundglass Casting
 GSDJewellery gifts that gives back!
 GTI Charity Golf Classic
 Hailey's Fundraiser for SickKids
 Half Marathon challenge
 Halloween Haunted Walk
 Halloween Party
 Hanwitha's Fundraiser for SickKids
 Happy Birthday to me!
 Hats Off 2 Kidz
 HD-ROC & Friends
 Head Shave
 Hearts 4 Nevaeh
 Heatwave Sports Inc.
 Hell Yeah Cars & Caffeine Show
 Heroic Hospital Quest
 High North First Annual Charity Golf Tournament
 HMCS York Fundraiser
 Holiday Hoop Battle
 Holidays on Haller
 Hollywood North
 Hope for Hearts
 How Blankly Found Me
 Hutton's 9th Birthday
 In Honor of Ronan Domenico Isaac Varga
 In Honour of Jack Thomson
 In Honour of Kalina
 In Memory of Amoo Masoud
 In Memory of Andy Molnar
 In Memory of Edward Power
 In Memory of Evvy
 In Memory of Scottie McKay
 In The Mix Jingle Beats Christmas Party
 iRacing for the Kids
 Isabelle Meulensteen Heart Foundation
 Jack's Lemonade Stand for SickKids
 Jacks First Birthday!
 Jackson's Hope Fore Hydrocephalus
 Jacob Ewing Fundraiser
 Janmashtmi Abhinaya
 Jassie's Birthday Fundraiser for SickKids
 Jax's 6th Birthday Park
 Jazmin VS AVM
 Jericho's Heartiversary Celebration
 Joey Conte Foundation
 John Degen Walks
 John Kearney's Retirement Fundraiser
 Jordan 4 PACT
 Joseph's Fight
 Journey for Jacob
 Journey Into Enchantment
 Journey with Leia
 Julia's Birthday Fundraiser
 Julian's Cut for a Cure
 Justin's 11 years of remission
 Kaiteur Lions Club 7 Day Challenge
 KaJape Wear
 Keanan's Family Walk
 Keira and Sadie's 7th Birthday
 Kersnik's 7th Annual Halloween Display
 Keto 4 Kids!
 Kids Art Sale
 Kids Can
 Kids Helping Kids Dance Party

Meagan's HUG: Creating a Circle of Hope
 Melodies For Remedies
 Mental Runway
 Middle School Theme Day
 Mila's Fundraiser for SickKids
 Million Dollar Round Table Canadian Charitable
 Foundation
 Mining4Life
 Miracle Project
 Mississauga Marathon 2021
 Mom Halo
 Mississauga Marathon
 Mr. Caplan's Class Fundraiser
 MSM Powertrain GetLoud Team
 Music for Love Charity Concert
 Muskoka Charity Cup Classic
 Nathan's Bar Mitzvah
 Nelina's Hope
 Nevada and Nash Family Fundraiser
 Nicky's Dream
 Niko Strong
 No Rest For The Wicked
 Oakville Taekwondo Kickathon for SickKids
 Odyssey Montessori Christie Art Show
 Oliver's Olliebot Project
 Ollie's Birthday
 Ontario Association of Cemetery & Funeral
 Professionals
 Operation HOHOHO
 Overbooked Jr.
 PACE Developments Golf Tournament
 Patricia's Birthday Fundraiser
 People.ai Team Canada Holiday Tradition
 Peter's Wish
 Pilates North
 Pizza Charity Pop Up
 Players of Clarington Toros Hockey
 Golf Tournament
 Positive Dance Experience Dance-A-Thon
 Potager Gardens
 Preserve Kids Rise Up
 Purse-ween Ewings Auctions
 Queen's Commerce Kids
 Queen's University Children's Health Association
 Queens Students in Support of SickKids
 R.H. King Academy
 Racing for Sick Kids
 Raeshau's 3rd Birthday
 Ramadan Challenge
 Reda Family Christmas Light Display
 Reliiks Fundraiser
 Remember Miranda
 Resilient Rory T-Shirt Campaign
 Ride for SickKids
 Ride HARD Together
 Ride or Stride for Claudio
 Robbie Foundation
 Robinson's Halloween Haunt & Corn Maze
 ROCK ON! Charity Golf Tournament
 Rory the Brave
 ROSKIES BOYS GIVE BACK
 Rotary Club Polar Plunge
 Rowing for SickKids
 Ruby's 6th Birthday
 Run Around the Clock - Relay Challenge
 Run for Elijah
 Rusty Griswold's Christmas Light Display
 Ryan Chisim Charity Golf Tournament 2021
 Ryan's Day
 Ryerson Engineering Student Society Bug Push
 Ryleigh's Ride in Memory of Johnny
 Sachin's 1st Birthday
 Salesforce Canada
 Samantha's Charity Lemonade Stand
 Santa's Village TO
 Sarah Jenkins' Fundraiser for SickKids
 Sarita and Subhash
 Sauble Beach 8KM Shore Run
 Savage Christmas Lights Show
 Scarlett's Art Sale
 Schwartz Family Sale
 Scotiabank Toronto Waterfront Marathon
 Sebastian's Superheroes
 Shania's Sunflower of Hope Fund
 Shelburne Town Pharmacy's Annual Fundraiser
 Sheptytsky Council Annual Golf Tournament
 Shop at Your Own Pace
 SickKids Activators
 SickKids FIFA 21 Charity Cup
 SickKids Warriors
 SickKids Club Western

TC Ventus Christmas SickKids Fundraiser
 Team Izzy
 Team James Fundraising
 Team Transplant
 Tech Night Out in support of Tech4SickKids
 Tech4SickKids Fundraiser
 The 8th Annual Butterfly Project Event
 The Annual Heddington Halloween Display
 The Art of Buying Art 2.0
 The Beat Goes On
 The Calrissian Cup
 The Cian Unites for SickKids
 The Delft People Cultural Organization
 The Drew Family's Christmas Light Show
 The Extra Mile
 The Face-off
 The Fello Invitational Golf Tournament
 THE FLO MUST GO
 The Giving Back Projects
 THE GOLF TEAM TOURNAMENT
 The Herbie Fund at SickKids
 The Hungry Illustrator Holiday Fundraiser
 The Investor's Guide to Thriving
 The James Fund for Neuroblastoma Research
 The Lucky Penny Project
 The Marner Jar
 The Massive! Part Deux
 The Michael D'Urso Fund
 The Noah Landry Smile Foundation
 The Nora Project
 The Olive Harper Foundation
 The Pizza Person for SickKids
 The Poetry Extension
 The Realty Boutique - Holiday Skate Event
 The Reid James Tanner Fund
 The Ultimate In-House Tournament
 The Warner Classic Charity Golf Tournament
 Thomas Audrey Nature Gifts
 Thornhill Woods Haunted House
 Tint Of Hope
 Tisya's Birthday
 Tiya's Purpose
 Tomlinson Haunted Maze
 Toronto French School Student Grant
 Toronto Marathon
 Toronto's Finest Charity Car Wash
 Torque Barbell Muscle and Motors
 Toys for 6A
 TPS Cadet Class 21-01
 Tri-Delta University of Toronto Chapter
 Triangle for SickKids
 TYFU x Sickkids Fundraiser
 U of T Department of Physical Therapy
 Ukrainian Christmas Carol Kolyada Concert
 Ultra Distance Ride for Sickkids
 UW Supporting SickKids
 VALLtality
 Veeral & Sumira's Wedding
 Vincent's Conquest
 Violin performance
 Virtual Easter Experience
 Vivi Beads
 Wake Up Narcolepsy
 Walden International School - SickKids Week
 Walk for Chiari
 Wheezin' Geezers
 Whimsy 2.0: The Olive Harper Foundation
 Will's Walk - 33 K for 3 Good Reasons
 Wish & Give
 Women's Auxiliary of the Hospital
 for Sick Children
 York Professional Children's Walk
 YPCE Children's Walk for Charly
 Yusuf's Day of Hope
 Zakarian Family Fundraising
 Zenon's Birthday Fundraiser
 Zidros Group Charity Cruise
 Zumba for Love

If you're interested in fundraising for SickKids, visit us at gofundraise.sickkidsfoundation.com



SHEILA



Although not a dentist by trade, my mom, Sheila Rodney, was a very proud dentist's wife and Executive Secretary of Alpha Omega Fraternity for almost three decades. Anyone who met or worked with my mom knew all too well what a kind, generous and committed person she was. There wasn't a soul who met her that didn't love her. Her warm and gentle way allowed everyone to feel included and loved. When you spoke, she listened intently, as if no one else was in the room. She never judged or criticized. She just listened and gave advice when asked.

Born in St. Thomas, Ontario to Clara (Greenberg) Abbey and Frederick (Abraham) Abbey, my mother's parents worked hard to make ends meet as many families did during the war. My grandfather joined the RCAF at the beginning of the war and was stationed in St. Thomas where he was trained in aircraft instrument maintenance and later became an instructor. As the war progressed, he was transferred to England and once the war ended, he decided to settle down with his wife, Clara, and their two kids (my mom and her older brother Dave) in London, Ontario.

They lived in London for several years before deciding to move to Toronto, at which point my mom entered grade 6 at Lansdowne P.S. and subsequently went on to Harbord C. I. There, she met my dad, Richard (Rick) Rodney, fell in love and never looked back. After just a few dates, my mom asked my dad to be her date at her Sweet 16 and just a few months later they started "going steady". The rest, as they say, is history.

Soon after moving to Toronto, my grandparents decided to move north but my mom wanted to stay and finish high school at Harbord. At that time, you had to pay to attend a school out of district, so she worked that whole summer to earn the money so she could graduate from Harbord. And with her determination and grit, she did just that. After high school, she entered the Arts program at U of T. Coincidentally (or not), my dad went to dental school at U of T which is where they were both introduced to Alpha Omega, and my dad quickly joined Pi Chapter. Throughout dental school, my dad was very active in AO and Pi Chapter and became president in his final year. In 1964, the AO International Convention came to Toronto and my parents were more than excited to help plan and welcome other students and introduce them to AO.

While my parents had already begun talking about marriage there was just one problem – lack of money. Always putting others first, my mom decided to leave university and went to work at the Toronto Star while my dad continued his studies. She knew that would be the way to build a better life for them and their family.

After marrying the love of her life in 1964, and with the money she earned from the Toronto Star, mom and dad rented a small apartment at Bathurst south of Glencairn and began what was to be a wonderful 57-year journey together. Throughout those years my parents had 2 kids, Brian, born in 1967 and then me (Karen) born in 1971. They lived in 2 apartments and 2 houses before finally retiring to condo life at St. Clair and Avenue Road. They went on 30 cruises and 6 riverboat trips, explored Europe, Asia, Israel, Iceland, South Africa and so much more, experienced retirement, spent winters in Florida and welcomed 3 grandchildren. Not bad for a small-town girl from St. Thomas.

My dad, always with my mom's assistance, worked in numerous positions in the Toronto Alumni Chapter, culminating in the Presidency in 1979. At my mom's urging, he then became involved in AO International as Regent and then on the Board of Trustees. They travelled the world and made numerous

friends from all over at the many conventions they attended.

Mom spent many years of her life working as the Executive Secretary at Alpha Omega Fraternity. What started as a 'fun thing to help out with' in 1982 turned into a career that brought her so much purpose, joy and happiness. She built meaningful and strong friendships with all of the AO presidents and members alike and, in 2002 after 20 years, she was recognized at the most amazing Grand Ball where she was honoured for her service. It was such a proud moment for mom and it was so deserved. But as expected, she was so humble about it. As you can see in the accompanying picture of mom with the past presidents she worked with, she radiated with so much happiness being surrounded by those that appreciated her, admired her and loved her.

I have no idea how many different positions my dad held at AO, how many conventions my parents helped organize, how many summers I worked at the AO office or how many conventions my brother and I personally attended (its well over 10), but what I do know is that my parents loved every minute of it, and it was something they enjoyed to do together.

While I don't generally believe in fairy tales, what my parents had was as close to it as you could get. All you had to do was look at my parents together and know they had something very special. It was always Rick and Sheila or Sheila and Rick. They were inseparable.

It is no secret that my mom had many health scares throughout her life but without fail, my dad was always by her side nursing her back to health for as long as she would let him that is. During the last few COVID years, my parents spent every day together and became closer than ever. Not everyone loved being stuck at home with their spouse but my parents took full advantage of their time together, taking online courses, connecting on zoom with family and friends and binge-watching TV shows together.

If you had the opportunity to spend one minute with my mom, you knew that being a grandmother was her pride and joy in life. My parents were blessed with three beautiful grandchildren, Jonah (15), Jaelyn (14) and Willow (12). She probably showed you the pictures she had of them...ever so handy in her wallet. The way mom lit up when she was around the kids was infectious. Whether it was watching their hockey games in a freezing cold arena, or sitting through their very long dance recitals, or going to school to attend their Shabbat services, she was always so proud of them.

My brother and I know how lucky we are to have had such an amazing mother whose love and support never wavered, and it gives us so much comfort in knowing how many other people's lives she impacted and touched.

Alpha Omega was not only her job for 28 years but the people within AO, all around the globe, were her second family. I'm not sure what my mom would have done if AO hadn't come knocking, but I do know that we are so thankful it did because it became part of who my mom was. Not only did she love the people, but she wore her AO swag with such pride!

As I look back at old pictures now remembering all of the amazing times we had together, the constant in all of those photos is love, family, friends, travel and Alpha Omega.

There are moments where I find myself saying or doing something and immediately think, "That was so like my mom". As an adult, you try to become your own person, but looking back on those times now and those I know I will have in the future, I have never been so proud and honoured to be exactly like my mother. She was one of the best and will be missed by so many!

While the world is a much better place because of my mom, it will definitely never be the same without her.

She is missed every moment of every day.

Karen Rodney



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SLICE OF PI

This year it has been both a pleasure and an honour for me to serve as the president of the Pi Chapter. The dedication and innovation from the entire executive council has kept the chapter thriving. It is their hard work and enthusiasm that has allowed the Pi Chapter to remain at the forefront of undergraduate chapters. On April 2, 2022 the AO Pi Chapter held our highly anticipated Pi Chapter Spring Formal at the Eglinton West Gallery. It was exciting to see so many students across all four years of dental school (~120) at the University of Toronto participating in the festivities. This night was made possible by the hard work of the formal committee (Laura Sun, Yonit Levin, Sabrina Nguyen, Linnaea Halpert) and our Pi Chapter treasurer, Stacey Morris who has gone above and beyond the call of duty with her hard work and commitment to AO.

Every year the Pi Chapter holds an annual charity raffle, as a part of the philanthropic efforts of the fraternity at large. The money raised from this year's raffle will be donated to the Alpha Omega Foundation, the charitable arm of the fraternity which supports projects around the world. Willie Cygelfarb (Pi Chapter President Elect) and Adam Tepperman (Pi Chapter Treasurer Elect) worked tirelessly securing donations to ensure that this year's raffle was a huge success and raised more than \$500 at the event. The raffle would not have been possible without the generous support of our donors. Special thanks to CDSPI, Nobel Biocare,

Clearly Canadian, ShopEmie, Maxident Practice Management Software, Millennial Financial group and MyHeritage for their generous support. Furthermore, the entire evening would not have been possible without the generous contributions of our sponsors; Dentalcorp, Maxident Practice Management Software, Nobel Biocare, Garrison Dental Solutions, MNP, DCY, Kutner Law and Henry Schein.

The Toronto student chapter is especially lucky to have such a vibrant and supportive alumni

chapter, including Dr. Iris Kivity-Chandler, who joined us at our celebration. Dr. Kivity-Chandler (outgoing AO Past President) presented a speech and performed the initiation ceremony for our ~40 new AO Pi Chapter members in attendance. The night was a huge success, and the Pi Chapter looks forward to continuing to host our AO Formal in the years to come.

Written by: Linnaea Halpert
(Pi Chapter President)



Top Image: Angela Roa (Maxident), Dr. Iris Kivity-Chandler, Mark Chandler

Bottom Image: Yonit Levin, Laura Sun, Sabrina Nguyen, Linnaea Halpert

2022 PI CHAPTER GRADS



Dorsa Divanbeigi

When I started dental school, I never thought I would find a supportive network of colleagues that would welcome me into the profession and provide me with a sense of security. Having been the first in my family to become a dentist, the future and planning for it have always been a source of anxiety for me, and having AO is like having a second family who will always be by my side through my journey outside school. After dental school, I plan to join private practice and continue to learn as much as I can to expand my horizons, both professionally and personally, and I am honoured and excited to grow as part of AO (it rhymes, so it must be true!)



Emma Butcher

I have been fortunate to be a member of AO for the past four years of dental school. From the beginning, AO was there with academic support and social events. In the summer between first and second year, I completed an AO observership placement in Toronto. Spending the summer watching an experienced dentist run their practice gave me so much hope for the future of my own career and broadened my perspective on how great an impact we can have on our patients. Although the pandemic postponed many social events, we were able to finish our final year of dental school with the AO formal this past weekend. It felt a little surreal to be a part of the graduating members. After graduation I will be working in private practice in the GTA. I still have a few weekdays available if anyone is looking for an associate!



Fady Barsoum

Dental school is a dream come true. It is a blessing to part of a growing field of specialists of the head and neck and help make positive changes in peoples lives. AO has been integral in supporting me in my journey and opened my eyes to what I can do during and after my schooling. I will be doing a one year GPR in Connecticut and hope to come back to the GTA afterwards with a deeper appreciation of our profession.



Frank Poppolo Deus

My name is Frank Poppolo, and I have a passion for helping people. I am the first person in my immediate family to go to university, and the first one to work in the field of dentistry. Dental school is about learning to get out of your comfort zone and realizing you are capable of changing people's lives for the better through their oral health. The friends that you make in dental school will be connections and friends for life. AO played a big role in finding such friends and like-minded individuals. My future plans after completing my DDS include specialization in Dental Anesthesia, and to eventually open a clinic that specializes in special needs dentistry.



Freddy Mistry

"Having an educational background in dentistry as being an internationally trained dentist being back to dental school was an amazing feeling. UofT have taught me so many new things from patient care to advances in dentistry, it was a fascinating journey to learn something new each and everyday.

I have learnt not only about clinical dentistry but how to really communicate effectively, ensuring that my patients feel heard and respected.

AO have served as a very good platform for me to connect with so many skilled practitioners in Canada. Its leisure activities were a real stress breaker for me from a busy school life., especially during the time of pandemic it was so much fun to participate the online activities.

My future professional plan is to focus on my goal of becoming an Oral and Maxillofacial Surgeon in Canada and I am really looking forward to the next step in my journey as being an OMFS intern at UofT."



Linnaea Halpert

I remember walking in on my first day of dentistry, a little nervous, and Alpha Omega immediately felt like home. I am so lucky to have all of those who welcomed me on my first day and those I welcomed on their first days. I am so honoured to have acted as the AO Pi Chapter President this year. We've all become a family. We have studied together, laughed together, and danced together —and one day, at our AO reunion as alumni, I look forward to celebrating all our amazing accomplishments together.



Max Silver

It feels surreal to be graduating this year! I'm grateful for the close friends that I've made throughout my four years at UofT. I have thoroughly enjoyed being a part of AO during dental school and I plan on staying close to the AO family for many years to come! I'm very excited to be heading to Edmonton this spring for a GPR.

2022 PI CHAPTER GRADS (Continued)



Sabrina Nguyen

From academic support to providing internship opportunities with general and specialty dental offices, AO has helped me throughout dental school. I am grateful for the guidance I have received from AO dentists and fellow students - they have truly helped me along in my dental journey and allowed me to achieve my goals. I have happily matched with the SickKids GPR next year and hope to attend graduate studies following this.



Stacey Morris

Being part of the AO executive committee for all four years of my dental school journey has been very special and memorable. The friendships and connections I have made through the AO family are sure to remain a large part of my life in my future dental career. Thank you, AO, for being so warm and welcoming to me. After graduating, I am looking forward to participating in a GPR program at NYU Langone in Brooklyn, NY.



Willy Ye

Dental school was both a challenging and rewarding experience. Being a part of AO granted me the opportunity to be a part of a community with like-minded friends and colleagues, and I hope to carry out the generous spirit of AO for my dental career.

Remaining Graduates

Mohammed	Zuhair
Yonit	Levin
David	Carmona
Alyssa	Giannotti
Chanhee	Park
Elise	Ma
Braedan	Prete
Max	Xia
Austin	Chang
Krista	MacDonald
Nermin	Piragic
Rouzbeh	Ostadsharif Memar
Ruichen	Shang
Erin	Husack
Julia	Doran
Trisha	Pichoch
Chu Meng Lily	Li
Ajay	Plaha
Louis	Zhou
Niall	Baroey
Karin	
Shirui (Laura)	Sun
Karam	Notay
Darius Hok Chun	Lau
Yanny	Zang
Yu-Chen (Eugenia)	Chen
Kulsum	Saeed
Marta	Thorpe



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Unlocking Student Potential: 2020–21 Impact Report

Prepared for Alpha Omega Fraternity - Toronto Alumni Chapter

U of T's longstanding pledge that no qualified student will have to decline admission or withdraw from studies due to financial circumstances is made possible by donors like the Alpha Omega Fraternity. Your remarkable commitment to equity and accessibility is changing students' lives and preparing them to meet complex challenges. We are pleased to present this report on the student who has benefitted from your generosity. We are grateful for your enduring support.

Shawna Rieux Doctor of Dental Surgery



After growing up in a small town in Eastern Ontario, Shawna Rieux attended the University of Ottawa where she studied towards a Bachelor's of Science in biochemistry with a specialization in microbiology and immunology. After studying in Ottawa for 3 years, she was accepted into the University of Toronto's Faculty of Dentistry where she is studying towards a Doctor of Dental Surgery degree with an expected graduation in 2021. At UofT, Shawna is an active member of the Student Professionalism and Ethics Association (SPEA), she was the Sib Mentorship Program Coordinator, and was her year's academic representative. This year Shawna is excited to serve as the VP Academic for the dental student's society.

Currently, she is looking forward to finishing the last year of her degree while exploring paediatric residency and specialty options.

As the recipient of the Alpha Omega Fraternity Prize, I would like to extend my sincerest appreciation towards your generous contribution to the University of Toronto's Faculty of Dentistry. After completing my fourth year of dental school and all of the hard work that comes with it, I cannot express to you how meaningful it is to receive this type of recognition – one that would not have been possible without your involvement. Receiving this award provides a great deal of motivation to continue to try my best as I move into my career. Thank you for your generosity as it is an absolute honour to be able to accept this award.

AO TORONTO CONVENTION REPORT



By the time you read this, Convention will be one year away. We have already been working on this event for one year and there is still much to do.

Room reservations at the Westin Harbour Castle will be available beginning in June at our excellent Convention rate. We hope you will consider making Convention a staycation. Enjoy the many activities planned and don't worry about the drive to and from the hotel. End your days in our evening hospitality suites. Bring the kids too. There is much to see and do in downtown Toronto. Discover and find inspiration in our city, the city that is the focus of the recently released Disney and Pixar film 'Turning Red'. Destinations International, the world's largest resource for official destination organizations and convention and visitors bureaus, announced Toronto as the 2022 Annual Convention destination. This marks the first time Destinations International will host the convention in Toronto. We have of course known the wonderful opportunities Toronto has to offer since 1925 when we hosted the first Alpha Omega Convention held outside the United States and then 4 subsequent Conventions here in 1952, 1964, 1980 and 1994.

Convention offers you the opportunity to connect, engage and learn from one another. The impact now felt from the world's troubles makes this an even more important opportunity to be able to experience the vibrancy and protection Alpha Omega provides us all.

The official programme has not yet been announced, however, as members of Toronto Alumni, the host chapter, you are on the inside. We are working on an Oneg Shabbat Family programme at Beth Tzedec, an afternoon of tennis, swimming and sailing at the Island Yacht Club, a

Foundation sponsored evening, likely a cruise in the harbour, our Awards and Gala Dinner, and a Continuing Education Programme sponsored by and at Baycrest Health Sciences, highlighting the state of the art clinic that our Chapter can proudly say we made possible. There will be arranged tours of our city and other social events, required business meetings and much more. Possibly even a post convention programme in Niagara.

I especially want to thank our undergrads, Max Silver, Linnaea Halpert and Adam Tepperman who have helped to produce a short video promoting Convention to be aired on Facebook and Instagram, and also for giving us food for thought for an undergrad and young Alumni programme at Convention. The future of Alpha Omega lies in our young members and it is most important that we include them, involve them and give them a meaningful experience with ownership.

Mark this magical event on your calendar. Take part with our family of Alpha Omegas. We will have something for everyone, young and not so young. And if you are interested in helping on the planning team, give me or anyone else on our expanding Committee a call. We want you, we need your help, your input and your ideas. It is our sincere hope you will remember AO TORONTO for years hence, and become, if you are not already, one of those always there Conventioneers who never miss an opportunity to say I am an Alpha Omegan.

Your Steering Committee
Brian Chapnick, Paul Okorofsky, Allan Katchky, Gary Elman,
Iris Kivity Chandler, Sharon Perlmutter, Avi Wurman
Cory Wurman, Michael Tenenbaum

Alpha Omega Revival Fitness Event

Get ready to sweat with a Bootcamp Class!



WHEN:

Wednesday

May 25th, 2022

8:00 - 9:00pm

WHERE:

2 OPTIONS AVAILABLE

1) You can attend in person:

**Forest Hill Village Gym
324 Lonsdale Rd Toronto, ON
M4V 1X4**

2) Virtually via Zoom

WHAT:

Bootcamp Class

An intense class of cardio, weights, and fun!

WHO:

**AO Members, Spouses,
and Guests**

COST:

**\$20.00/ AOMembers/
Spouses/Children**

**\$30.00/Non-member
guests**

WHAT YOU NEED:

**Equipment for those on Zoom:
Weights, mat, bench. (No
weights? ... laundry bottles,
water bottles, get creative!)**

RSVP by May 18th to Jackie at 416-250-7417 between the hours of

9am- 1pm or by emailing info@atoronto.org

**** Please include: Names of people attending, total number of people attending,
and your credit card number, expiry date, and CVV number**

Those attending virtually will be sent a Zoom link closer to the class

CHALLAH DAZE

Of the essential elements comprising Judaism, perhaps the most universally known and beloved is challah, the centerpiece of the weekly Shabbat table and many holidays. It is the Jewish bread of celebration.

On Thursday, February 3rd at 7:30 PM, 15 members of Alpha Omega came together over Zoom to participate in AO Revival's second annual virtual challah making class. Rebettzin Nechama Dubrawsky of the Yorkville Jewish Centre engaged us all in the mitzvah of challah making, illustrating how the bread not only nourishes us on Shabbat, but also enriches us spiritually with the blessings that we recite while braiding our challah dough.

There are seven basic ingredients in a challah recipe: water, yeast, sugar, eggs, oil, flour, and salt. Each ingredient has a symbolic blessing associated with it and all seven ingredients combine to create a unified, single dough. In this way, the making of challah symbolizes the oneness of the Jewish people.

The bond among the Jews, God and bread is illustrated in the Torah as the Israelites near their exile from Egypt. God commands the Israelites to show gratitude by setting aside a portion, or "challah," of the bread they make after entering the Holy Land. Nechama tied this Torah lesson into her demonstration of the mitzvah of separating challah, "hafrashat challah." When a woman makes a dough from 5 lbs of flour or more, she has a biblical obligation to tear off a piece of dough and burn it as an offering to G-d. Nechama dutifully performed this mitzvah on behalf of all the Zoom participants. We watched her tear off a piece of her dough, wrap it in silver foil and set it aflame, enabling everyone online to experience the holiness of her challah bread.

The class finished with Nechama teaching the most technically challenging part of making challah, shaping the dough into its distinctive braid of 3, 4 or 6 strands. She also demonstrated how to braid a round challah bread and everyone raised their braided dough to the cameras to show off their blessed works of art!

May the aroma of freshly baked challah this week remind you of how fortunate we are to be once again joining together with fraters, friends and family to break bread this spring! We cannot wait to host this event in person at the Yorkville Jewish Centre next winter and hope that all of our members will participate!

Written by: Lani Kraus



Zoey Friedman and Lani Kraus



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AO WINTER SOCIAL 2021: CANDLE MAKING CLASS

For this year's winter social, we decided to do something fun and engaging. On March 2nd 2022, Alpha Omega held its first candle making class at Kandl Artistique. Food, drinks and making scented candles, what a great way to bring fellow members together. The event was a great success with 14 members attending the event. We started the night with members grabbing drinks, catching up and striking conversation with fellow fraters before serving delicious sushi and maki rolls from Umami Sushi. Right after dinner, our members split into two groups to participate in a fully customizable candle lab experience, one of a kind in North America. Members chose from a variety of personally selected fragrances,

sourced from the finest fragrance houses in the world to create their own personalized scented candle, from start to finish in just 90 minutes. Everyone seemed to enjoy the experience and we all heard positive feedback from the members. It was truly a night to remember. I want to thank Laurel Fleisher and our committee members; Ilana Wurman, Zoey Friedman, Blair Farbstein, Robin Kutner, Mark and Jill Ziedenberg for organizing the event. Remember to sign up early next year if you are interested in attending. We are hoping to bring this program back again if you missed it this time.

Respectfully submitted by Dr. Khash



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My 2022 New Year's resolution was to refrain from writing an essay about the Covid 19 pandemic. But as it turned out I couldn't help myself. I am not a public health specialist, epidemiologist, virologist, or biostatistician, so what I have to say is as an ordinary observer of social behaviour. Let me stake out my position. Covid 19 is real! It is a contagious viral infection. In a small number of cases, it requires intensive medical attention and despite robust intervention some people die. At the time of writing, more than 34,000 Canadians and over 870,000 Americans have succumbed to the virus. For a few survivors, whether hospitalized or not, there are long-term side effects. Fortunately, most healthy people recover in a week or two and have no lasting ill effects. Covid 19 spreads by nasal and oral droplets and therefore the usual public health advice is given for prevention of spread. There is no need to repeat the mantra of masks, isolation, hand washing et al. There have been numerous vaccines developed around the world and at least three have been approved and are widely available in Canada. There are hints that an antiviral drug has been tested which can nip the infection in the bud, but at the moment, it is not readily available. Currently, the Omicron variant is slashing through the population. Although not more deadly, it is very virulent so there are many more positive cases, most mild, but some severe. We look forward to the usual progression of viral epidemics-they burn themselves out -and so, we wait.

I trust science, at least well-tested science. I know that the scientific method is a cumulative and additive endeavour. We know

more today, in every scientific domain, than we did yesterday, which means that we have either gained more facts or modified what we thought was once correct. If we expect scientific results to be perfect at the outset, we will always be disappointed. Not many things come into this world this way. Our automobiles are better today because we gradually improved them. The cars of tomorrow will be better than the ones we drive today. I don't remember anyone not buying an auto because the vehicle had not reached perfection (whatever that means). To do nothing while waiting for the perfect vaccine is a prescription for a public health disaster. There has never been a vaccine which is 100% effective and has 0% side effects. Even so, poliomyelitis is now a very rare disease and smallpox no longer resides in the wild.

When I hear individuals or groups declare that they don't trust science, I think to myself, what do they trust in its stead? You have seen reporters ask this question to science-deniers who are holding smartphones, speaking into microphones, while being televised with their image transmitted instantly around the world via satellites. They travel to work on the subway and fly to vacations in jet planes. Not one of these trust-deficient persons would get in an elevator designed by an illiterate shaman. I find it perplexing that so many science deniers are taking up ICU beds with the expectation that they will receive the best care that science can provide. Are there substitutes for science? Some suggest that homeopathy and prayer for the sick works. Sorry, I take my prescribed meds and find the doc with the best credentials. Our kids never got polio, whooping cough, or diphtheria, thank goodness, not because I was determined to keep them healthy or attended Schul on Shabbat, but because research and public health found life-saving solutions.

When public health officials or epidemiologists opine that, based on current data, they recommend a or b, and 3 months later change to c, based on new data, I don't lose faith in science. In fact, this is exactly what we should expect. These re-evaluations of data and changes to guidelines can be disconcerting and may have negative

political consequences. But if we assume that politicians know as much about pandemics as the ordinary citizen, they should yield to the experts and assist the delivery of the current public health recommendations. Are experts ever wrong? Of course, they are. However, when we are confronted by a global disease and with thousands of scientists in many disciplines, working in concert to understand the spread and the prevention of a contagion, the consensus of the experts is where I would put my trust. Historically, in almost all cases where a scientific observation has shown to be false, it has been scientists, spurred on by their innate skepticism, who disclosed the error. One of the most persuasive examples was the Piltdown Man. This was an outright hoax which was designed to show the skeletal transition between ape and human-the so-called missing link. The theists and creationists of the day became ecstatic when the fakery was disclosed and in fact, still point to Piltdown as an icon of bad anthropology. What they refrain from saying is that it was not theists or creationists who exposed the hoax but hard-working paleoanthropologists using the scientific tools of the day.

I have been dismayed to see true experts dismissed, ignored, and even maligned because they deliver messages which are difficult to accept. Yet, at the same time, without facts or any scrutiny, claims such as the injection of bleach, shining bright light into the lungs, or the use of dangerous and untested drugs are given equal weight. These flights of fancy may be the talk of locker rooms but have no place in public forums.

I have heard that many people, although they acknowledge the truth of the Covid 19 epidemic, refuse to be vaccinated on the belief that the vaccine was developed too quickly. I would think that, in the face of a global pandemic, the speedy development and approval of a vaccine, which could save millions of lives, would be a blessing. Blessing aside, the deniers are just wrong. mRNA systems were first published in 1989 and the first human clinical test was in 2001. The number of published articles and the amount of money invested by big pharma and by government is staggering. Polio vaccine went from animal trials to shots in the arm in about two years.

The Covid 19 virus is an equal opportunity villain. It strikes the aged, immunodeficient, those with chronic illnesses such as diabetes and COPD, but also some apparently healthy individuals—all without any consideration of how the individual voted. In the USA in Jan. 2022, only 60% of Republicans received full vaccination while 90% of Democrats were vaccinated. In Canada the dichotomy between conservatives and the more left-leaning parties is present but not nearly so drastic. One wonders why this would be. When Covid 19 arrived in the U.S. it was initially touted by the government in power as mostly a hoax and some suggested that the hype associated with Covid 19 was based on the fervent desire of the opposing political party and the mainline media to do harm to the President. This did not happen here. With the infection growing at an alarming rate, the U.S. federal government, taking a hit on most fronts regarding the supply of PPE, ventilators, and unmanageable death rates in states such as New York, put in place Operation Warp Speed. Large amounts of money went to speed the approval and production of vaccines. This public/private program, with due credit to the President, seemed to be a success. However, even after the release of approved vaccines, the government leaders continued to malign public health officials, the media, and the opposition party as overplaying the epidemic (-it's just like the flu), while taking kudos for Operation Warp Speed. The government in power never made use of the bully pulpit to endorse the vaccines or strongly advise the public to get vaccinated. As a matter of fact, they did just the opposite and appeared in public unmasked, held ceremonies and rallies where large numbers of people contracted and subsequently spread the infection. To the unpolitical observer this was the essence of cognizant dissonance.

The prolonged nature of the Covid 19 pandemic, illustrates the difficult task government leaders and public health experts have in developing and enforcing best practices. Public health's concern is just that- concern for the well-being of the entire population. The discipline proposes recommendations which are based on data derived from the widest possible slice of the population. The recommendations are not directed to meet

the unique needs of a particular cohort. I am sure Dentists remember the early months of the HIV epidemic when the recommendations for protection against transmission of the virus in the dental office would have led to the closure of most dental practices. Making exceptions to the recommendations are rarely done and so, many services which have shown to be safe and have no history of being the source of an outbreak, must comply with the public health lock-down or reduced attendance recommendations. I have been to restaurants which carefully screen their patrons and seem safer than hospitals but must shutter, with no evidence that it was a risk to the public. One gets the impression that public health recommendations and their advice to politicians is often behind the curve and current guidelines may be more alarming than necessary.

On the other hand, one would think that political leaders would have the health and safety of the entire population in mind. But it is not the entire population which voted for that PM, Premier, MP or MPP. In some cases, the politician has been elected with a minority of the votes. If re-election is one of the primary goals of politics, it is the support of voting base which he/she must appeal to when making policy. The politician's attention to the specific voter, is in distinction to the public health scientist. As the days and months go by, you can see this subtle dichotomy play out. A glaring example occurred when the President of the U.S. put in place his own 'medical' consultant to support the message he felt compelled to make to satisfy his base.

A prolonged crisis often brings out the very best in human behaviour. We have seen this in abundance. Health-care workers doing their jobs in the most trying circumstances. Volunteers bring food and comfort to those who are unable to get about. Donors to charities abound. There is no need to expound on the dreadful. Anti-vaxxers, not content with refusing vaccination, actively try to prevent or intimidate others. Recently Ottawa was in gridlock and the Ambassador Bridge made impassable by truckers opposed to mandatory vaccination to cross the Canada/US border. No one is compelled to be vaccinated. To this date, there are no reports of anyone forcibly

given a vaccination. These truckers, having made a detailed scientific assessment of risk, have determined that not being vaccinated is in the best interest of themselves and their families. When one was asked where he got his information about the safety of the vaccine he replied, 'The real world'. If that is how they calculate risk/benefit, that is fine - look for another job. Recently, a small independent pharmacy in London had graffiti and vile language painted on its windows because it provided some Covid 19 vaccinations. This is the height of misplaced self-importance. When examining the world around us, we are inundated with rules and mandates, not all of which we fully appreciate. There are rules for seatbelts and stop signs. I was mandated to obtain a Hep B vaccine to continue my employment in a university. I would rather pay less tax, but I follow the rules. For all these rules and mandates, you can choose to ignore them, but at your peril.

I cannot end this essay without repeating a comment I first heard in a gym locker-room and then discovered that it originated in a group of American legislators. An irate wealthy middle-aged, hale and hearty male complained that the mandate of masks and the requirement to provide evidence of vaccination was akin to Nazi decrees. What an odious comment! Whatever you think about the science of public health and the management of a pandemic, no one can dispute that it is the intent of our government to protect the lives of our population. Equating these benign public health recommendations with a regime that mandated the wearing of a yellow Star of David and whose sole intent was to eliminate a great swath of humans is unforgivable. ----
-- I can't wait to get unmasked.

Stan Kogon

TRIBUTE

General Tribute Fund

PLATINUM CARDS

Condolences

Dr. Joel Edelson on the loss of his brother Arthur
Dr. Lorne & Sharon Chapnick

The family of the late Frater Dr. Marvin Obar,
past president of AO Toronto Alumni Chapter
Dr. Barry & Jane Chapnick

GOLD CARDS

Condolences

The family of the late Frater Dr. Marvin Obar,
past president of AO Toronto Alumni Chapter
Dr. Alan Vinegar & Barbara Albert
Drs. Gary Elman & Ira Marder
Dr. Harvey & Maura Cooperberg

Mrs. Helen Black on the loss of her husband Josh
Dr. Stephen & Carole Zamon

Dr. Eddie Reinish on the loss of his father Hy
Dr. Gerry & Debbie Zeit
Dr. Andrew & Wendy Kay
Dr. Stephen Abrams

Helene Obar on the loss of her husband Frater
Dr. Marvin Obar, past president of AO Toronto
Alumni Chapter
Dr. Stephen Abrams
Drs. Avi Wurman & Sharon Sussman

Dr. Wally Rice on the loss of his sister
Ruth Tulchinsky
Dr. Gordon Starkman

Dr. Richard Rodney on the loss of his
wife Sheila
Dr. Joel Edelson

SILVER CARDS

Condolences

Dr. Joel Edelson on the loss of his brother Arthur
Dr. Ari Gold & staff

The family of the late Frater Dr. Marvin Obar,
past president of AO Toronto Alumni Chapter
Dr. Wayne & Celene Grossman

TRIBUTE CARDS

Congratulations

Mrs. Esther Caplan on her 100th birthday
Dr. Stephen & Carole Zamon

TRIBUTE CARDS

Condolences

Hannah Herman on the loss of her
grandfather Alfred
Dr. Murray & Marilyn Wagman

Dr. Wally Rice on the loss of his sister
Ruth Tulchinsky
Dr. Murray & Marilyn Wagman

Dr. Joel Edelson on the loss of his brother Arthur
Leigh Ann & Cyril Brenman
Dr. Bonnie Chandler

Dr. Lyon Schwartzben on the loss of his
father Melvyn
Dr. Joel Edelson

Mr. Stephen Gunn on the loss of his
mother Hilda
Dr. Stephen & Carole & Dr. Erica Zamon

Ms. Clara Weng on the loss of her mother
Dr. Stephen & Carole, Dr. Erica, and Rebecca Zamon

Dr. Gary Klein on the loss of his mother Magda
Drs. Ira Marder & Gary Elman

Alpha Omega/ Henry Schein Holocaust Survivors Oral Health Program

GOLD CARDS

Condolences

Helene Obar on the loss of her husband Frater
Dr. Marvin Obar, past president of AO Toronto
Alumni Chapter
Dr. Stanley & Ellen Markin

TRIBUTE CARDS

In Appreciation

Dr. Ari Gold with thanks
Leigh Ann Brenman

Dental Volunteers for Israel (DVI)

GOLD CARDS

Congratulations

Ryan Bochner in celebration of his Bar Mitzvah
Dr. Stephen & Carole Zamon

SILVER CARDS

Condolences

Dr. Joel Edelson on the loss of his brother Arthur
Dr. Arthur & Agi Dunec

JF & CS Dental Fund

TRIBUTE CARDS

Condolences

Vivian Szigeti on the loss of her mother, Eva Mere
Dr. Arnie & Joy Closner

Dr. Rick Rodney on the loss of his wife Sheila
Dr. David & Amanda Eisenstat

Terry Shapero Fund (Yad L'Kashish)

PLATINUM CARDS

Congratulations

Dr. Laurel Linetsky-Fleisher on her birthday
Vanessa Yakobson

GOLD CARDS

Condolences

Helene Obar on the loss of her husband Frater
Dr. Marvin Obar, past president of AO Toronto
Alumni Chapter
Dr. Richard Rodney

Dr. Wally Rice on the loss of his sister Ruth
Tulchinsky
Dr. Richard Rodney

SILVER CARDS

Condolences

Dr. Joel Edelson on the loss of his brother Arthur
Dr. Richard Rodney

TRIBUTE

TRIBUTE CARDS

Condolences

Roz Silverstein on the loss of her husband
Louis Silverstein

Dr. Aubey & Marilyn Banack

Dr. Eddie Reinish on the loss of his father Hy

Dr. Aubey & Marilyn Banack

Cary Hurwitz on the loss of his father

Dr. Jeffrey Hurwitz

Dr. Aubey & Marilyn Banack

CAMH Dental Clinic

PLATINUM CARDS

Congratulations

Dr. Laurel Linetsky-Fleisher on her birthday

Vanessa Yacobson

CONDOLENCES TO:

Helene Obar and family on the loss of her husband Frater Dr. Marvin Obar, past president AO Toronto Alumni Chapter

Dr. Joel Edelson on the loss of his brother Arthur

Dr. Eddie Reinish on the loss of his father Hy

Dr. Mark Kochman on the loss of his mother Sara

Dr. Wally Rice on the loss of his sister Ruth Tulchinsky

Dr. Gary Klein on the loss of his mother Magda

TRIBUTE FUND PRICES

1. Tribute Cards \$18.00 each
2. Silver Cards \$25.00 each
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5. Bulk Tribute Cards (10 cards) \$150.00 each

FOR TRIBUTE CARDS:

Donate [online](https://www.aofoundation.ca) at [aofoundation.ca](https://www.aofoundation.ca)

For assistance, contact Harvey Cooperberg at (416) 223-4616, or by email at tribute@aofoundation.ca

6. 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.

JEWISH NATIONAL FUND (416) 638-7200

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or email 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, 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.

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 Dentally related agencies such as:

- Dental Volunteers for Israel
- Yad LaKashish (*Services to the Elderly*)
- Beit Issie Shapiro (*Services to Disabled Children*)
- CAMH Dental Clinic
- Dentistry for All (*Clinic in Guatemala*)
- ALEH C.A.R.E.S. Dental Clinic
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