



AORTA

ALPHA OMEGA REVIEW OF TORONTO ALUMNI CHAPTER, PI CHAPTER | FEBRUARY 2025 VOL. 66. NO.3
WEB SITE: WWW.AOTORONTO.ORG

2025 ALPHA OMEGA

2025 WINTER SEMINAR & CHARITABLE DRAW

FRIDAY, FEBRUARY 28, 2025 - 8:30 AM - 3:30 PM



Dr. Gaurav Krishnamoorthy

*Oral and Maxillofacial Radiologist,
PMH Dental Oncology Clinic*



Dr. Patricia Brooks

*Education & Fellowship Director, Oral
Pathology & Oral Medicine Specialist,
PMH Dental Oncology Clinic*

HOW TO FIND HAPPINESS AND JOY POST OCTOBER 7

Wednesday, March 26th, 2025

Dr. Gillian Mandich



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ANDREA'S ANGLES



Dear AO family,

I hope you have had a great start to 2025! Hard to believe we are in 2025 – that always sounded like the year we would be living in space! My kids have also advised me that 2025 is the first perfect square year in almost 100 years, and a once-in-a-lifetime occasion for most of us (the last one was 1936 and the next one is 2116). We were so lucky to spend the winter break with my family at my parents' cottage in Sainte Agathe in the Laurentians. I'm sure many of you can picture it! It was wonderful to celebrate Chanukah with my parents and sisters who live in Montreal. I was sad though that we were not together with our AO family at Convention in Israel as we had planned to be. I am hopeful that we can be together for Convention again next year – and hopefully in Israel!

On New Years Eve we watched the ball drop from the comfort of the couch in Sainte Agathe. We told our kids a story that we think about every year at this time – we were enjoying New Years Eve at Convention with our AO friends as new grads many years ago, and our friend from the Detroit chapter who had a father who was a dentist and had grown up going to Convention as a kid shared this: "I grew up thinking that the only way to celebrate New Years Eve is with a Gala event!". Our annual AO International Business Meeting was online this year – but we could still feel the love and connections with all of our AO members worldwide. I encourage you to engage with AO International this year. There are many online events to take advantage of every week. Feel free to reach out to other AO chapters during your travels, and hopefully we can attend Convention together in December as our very own Sharon Perlmutter is installed as International President!

We have already had some wonderful programming this year. Our first executive meeting of the year was held in person at Adath Israel. We started our meeting with prayers and a L'Chaim in the Sukkah.

This is the AO difference for me and it is really the root of why I prioritize my involvement in Alpha Omega over other dental organizations. On October 29th, Riva Black opened the Evening Continuing Education Series with a superb presentation titled "Ulcer Mysteries". It was very well attended and also streamed for members who could not attend in person. Our cooking night held on November 7th was a huge success as always.

Our annual Fall Core 1 Seminar was held at Beth Emeth Bais Yehuda Synagogue on Friday November 22nd. It was a great day of learning and shmoozing. We enjoyed breakfast, coffee breaks and an excellent lunch. In the morning, we learned from Dr. Natoosha Natalie Nargaski about Orthodontics and the Family Practice Dentist. In the afternoon, Dr. Marco Magalhaes taught us about Oral Potentially Malignant Disorders: Recognizing Early Signs of Trouble. The Chanukah Party at Beth Emeth had more people in attendance than ever before!!! We also held an online lecture with Dr. Cyril Tahtadjian on December 16th about the CDCP. It was a worrisome lecture but left us feeling empowered to ask questions and work to protect our patients and the profession.

I also wanted to share a bit about the other meetings I have been a part of as the current Chapter president of AO Toronto. I attended a meeting about the Baycrest Clinic which we should be very proud of. I had the opportunity to meet the Dr. Rachel Sarig – the incredible Head of the TAU Dental School. We are currently brainstorming how to support TAU under her leadership in a meaningful way as AO Toronto. I attended the AO International Business Meeting online, as well as the Canadian Foundation online annual meeting. We also had an online Executive Meeting in December where we reviewed our chapter's financial statements and planned for our future. Our Line Meetings are my favorite – I am so grateful to be a part of this supportive and amazing Line. I have Velarie at the AO office on speed dial... She is the only non-family member in my speed dial contacts. Sorry Velarie! But truly the texts, emails and phone calls I share with the Line and Velarie are always fun and supportive. Get involved on the Executive and on the Line – you get much more than you give. Ask your friends to join and get involved in AO. At this challenging time in our lives and in the world, meaningful connections with our community can keep us going through the hardest days and months. This is your community!

See you soon,

Andrea

AORTA



Toronto Alumni Chapter
of Alpha Omega

Adath Israel Synagogue
37 Southbourne Avenue, 2nd Floor,
Toronto, Ontario, M3H 1A4
Tel: (416) 250-7417
Fax: (416) 250-8668
E-mail: info@aortoronto.org

Editor

Barry Reinblatt
c/o Alpha Omega, Adath Israel Synagogue
37 Southbourne Avenue, 2nd Floor,
Toronto, Ontario, M3H 1A4
Tel. Home: (905) 886-7497
Tel. Office: (905) 725-9954
Fax: (905) 725-5830
E-mail: barryreinblatt@sympatico.ca

Assistant Editor

Sharon Perlmutter

Advertising Committee Chair

Allan Katchky (416) 694-2220

Advertising Sales

Dayle Levy (905) 731-2025

Art Direction

Allegra Toronto North
Tel: (905) 475-5575
E-mail: info@AllegraTorontoNorth.com
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Next Executive Meeting (Zoom)

Tuesday, February 25, 2025

Next AORTA Deadline (May)

Monday, April 7, 2025

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

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 **Velarie** 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 stephenkay@sympatico.ca. To all committee chairmen, please forward a list of your corporate sponsors. Also please list the contacts and email addresses.

Thank you.
Stephen Kay

FROM THE EDITOR



As Canadians, I feel we have two very important responsibilities. Firstly, we must complain bitterly about the weather, no matter the season. Secondly, we must try to get away somewhere warm during the winter so that we can complain about the weather to locals who don't understand what it means to live in a cold climate. As Alpha Omegas, we have nothing to complain about as the Line and Executive Council work tirelessly

to provide programming to keep everyone happy.

In this edition, we have reports from some completed programs, including a couple of Evening Continuing Education Seminars, the AO Revival Cooking Demonstrations, the Fall Seminar, and the Chanukah Party. There is also information about upcoming programs including the Winter Seminar, the annual Speakers Event, and the always interesting and informative Advocacy Webinar. Finally, we have an interesting article from Victor Jacob about volunteering during retirement, and Stan Kogon gives his perspective on 'staying in your lane'. Steven Brown, who assured me he retired from writing, has written us another of his articles on his humorous look at life, and Barry Korzen shows us what summer looks like in the Alps. I hope you enjoy this edition of the AORTA.

Barry Reinblatt



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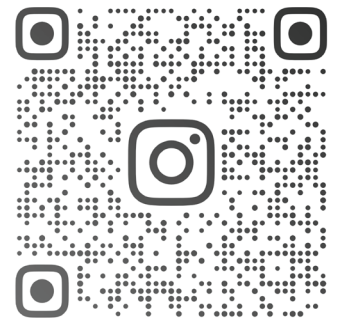
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Reminder that we will be at the ODA ASM 2023 in May. Visit our booth and meet us in person!

Alpha Omega is now on **Instagram!** Please follow our members only page



ALPHAOMEGATORONTO

FALL SEMINAR

Our annual Fall Core 1 Seminar was held at Beth Emeth Bais Yehuda Synagogue on Friday November 22. It was a great day of learning and shmoozing. We enjoyed breakfast, coffee breaks and an excellent lunch. In the morning, we learned from Dr. Natoosha Natalie Nargaski about Orthodontics and the Family Practice Dentist. In the afternoon, Dr. Marco Magalhaes taught us about Oral Potentially Malignant Disorders: Recognizing Early Signs of Trouble.

We are very grateful to our generous supporters who made the Fall Seminar possible:

- **Diagnocat**
- **Greybrook**
- **PPS Professional Practice Sales**

Our supporters also donated prizes and 3 lucky attendees went home with great prizes! Thank you to all those who attended! See you at the Winter Seminar on February 28th!

Andrea Heckler-Aboodi



UPCOMING EVENTS

ADVOCACY WEBINAR (Zoom)
Thursday, February 27, 2025

WINTER SEMINAR & CHARITABLE DRAW

Friday, February 28, 2025

Dr. Gaurav Krishnamoorthy &
Dr. Patricia Brooks

Half Your Patients Will Have
Cancer, How Does This Impact
Their Dental Care

8:30am - 3:30pm

- 6 Core 1 points

Beth Emeth Synagogue
100 Elder Street

CHALLAH BAKE

Thursday, March 6, 2025

Yorkville Jewish Centre

94 Avenue Road

**EVENING CONTINUING
EDUCATION SEMINAR**

Tuesday, March 18, 2025

Dr. Geoff Duviner

Adath Israel Synagogue

37 Southbourne Avenue

**FIRST AID & CPR
CERTIFICATION**

Monday, March 24, 2025

Adath Israel Synagogue

37 Southbourne Avenue

SPEAKER SERIES

Wednesday, March 26, 2025

Dr. Gillian Mandich

How To Find Happiness and Joy Post
October 7th.

Adath Israel Synagogue

37 Southbourne Avenue

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.

...1000 WORDS BY BARRY KORZEN

St. ANTON am ARLBERG

St. Anton am Arlberg is an Austrian village in the Tyrolean Alps best known as a gateway to the Arlberg ski region and is often called the "cradle of alpine skiing" for its role in inventing the sport. But this Austrian mountain town is equally stunning in summer. With their green expanses and lush pine forests, the mountains in summer are a natural wonder.



SAVE THE DATE

ADVOCACY COMMITTEE, AO TORONTO PRESENTS:

OUR UPCOMING WEBINAR

Thursday, February 27, 2025 at 7:30pm

PARTICIPANTS:

Dana Levenson
& Warren Kinsella

TOPIC:

"Media Reporting:
Facts and Propaganda"

MODERATOR:

Rabbi Aaron Flanzraich,
Beth Sholom Synagogue

AO TORONTO CHAPTER PRESENTS THE ANNUAL

2025 Winter Seminar & Charitable Draw

FRIDAY FEBRUARY 28
8:30 AM - 3:30 PM



DR. GAURAV KRISHNAMOORTHY
Oral and Maxillofacial Radiologist,
PMH Dental Oncology Clinic



DR. PATRICIA BROOKS
Education & Fellowship Director, Oral
Pathology & Oral Medicine Specialist,
PMH Dental Oncology Clinic

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[CLICK HERE TO REGISTER](#)

RSVP BY: THURSDAY, FEBRUARY 20
info@atoronto.org | 416-250-7417

EVENING CONT. ED. REPORT

On October 29 Riva Black opened the Evening Continuing Education Series with a superb presentation titled "Ulcer Mysteries". It was very well attended and also streamed on Zoom. Thank you again Riva!



On a snowy cold evening, Sean Ostro gave an excellent seminar on Pediatric Pearls for the General Dentist to a large group society members. The meeting was very well attended, and his slide presentation will be available for reference, one of the many perks of being an AO member!



SAVE THE DATE

AO REVIVAL SPEAKER SERIES

Wednesday, March 26, 2025 at 7:30 pm
Adath Israel Synagogue

SPEAKER:
DR. GILLIAN MANDICH

TOPIC:
**How to find happiness and
joy post October 7th**

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FILLING THE VOID: HOW VOLUNTEERING WITH WHEELS OF HOPE CHANGED MY LIFE

As I prepared to transition into retirement, reducing my work hours and eventually selling my practice, I knew I'd need something meaningful to fill the void. For years, my time had been defined by caring for my patients, interacting with my work family, and being a dedicated father to two daughters. I also love driving—spending time at Canadian Tire Motorsport Park (CTMP, formerly Mosport) feels like a second home. So when I discovered the Canadian Cancer Society's Wheels of Hope (WoH) program, it felt like a perfect match.

What is Wheels of Hope?

Wheels of Hope provides transportation services for cancer patients, helping them get to treatment centers with ease and dignity. For a nominal registration fee, clients avoid the stress and expense of driving and parking during what can often be lengthy and frequent appointments.

Why I Volunteer

Before becoming a dentist, I worked as a healthcare aide to pay for dental school, which deepened my passion for helping others. Joining WoH has allowed me to reconnect with that passion in a profoundly rewarding way. The gratitude I receive from patients and the supportive WoH staff is beyond measure. It's a reminder of the power of small actions to make a big difference in someone's life.

How Volunteering Works

The program is incredibly flexible. Volunteers can commit to a regular schedule—specific days each week—or respond to assignment requests via email whenever it suits their availability. Time off for vacations or other commitments is never an issue.

Volunteers have the option of using their own vehicles or driving a minivan donated by Honda Canada. In either case, mileage is reimbursed, including the distance from home to the minivan location.

The Need is Great

Sadly, few of us will go through life untouched by cancer—either personally or through a loved one. The demand for volunteer drivers far

exceeds the current supply, leaving some clients without the support they desperately need.

I've been with this program for five years, and it continues to be a fulfilling part of my life. Knowing I'm helping people navigate one of the most challenging times of their lives keeps me coming back.

How You Can Get Involved

If you're looking for a way to give back to your community, I strongly encourage you to consider volunteering with Wheels of Hope. The need is significant, and the rewards are immeasurable.

For more information, contact the WoH program at:

- Email: volunteer@cancer.ca
- Phone: 1-888-939-3333

You can also reach out to me directly with any questions—I'd be happy to share more about my experience.

Together, we can make a difference in the lives of those facing cancer.

Best regards,
Victor Jacob



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The logo for Canadian Orthodontic Laboratories, featuring a stylized letter 'A' inside a shield-like shape with a maple leaf at the bottom. The text "CANADIAN ORTHODONTIC LABORATORIES" is written across the middle of the shield.

STAY IN YOUR LANE



Some months ago, I chanced upon a YouTube video of a session of a committee of the US House of Representatives which was investigating the management of the COVID-19 pandemic. The clip focussed on the questioning of Dr. L. Fauci*. Regardless of your opinion of the value of his guidance, he has been, and is still, regarded as one of the leading virologists and epidemiologists in the world. Dr. Fauci, in his capacity as Director of the National Institute of Allergy and Infectious Diseases from 1984-2022, had advised 7 Presidents, both Republican and Democratic. During his tenure, he gave input on the management of infectious viral diseases such as, HIV, Anthrax, Zika and Ebola. As a witness to the COVID-19 Committee, he attempted to answer questions posed by members who had no more knowledge of the biology and epidemiology of infectious diseases, and COVID-19 in particular, than the average citizen. There were a few issues which came to the surface during his testimony which provoked drafting this essay.

Dr. Fauci's answers reflected the current factual knowledge in the field. He tried to explain that virology deals with some species of viruses which act in an unpredictable manner. Understanding the unique nature of a virus and its variants takes time and just when you think you know how it behaves, and how to make a vaccine, it mutates. In the initial stages of an epidemic, virologists, immunologists, and public health officials can only draw upon their experience with similar viruses and offer their best recommendations. Referring to COVID-19, Fauci explained that as time went by, knowledge of the infectability,

early signs and symptoms, the most at-risk subjects, prevention, and treatment, became better understood and therefore, the public health recommendations, based on the new data, became more refined. Each enhancement in the knowledge base, required an assessment by a scientific committee, a consensus had to be reached, and finally the new guideline released to the medical profession and the public. During his questioning, he was severely rebuked because the current recommendations were quite different from the guidance which was offered three years prior. Although the public-health community readily adopted the new directives, the public was often left in a quandary, and some grew suspicious. They repeatedly asked, why is the advice changing? At the same time, unsubstantiated theories of conspiracy and corruption arose. To non-scientists the changing guidelines gave the impression that the ignorance of the past continued as ignorance in the present. As dentists, we understand that what we were taught in dental school reflected the knowledge of the day. We do not dismiss our teachers as inept because what they taught and believed, 30 or 20 years ago, or even more recently, is no longer valid. As a scientific witness to the Committee, Dr. Fauci was called incompetent and one member proposed that his medical licence should be revoked. It was also suggested that he was personally responsible for the deaths of millions of Americans. That individual did not support this aggressive statement with even one scientific fact. The 'non-scientific' questions directed to a real scientist were instigated by a position which was completely outside that Representative's lane.

Politicians have every right to question how agencies work, how they are funded, and how they vet and disseminate information. A politician might even explore the social and economic spin-off when guidance is offered with weak levels of certainty. However, scientific facts are not dependent on the political views of the governing party. Public policy should be based on a single set of truths. A political party may suggest that a certain course of action should be taken, which from their point of view is in the best interest of the citizens. Another political

party may derive different recommendations based on the same group of facts. Since there is usually only one party leading a government at any time, the public really has no choice. This results in hesitancy and lack of confidence. However, the public is in an increasing untenable position when there is no confidence that the underlying science is valid.

During the COVID-19 pandemic, an American President offered suggestions for the treatment of COVID-19 which were completely outside of his lane and outside of the expertise of some of his advisors. The President's knowledge of infectious diseases and human biology was no better than a high school student and perhaps less. In my utopian imagination, I expected a government leader to say: 'Your government is basing its health and safety recommendations on a set of facts which have been vetted by a team of experts. These recommendations are likely to change as we gain more knowledge or as the disease profile changes. When that happens, we will suggest appropriate alterations to the path forward.'

The prior COVID-19 based paragraphs were completed some time ago, and I decided not to submit them as the basis for an essay because the topic had become mostly passé. However, in recent months other examples of straying from one's expertise have come to the fore.

Many of us remember polio victims in iron lungs and leg braces, adults with facial scars who survived smallpox, deadly influenza epidemics, kids missing school with mumps, measles, whooping cough, and diphtheria. Sixty years later, there are good vaccines for all the above with newer vaccines for hepatitis, shingles, several types of pneumonia and even a type of cervical cancer.

As knowledge of virology improved and effective vaccines became available, moms, school nurses, family docs and public-health officials did their best to protect kids from these preventable diseases. Vaccines were not without risk but the immediate health benefits overcame any skepticism. Vaccinating children and getting annual flu

shots became routine. However, with less observable disease, we become complacent. In the last year or two, reports of infectious disease outbreaks, are increasingly being reported. Children are getting and spreading measles, whooping cough is on the rise, and isolated cases of polio have been reported. Public-health has reminded us to be vigilant, review your vaccine status, get updates and boosters. Just as we are prompted to take our vaccines, we are aware that there are vigorous claims that we should not.

The groups who choose not to get vaccinated and also choose not to vaccinate their children, have been dubbed non-vaxers. Misinformation, widely available and easily spread on social media, is based on far-ranging ideologies and suspicions. One group believes that the government uses vaccines to control the population. What they are trying to control and how this is done through vaccines is difficult to understand. Some believe that natural immunity is preferred- just let the weak die. I read that there is a group that believe big pharma is conspiring with the government. They overstate pandemics so that they can sell huge volumes of vaccine to satisfy stockholders and generate massive tax inputs. Some still cling to debunked myths of autism or infertility caused by COVID-19 vaccine. There are complaints that the true effectiveness of vaccines has not been validated in placebo-controlled studies. Although there were some studies in the past, no medical ethics committee would agree to such a study today. Many more reasons have been concocted, but none refute the enormous health and cost benefit of childhood vaccinations. Essentially the non-vaxers are making claims about science which are clearly outside of their lane.

There is another group which falls nicely into the theme of this essay. There are religious leaders who have been spreading the word that vaccines are evil and we should not intervene in (their) god's plan. Of course, vaccines post-date the bible and therefore no direct biblical reference can be found. True, these spokespeople do not represent the mainstream religions, which have either been silent or support vaccination. Nevertheless, the religious non-vaxers walk our streets, sit

next to our children in school and are treated in our hospitals. In addition, religious backed lobbies have forced some local governments and school boards to allow opting out of mandatory vaccination for religious reasons. One US Christian leader offers to provide a vaccination opt-out letter in exchange for a donation to his church. It is only a very rare orthodox Jewish leader who opposes vaccination. In the USA, 40% of white evangelicals, have stated that they will not accept vaccination. Their position is based on an unwillingness to support any action which might interfere with entry to heaven. Strangely they do wear seat belts and rarely let their kids climb over fences at the zoo.

Finally, I will mention a personal bugbear regarding straying from one's lane. I take no umbrage with families who send their children to a school which teaches a certified curriculum and also offers religious instruction. It is a personal choice. However, there has been a trend, particularly in the US, and creeping into Canada, that Christian Fundamentalist concepts are entering the mainstream public-school curriculum through demands by both parents and 3rd party groups. They are demanding that public-schools not exclude opinions and concepts which fall outside those approved by educators. One might have thought that the famous Scope's Monkey Trial and numerous other trials over the last twenty years, have settled the absurd creationist anti-evolution beliefs made by religious zealots. However, there has been a vigorous attempt to reintroduce non-scientific claims in subject areas such as biology and geography by changing the narrative from the Christian God to an Intelligent Designer. They claim that standard foundational science should be presented along with alternative beliefs (in particular, theirs). They claim that evolution, the driving force behind our understanding of biology and the grandeur of life, cannot survive scrutiny without the imposition of a magical third party. Our teachers are put in an untenable position. Teaching is hard enough without introducing myths and invalid beliefs. If believers of Intelligent Design, the Loch Ness monster, young earth creationism, extraterrestrial-made crop circles, flat earth, Sasquatch, alien abduction,

Noah's world-wide flood and a myriad of other tales, want their views heard in public schools: fair enough. Offer a voluntary course on modern myths and legends and leave our science teachers alone.

Most politicians are not scientists. Religious leaders should deal with morality and interpersonal relationships and leave public health to the experts. Science teachers should be left to their lane of expertise and not be influenced by those who cannot or should not teach the subject matter. So - Just stay in your lane.

*https://en.wikipedia.org/wiki/Anthony_Fauci

Stan Kogon

PLEASE JOIN THE GLOBAL AO GROUP

When you join, please identify yourself to the group and indicate that you are from the Toronto Chapter. Join the group and communicate with AO members worldwide!



Global Alpha Omega group
WhatsApp group



AO REVIVAL COOKING CLASS REPORT

WEDNESDAY NOV 6TH, 2024

The annual AO Revival cooking class took place on Wednesday Nov 6th, 2024 in the evening. We were so fortunate to have Chef Justin Friedlich teach and cook for us that evening. Justin was most recently the Chef de Cuisine at Buca Yorkville. He has started a personal business with various entities including cooking classes, retail food sales and private dining experiences. He studied Business Management at the Ivey School of Business at Western University and Culinary Management at George Brown's Culinary Arts Program. He has plans to open a restaurant in 2025 but most importantly he is the son of frater Joey Friedlich and his wife Linda! He was a fabulous and entertaining teacher and the food was beyond delicious. Frater Tammy Herzog generously hosted this event at her beautiful home in Thornhill. It was a sold-out event. We started the evening with a delicious mushroom soup that was followed by a panzanella salad and a rigatoni in a vodka rose sauce that was exceptional! Our main

was seabass with a salmoriglio sauce and the side was brussels sprouts. For dessert we had an apple crumble with vanilla ice cream. Everything was delicious! Justin prepared and taught us in Tammy's kitchen and then we all sat down to eat dinner together in her dining room. The evening was filled with great food, wine, learning, conversation and camaraderie. Justin was so fabulous that I have hired him to do a holiday dinner in my home in the next few weeks.

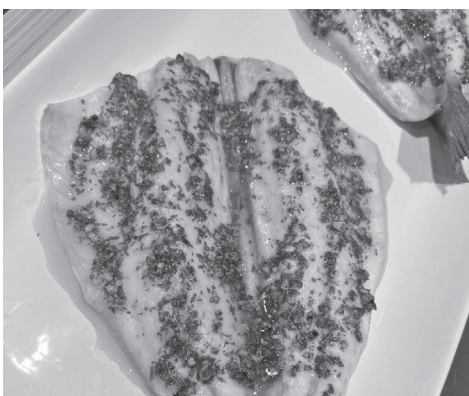
Here are 2 recipes from our evening. The Salmoriglio is the sauce for the fish and was delicious. This can be stored in the fridge and removed when ready to use and only at that point should you add the vinegar and salt. If the vinegar is added before it will turn the parsley black and it won't look as nice. The vodka sauce is quite spectacular and I have made it many times since taking the class. The tomato passata is strained tomatoes, I have been using the Mutti brand. One of the tips that Justin gave for the pasta dish is to add a lot of salt in the water when boiling the

noodles. He says to undercook the pasta by 2 minutes when boiling it so you can continue to cook the noodles in the sauce on the stove for 2 minutes more so they get completely drenched. Hope you enjoy these recipes!

If you have never attended this event and you love to cook or even just eat good food then I suggest signing up for this program early next year to guarantee a spot in one of our most popular and successful AO Revival programs of the year. Tickets this year were \$125.00 per person. The cost of the event is subsidized by Alpha Omega.

Huge thanks to Tammy Herzog for her generosity in hosting- having this event in her beautiful home is one of the reasons this event is so warm, inviting and enjoyable. Thank you to Jill Ziedenberg for her help in the planning stages and to Vel for her exceptional organizational abilities in making sure everything always runs smoothly.

Laurel Linetsky-Fleisher



AO Revival Cooking Class

TO START

Mushroom Soup

Cremini Mushrooms, Onion, Garlic, Chives

FIRST COURSE

Panzanella Salad

Sourdough, Tomato, Mozzarella, Basil

Rigatoni

Tomato, Chili, Butter, Vodka, Parmigiano

MAIN

SEABASS

Parsley, Garlic, Capers, Chili, Lemon

VEGETABLE

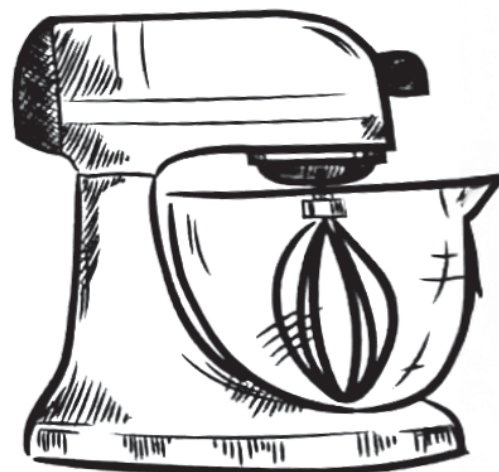
BRUSSELS SPROUTS

Pecorino Romano, Hen's Egg, Black Pepper

DESSERT

APPLE CRUMBLE

Honey Crisp Apples, Vanilla Ice Cream



Chef Justin Friedlich

JF



recipe card

● ○ ○ ○ ○
DIFFICULTY

NAME OF DISH

Salmoriglio

CATEGORY

— Fish —

PREP TIME

— 10 Minutes —

COOK TIME

— 10 Minutes —

INGREDIENTS

- 1 bunch Parsley
- 5-7 Cloves Garlic
- 2 tbsp Capers
- 1 tsp Chili Flakes
- Olive Oil
- Red Wine Vinegar
- Salt To Taste

directions

- Finley chop parsley, garlic, capers
- Add garlic to a small pot with enough oil to cover the garlic
- Cook on medium low heat for 3-5 minutes
- Make sure to stir often and keep an eye on It to prevent colour on the garlic
- Add capers, cook for 1 minute
- Add chili, cook for 1 minute
- Remove from heat and let cool completely
- Once completely cool, add parsley and add oil until a spoonable sauce consistency
- Right before serving, add a splash of red wine vinegar and a generous pinch of salt

notes



recipe card

● ○ ○ ○ ○
DIFFICULTY

NAME OF DISH

Vodka Sauce

CATEGORY

— Pasta —

PREP TIME

COOK TIME

— 30 Minutes —

INGREDIENTS

- 1.5 L Tomato Passata
- 1/4 lb Butter
- 1.5 tbsp Chili Paste
- 75 ml Tomato Paste
- 3 oz Vodka
- 500 ml Heavy Cream
- Salt To Taste

directions

- Add butter to a medium sized pot on medium heat and let melt until frothy
- Add chili, tomato paste and cook for 2-3 minutes
- Add vodka and reduce by half
- Add passata and cream, stir to combine and simmer for 20 minutes
- Season with salt to taste

notes

CHANUKAH PARTY 2024

It was a wonderful way to start the Chanukah celebration!!

On December 8th at Beth Emeth Synagogue, 320 fraters, parents, grandparents, children and grandchildren all got together for our annual Alpha Omega Chanukah Party.

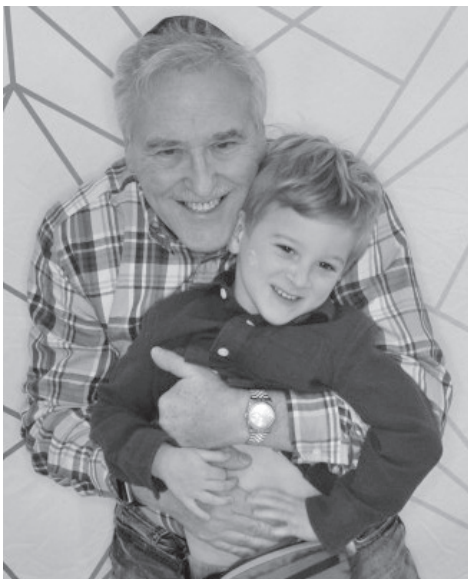
There was lots of eating, laughing, singing and entertainment, and lots and lots of fun and schmoozing. Everyone enjoyed a fabulous Chanukah lunch catered by Apex Kosher Catering. Sonshine and Broccoli entertained us with their music and Chanukah songs, and Wij the Magician amazed us all with his magic tricks. Arts and crafts and facepainting were a hit, as was the Photo Booth. Every child left with a loot bag and a smile on their face.

Gift cards were collected and donated to Jewish Family and Child Services.

We all had lots of family time, friend time, talking time, fun time and lots of laughs, latkes and sufganyot.

Huge thanks to Velarie for her help and support, and to my wonderful Chanukah Party committee of Charles, Ashley, Lindsay and Allan.

Cindy Greenspoon



MY HAMMER THOUGHT

IT WAS A NAIL

AND WHO WAS I TO ARGUE - IT WAS! by Steven Brown

O.K. Let's lead with this. I just watched a commercial. FINALLY! A shampoo with Camelia Flower Oil! How long have we been waiting for that?! And the media in general. It seems like their one and only job is to blow everything out of proportion. Walter Cronkite is spinning in his grave. Get ready now, because once you change a subject, you're supposed to start a new paragraph. So every sentence to follow should be a new paragraph. But let's not. But now I will.

The Bahn Mi Boys restaurant sign says 'No Live Pets Allowed'. So I asked if I could drag my dead dog in. They asked if I was serious. I said 'Not recently.' I told them we were dealing with a 'Sar—Chasm!' You'll see I'm starting with the stupider stuff. The just stupid stuff comes later. In this day and age of correctness, here we go. Michiganders. What about the Michigoosers? And on the other hand, 'Male Ballots'. What about 'Female Ballots'? The good news is I can't go downhill from here. But I guess that's up to you.

When my buddy who weighs in at 320 pounds said 'Overweight. It runs in my family.' I replied 'No one runs in your family.' And speaking of Polls. Why do they do polls again? Right. - Job creation. And this is just my opinion, but I figure physicians are guessing at least 50% of the time, and you're going to get better 90% of the time anyway. By the way. At U of T, while teaching, there was a guy testing a vent in the corner of my room, so I said to him - If you're testing for carbon monoxide, we're O.K. because we can't smell anything. He laughed. And I just passed Marathon Cleaners. So I took in my laundry. They said it would be ready in 26.2 weeks.

Now. Climate Change. I was just wondering. If it's plus 5, but minus 4 with the wind chill, does the snow still know it should melt??? And we all know trees are not the answer. But again, just wondering. When the leaves fall in the autumn, do the trees still soak up CO2? (I only ask good questions.) And I know you're thinking about how bad traffic is in Toronto. I have a few thoughts, as always. And suggestions. 1) No left turns on Main Streets.

Except when I want to make one. 2) Uber drivers can only slow down to let passengers off. No full stops! Also, I just added another person I don't ever want to know. 3) When there's 12 cars waiting to make a left turn, and a car pulls up to the third car in line and wants to cut in. Huh? Not a chance buddy! And as you know, (if you check your book of insignificant facts), I take the TTC 3 days a week. So another person I never want to know. If you're standing at the out door for the next station, and you're not getting out, MOVE THE HELL AWAY!!! What are these idiots thinking? Nothing! Obviously. Now I'm getting angry. And now a question for you to ponder as I hear for the third time "We are currently experiencing a delay....." I know. I'm on the damn train. Here's the question. Would you want to go 50 KPH, with a couple of stops between a few stations, or 20 KPH with no stops between stations. Email Barry, cuz I don't really care. Lastly, about the TTC. If "Doors will open on the right." What if I'm facing backwards?

I almost forgot about the paragraph thing. Speaking of Barry. This is the 'Call Barry' section. As they say in Women's Olympic Boxing. 'If you can make your opponent laugh, you've really got them by the testicles'. And when you say to your spouse of 104 years "Which way should I do it?" And they say "Either way is fine." And then you proceed to pick a way. Do they yell? "No. Not that way!" - Which I have coined an expression for; somewhat like a Yogi Berra-ism. Men and women. We're 99% the same, and 100% different. Proof? As I just said to my first wife sitting next to me in the car. "Why didn't you fill up here. Gas is 142.9. How much did you pay?" She said "I didn't even look when I filled up." Email Barry yet? Wait, there's a few more. When one of our kids was about 7, they had some OCD issues. We met at Sick Kids every Wednesday for 8 weeks. When the Psychologist said sometimes these things were partly genetic, and did any of us parents think we might have some OCD issues, I perked up and said "Well, I do wash my hands about 40 times a day." And she said "And you don't think that's an issue?" I said "No. I'm a dentist!" Afterwards we went to a Chinese restaurant. I asked the waiter what was good. He said Teri Yaki. I said I used

to have a girlfriend named Teri Yaki. Where's a good editor when you need one?

And as usual let's finish with some of my, and others' favourite quotes. 1. The problem with words are - 'The intelligent people are full of doubts, and the stupid ones are full of confidence'. - Albert Einstein or Mark Twain. Look it up yourself. I'm getting tired. 2. I have never let schooling interfere with my education. That was definitely Mark Twain. 3. Be careful about reading health books too closely, or one day you might die of a misprint. 4. As Kurt Vonnegut once said "Those who believe in Telekinetics...Raise my hand!" 5. The average American is below average! (Sorry). And I don't usually apologize. 6. And let's give this one to Dave Matthews. "Turns out, it's not important where you are, but who you're with that matters most." 7. This one's mine. Neighbours are like an arranged marriage. Sometimes they work, but not all that often. (I've been lucky.) 8. Guess who said this one. "When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down 'Happy'. They told me I didn't understand the assignment. And I told them they didn't understand life." I'll wait for your guess. No? Next writing then. 9. Very important.....Finally. Really! 'Creativity, is knowing how to hide your sources.'

Doc Brown

88MPH



TRIBUTE

Emergency Aid To Israel

PLATINUM CARDS

Condolences

Goldie Newman on the loss of her husband
Frater Dr. Sam Newman
Annette & Lionel Poizner

SILVER CARDS

Condolences

The Newman Family on the loss of Frater
Dr. Sam Newman
Dr. Stanley & Ellen Markin

TRIBUTE CARDS

Congratulations

Caren & Michael in celebration of their
anniversary
Dr. Aubey & Marilyn Banack

Irwin Wortsman in celebration of his birthday
Dr. Aubey & Marilyn Banack

Condolences

Judy Feld Carr on the loss of her husband
Donald Carr
Dr. Aubey & Marilyn Banack

Ed Fisch on the loss of his wife Sylvia
Dr. Aubey & Marilyn Banack

Andi Kline on the loss of her husband
Dr. Peter Kline
Dr. Aubey & Marilyn Banack
Dr. Perry & Irit Rubin

Hushy & Sharon Rothblott on the loss of their
daughter Barbara
Dr. Aubey & Marilyn Banack

Marilyn Syrtash on the loss of her husband Peter
Dr. Aubey & Marilyn Banack

Pat Zampella on the loss of his wife Patty
Dr. Aubey & Marilyn Banack

Marilyn Mint on the loss of her husband Morty
Dr. Aubey & Marilyn Banack

General Tribute Fund

PLATINUM CARDS

Congratulations

Melissa & Jason Sirota on the birth of their child
Clara Rose

Armin & Nancy Fried in celebration of
becoming grandparents
Clara Rose

Condolences

Dr. Arthur Train on the loss of his brother Louis
Harriet Train & Geary Shorser

Dr. Jerry Jesin on the loss of his mother Basia
Dr. Debra Bachus

GOLD CARDS

Condolences

Dr. Adam Grossman on the loss of his
father Mark
Dr. Brian & Jennifer & Robert Kotzer
Dr. Andrew Kay

Dr. Ilana Kraus on the loss her grandmother
Rela (Ruth) Berneman
Dr. Andrew Kay

The Klotz Family on the loss of Frater Dr.
Marvin Klotz
Dr. Rick Rodney

Dr. Riley Lewis on the loss of his
grandmother-in-law Rela (Ruth) Berneman
Dr. Andrew Kay

SILVER CARDS

Condolences

Goldie Newman and Family on the loss of her
husband Frater Dr. Sam Newman
Dr. Rick Rodney

TRIBUTE CARDS

Congratulations

Dr. Lisa Bentley in celebration of her new
office opening
Dr. Perry & Irit Rubin

Condolences

Dr. Jerry Jesin on the loss of his mother Basia
Dr. Jeff & Debbie Levman

The Klotz Family on the loss of Frater
Dr. Marvin Klotz
Dr. Gerry & Marla Pearson

Goldie Newman & Family on the loss of her
husband Frater Dr. Sam Newman
Dr. Mel & Sandy Brown
Dr. Gerald & Marla Pearson

Dental Volunteers For Israel (DVI)

TRIBUTE CARDS

Condolences

Goldie Newman on the loss of her husband
Frater Dr. Sam Newman
Dr. Stanley & Sharon Jacobson

Dr. Adam Grossman on the loss of his
father Mark
Dr. Lani Kraus

Alpha Omega/Henry Schein Holocaust Survivors Oral Health Program

PLATINUM CARDS

Congratulations

The Wiseman Family in celebration of Hannukah
Peggy Boccia

Condolences

Dr. Lani Kraus on the loss her grandmother
Rel (Ruth) Berneman
Dr. Andrea Heckler & Guy Aboodi

GOLD CARDS

Condolences

Dr. Lani Kraus on the loss her grandmother
Rel (Ruth) Berneman
Dr. Robin Kutner

TRIBUTE CARDS

Condolences

Dr. Lani Kraus on the loss her grandmother
Rel (Ruth) Berneman
Dr. Stanley & Ellen Markin

CONDOLENCES TO:

Dr. Jerry Jesin on the loss of his
mother Basia

Dr. Adam Grossman on the loss of his
father Mark

The Family of Frater Dr. Marvin Klotz

Goldie Newman on the loss of her
husband Frater Dr. Sam Newman

Dr. Debra Walters on the loss of her
mother Phyllis Adler

Dr. Lani Kraus on the loss of her
grandmother Rela (Ruth) Berneman

Dr. Riley Lewis on the loss of his
grandmother-in-law Rela (Ruth)
Berneman

TRIBUTE

TRIBUTE FUND PRICES

1. Tribute Cards \$18.00 each
2. Silver Cards \$25.00 each
3. Gold Cards \$36.00 each
4. Platinum Cards \$50.00+ each
5. Bulk Tribute Cards (10 cards) \$150.00 each

FOR TRIBUTE CARDS:

Donate **online** at 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

ALPHA OMEGA OFFICES (416) 250-7417

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
- Beit Issie Shapiro (Services to Disabled Children)
- Dentistry for All (Clinic in Guatemala)
- Princess Margaret Hospital Dental Clinic
- Emergency Aid to Israel
- Yad LaKashish (Services to the Elderly)
- CAMH Dental Clinic
- ALEH C.A.R.E.S. Dental Clinic
- AO Dental Centre at Baycrest

Support Dental Research in Israel and Canada



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Dr. Luke Austin,
New Glasgow, NS

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