



# AORTA

ALPHA OMEGA REVIEW OF TORONTO ALUMNI CHAPTER, PI CHAPTER | JANUARY 2023 VOL. 64. NO.3  
WEB SITE: WWW.AOTORONTO.ORG

## WINTER SEMINAR

AO TORONTO CHAPTER PRESENTS

# WINTER SEMINAR ANNUAL CHARITABLE DRAW

FRIDAY, FEBRUARY 3<sup>RD</sup>, 2023 - 8:30 A.M - 3:30 P.M

### SPEAKERS

**Dr. Siavash Hassanpour**  
*HBSc, MSc, DDS, MSc (Perio), FRCD(C)*

**Dr. Ryan Schure**  
*DDS, MSc (Perio), FRCD(C)*

### 6 CORE 1 POINTS

**LECTURE 1**  
Classification and Diagnosis of  
Periodontal and Peri-Implant Diseases

**LECTURE 2**  
Non-Surgical Management of  
Periodontal and Peri-Implant Diseases



## ANNUAL CHALLAH BAKE

Thursday February 2nd, 2023

THE YORKVILLE JEWISH CENTRE



FRATERNITY NIGHT • EVENING CE • ALPHA OMEGA CHANUKAH PARTY 2022

# MCA Dental: A boutique partner organization with a passion for dentistry at our core



## The man with the vision to create a different kind of DSO

Meet Dr. Mark McCullough, practicing dentist for over 20 years and Chief Dental Officer of MCA Dental Group. Mark currently practices in Ottawa, Ontario

### What inspired you to become a dentist?

I always knew that I wanted to be a dentist. I was 12 years old when I decided that was my calling. I really didn't know where a career in dentistry could take me. I spent a lot of time back then catching turtles, crayfish, frogs, and minnows. My parents tried to suggest that maybe I should think about a career in Marine Biology as it was very difficult to get into Dental School. That fueled my fire even more and there was no changing my mind.

In high school, I was in the co-op program, and I asked if they could find me a dentist to shadow. I wanted to ensure that I would be truly interested in the field of dentistry. After a placement in both a dental office and a dental lab, I was convinced that this in fact was the career path for me. After I completed my undergraduate degree at the University of Western Ontario, I was accepted into Faculty of Dentistry at the University of Toronto. Upon graduation, I went back to my hometown of Peterborough, as an associate. Dr. Don Foster, was my first mentor and it was here that I gained insight into what the dental profession could actually be. Not only was he available for me to shadow, allowed me time to take continuing education, bailed me out if I got in over my head in a procedure, but he was revered by his team, his patients, and the community, all while running an amazing clinic, the largest in the area. I quickly knew that I wanted to be just like him.

### What aspects of dentistry make you excited to go to work?

I love the people. The team, the patients, the associates that I have working with me. It is certainly a strong driving force for me enjoying dentistry as both a career and a hobby. You must love what you do! You spend a significant amount of your life in your chosen career.

From a clinical standpoint I have become proficient in most aspects of dentistry. Currently most of my clinical time is spent on the surgical side. Wisdom teeth, implants and surgery, all-on-4, sedation. I also spend time mentoring as well. I was fortunate to have found a mentor early, and it is important to me to provide the same.

### Why did you start MCA Dental Group?

Well, at the time I owned a several practices with a close friend of mine. Our growth had slowed down and I was looking for a way to stimulate that. I initiated some conversations with another good friend, Ken Craig, who is a brilliant entrepreneur. After a few conversations and some initial strategy sessions, we decided to start our own support organization for dentists. This would give me the opportunity to build the kind of organization that dentists would enjoy being a part of and involved with. We have built an incredible team that truly cares about each other and the patient experience. I am so proud of how far we have come and the amazing partners we have built relationships with along the way.

**Real People.  
Real Support.  
Real Impact.**



Outside the office, Mark enjoys spending time with his two daughters, snowmobiling, and giving back to the community through various oral health initiatives.

## How Can We Help You?

Email Ashley, our Director of Partnerships at [awalton@mcadental.com](mailto:awalton@mcadental.com) today to explore your options for growth.

# TAMMY'S TABLE TALK



Hello to all my fellow Fraters,

As I sit here writing my third article for you, I find myself overtaken with the idea of how time tends to escape us. It feels like not that long ago, that I graduated from dentistry and officially joined the executive slate. Yet, it's almost 22 years later and I am sitting here writing an AORTA article as the PRESIDENT of this incredible organization! I can't help but wonder where exactly the time has gone?

That also bears the question, how is it that 2023 is so quickly dawning our doorsteps? The exciting side to this discussion is that we have been very busy with an incredible array of events over the past several months with many more exciting programs in the wings to help bring in 2023. We started the year off with a very successful Fraternity night where Dr. Gail Schupak and her partner Lloyd were able to come and help celebrate our great organization. We have had two very engaging continuing education evenings with Dr. Gillian Landzberg and most recently, Dr. Sean Ostro. We have had wonderful turnouts and have been getting amazing feedback from our members so if you have yet to attend one of our CE nights, be sure not to miss the ones coming up in 2023. Our Fall social event was held at Pinot's Palette and was a fun night of painting that was enjoyed by all who attended. Next on our roster was our ever popular two nights of mouthwatering cooking classes led by Shauna Lindzon. Her energy was infectious and you couldn't help

but smile as you watched her wiz through the kitchen. Shauna's knowledge of food and nutrition runs deep and she was able to answer just about anything thrown her way. She had packed menus and everyone not only got to taste everything, but they were given easy step by step instructions on how to do it at home. In fact, I have had several people tell me some of her dishes have already made their weekly dinner rotation lineup!!

This year, our fall seminar presented us with its own trials and tribulations, but I am so grateful to report that we were able to pivot in the 11th hour and throw a very successful event featuring Dr. Ernie Lam at Adath Israel Synagogue. Dr. Lam kept our members engaged with his wonderfully educational lectures about "Variants of Normal Radiographic Anatomy that may simulate Disease on Panoramic Images" and "10 Radiographic Findings that every Dentist Should Know." I want to say a special thank you to Dr. Jaclyn Glick, Jackie Levitan, Velarie Mabounsou, Bronwyn Shepherd, and Joyce Pearlston - without all of you, there is no way that this seminar would have come together. Thank you for all of your hard work and dedication to this event.

Our Chanukah party was once again a huge hit!! It was so nice to have multigenerational interactions with everyone celebrating together. There was an abundance of activities and delicious food. Everyone had a blast being together!

In the new year, we will quickly start our lineup on January 16th with a webinar entitled "Exposing Antisemitism: Online Research in the Fight Against Jew Hatred". This webinar will feature Anthony Housefather, MP and Mark Goldberg and is something no one should miss! Be sure to sign up and get your zoom link ASAP. On Tuesday January 24th, Dr. Allen Aptekar will kick off our 2023 series of CE evenings at Adath Israel. We will then quickly move into a light-hearted night of enjoyment with friends at our Winter Social being held in February. Make sure to keep your eyes open for the flyer as it's sure to be a sell out! Fast approaching is our sold-out Europe Ski Trip to France which everyone has

*Continue page 5*

# AORTA



**Toronto Alumni Chapter  
of Alpha Omega**

## **Adath Israel Synagogue**

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## **Next Executive Meeting**

Tuesday, February 7, 2023

## **Next AORTA Deadline (March)**

Monday, February 6, 2023

## **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](mailto: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](mailto:barryreinblatt@sympatico.ca)*

## DENTAL VOLUNTEERS FOR ISRAEL

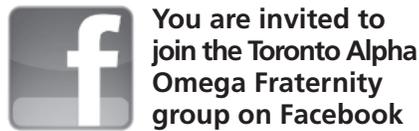
Dentists needed... to treat disadvantaged children in Jerusalem who cannot help themselves.

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

## RCDSO PET EXAMS

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

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



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



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

## SPONSORSHIP PROGRAM

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

Please email this information to [stephenkay@sympatico.ca](mailto: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



Life as we know it is definitely returning to a semblance of normal as evidenced by the large number of people taking a winter vacation this year. I hope that those of you who travelled over the holidays had a wonderful and safe trip. Personally, I am taking advantage of the lack of restrictions and going with my wife, kids, and grandkids to Mexico right around the time you are receiving this. Another aspect of life that has mostly returned to normal is the amount of programming that Alpha Omega Toronto is bringing to you, which you can read about in this issue.

We start with reports from completed programs including Fraternity Night Dinner, the AO Revival Cooking Classes, recent Continuing Education Evenings, the Fall Seminar, the Fall Social, and the Chanukah Party. If that isn't busy enough, you can find out about the upcoming Challah Bake

evening, the evening of First Aid and CPR Training, as well as the Winter Seminar.

There are also a number of various articles in this issue including our regular contribution from Stan Kogon titled 'Sorry', Barry Korzen's always visually stunning ...1000 Words, a humour submission from Steven Brown, written by an unknown author, information on the upcoming Toronto Convention from Marshall Brian Chapnick, an article from Ken Serota about the Digital Dentistry Society, information about the Schein Holocaust Dental Program sent in by JF&CS, and an extremely important article about head and neck cancer screening sent in by Hailey Bensky, daughter of fraters Michael Bensky and Gail Sussman.

This is possibly the largest issue of the AORTA that I have had the pleasure of putting together during my tenure as editor. I hope you all enjoy!

Barry Reinblatt

## AO'S IN THE NEWS

Carole Gruson was recently presented the Queen's Platinum Jubilee Award from MPP Marco Mendicino.



# TAMMY'S TABLE TALK (Continued)

anxiously been waiting for and no doubt it is bound to be both beautiful and a blast!

We are also excited to finally have our Challah Bake in person this year on Thursday February 2nd and our Winter Seminar will be held on Friday February 3rd. Dr. Siavash Hasssanpur and Dr. Ryan Schure will be discussing "Classification and Diagnosis of Periodontal and Per-Implant Diseases and Non-Surgical Management of Periodontal and Peri-Implant Diseases". There will be 6 core 1 credits available for all who attend, so be sure to sign up in advance and be on time for this incredible day of lectures.

We have an action-packed calendar of events and I strongly encourage all our members to take advantage of the amazing programs that we are offering. Like most things in life, Alpha Omega really is whatever you decide to make of it. Being a part of Alpha Omega is a badge of honour that we should all wear proudly. We need to encourage our friends, family, and colleagues to join organizations like ours, not only because we are a charitable organization that is always giving back, but so that we have a strong voice to combat injustices and help those in need. It feels like we are at a crossroad of a very tumultuous time in history with things like antisemitism and hate on the rise. It is not a time to sit

by complacently, but rather a time for taking action, and being a part of Alpha Omega is just one way to stand in solidarity and show the world that we will not idly stand by as this kind of hatred and discrimination grows. We cannot let the dark veil of hostility fall over us without trying to shine a light on the truth and continue standing up for the values which we hold so dear.

To that end, I hope that everyone had a wonderful new year with their loved ones and that in 2023 you will all remember to live each day to the fullest, always be present in whatever you do, and recognize that we have a duty to not only be the best versions of ourselves, but to set an example of what goodness looks like while forging a path of justice for those around us and those growing up behind us.

Here's to a 2023 being filled with only the best of things for us all!

Fraternally yours,

Tammy Herzog

## Mazel Tov

### To...

**Joey and Linda Friedlich** on recently becoming grandparents twice, a granddaughter **Shay** born to **Justin** and **Marlee** and a grandson **Dylan** born to **Josh** and **Raquel**.

**Howie and Paula Klaiman** on also becoming grandparents when their granddaughter **Shay** was born to **Justin** and **Marlee**.

**Mark and Heather Librach** on becoming grandparents, a grandson born to **Dawn** and **Mitch**.



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### WE CAN

Customize the dose  
Change the route of administration  
Customize single preparations or combinations  
Remove sugar, preservatives, dyes or lactose  
Provide unavailable or hard-to-find medication

# THE VISTAS AND HORIZONS OF DIGITALLY DEDICATED DENTISTRY

The digital revolution is a transition from mechanical and analog electronic technology to digital electronics with the adoption and proliferation of digital computers and digital record-keeping. The entirety of digital workflow can be divided into four distinct, yet integrated steps: Scan - Plan - Treat - Complete. Intraoral, desktop and facial scanners, cone beam computed tomography (CBCT), software for computer-assisted-design/computer-assisted-manufacturing (CAD/CAM), and fabrication procedures like milling and 3D printing are changing the way we treat our patients. For this reason, the International Digital Dentistry Society (DDS) was founded 7 years ago by a small group of digital experts and pioneers. Today, DDS has national branches (embassies), 8,000 active members, and cooperation agreements with scientific societies and universities in over 60 countries worldwide.

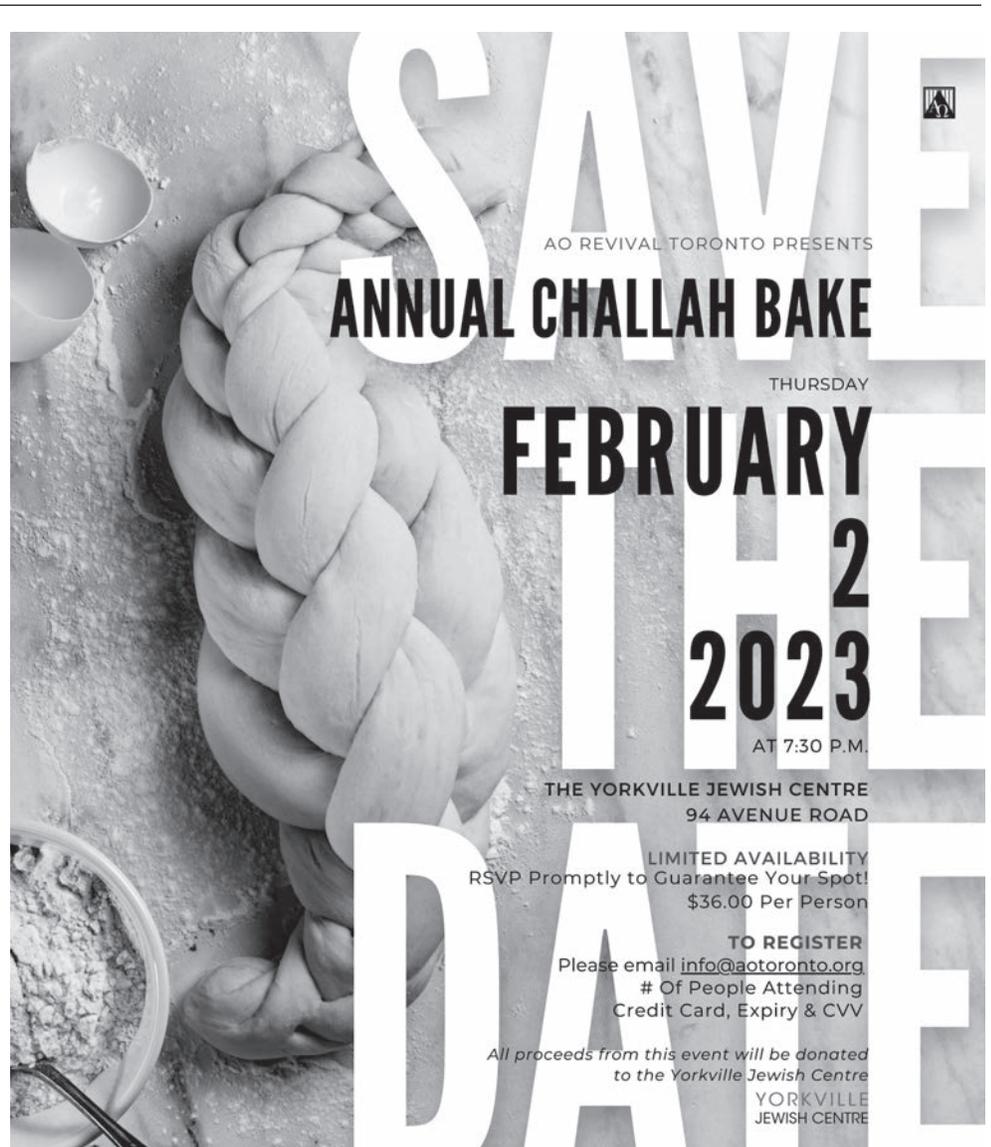
The Digital Dentistry Society has become one of the most active global societies in the field of digital education and research, and the validation of the processes and tools used in guided dentistry. It's experts, board members, ambassadors, and certified active members include such luminaries as Drs. Henriette Lerner, Katalin Nagy, Miguel Stanley, Jaafar Mouhyi, Francesco Mangano, and Eitan Mijiritsky. The DDS official Journal: "Journal of Dentistry, Digital Section" has an impact factor of 6.1. Its e-book developed exclusively for its members, Digital Dentistry Science and Clinics covers a myriad of topics; photography, smile design, partial extraction therapy, lasers, guided surgery, digital occlusion, photogrammetry, CAD/CAM applications, ortho-surgical-prosthetic patient management, guided tooth autotransplantation, and artificial intelligence. It is recognized as one of the world's most comprehensive texts on digital technologies.

DDS aims to build the basis for proof of concepts, establish congresses, courses and seminars, e-learning platforms, and connect societies around the world as educational partners, while giving guidance to manufacturers to improve their products. By assisting them in developing their professional knowledge and ability, creating

specific guidelines for the use of digital technologies in dentistry, the highest professional standards can be set and maintained, strengthening the power of Digital Dentistry worldwide, and securing professional recognition of its partner companies.

It's a great honour to bring this august group to Canadian dentists. After 50 years of a dental career, it is thrilling to see that the golden age of dentistry persists. As oral physicians in this marvellous profession, we continue to integrate, innovate, and inspire one another to continuously climb the rungs of the ladder of excellence. (digital-dentistry.org)

*Dr. Kenneth S. Serota is the ambassador of the Canadian embassy of the Digital Dentistry Society. He does not receive financial compensation for his efforts on behalf of the society.*



**SAVE THE DATE**

AO REVIVAL TORONTO PRESENTS

**ANNUAL CHALLAH BAKE**

THURSDAY

**FEBRUARY 2 2023**

AT 7:30 P.M.

THE YORKVILLE JEWISH CENTRE  
94 AVENUE ROAD

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# Of People Attending  
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All proceeds from this event will be donated  
to the Yorkville Jewish Centre

YORKVILLE  
JEWISH CENTRE

# FRATERNITY NIGHT

As summer 2022 seemed to pass by quicker than usual, we marked the end of the summer with the annual Alpha Omega Dental Fraternity event on September 20th at the Shaarei Shomayim synagogue. The event was looking much more familiar after years of COVID restrictions. It was great to see more familiar faces, and to feel the energy and excitement return. We had many special guests attend; U of T interim dean, Dr Laura Tam, CDA president Dr Lisa Bently, and international President Dr Gail Schupak. Dr Tammy Herzog was installed as chapter president, after lovely words from Drs Sharon Perlmutter and Nicki Susan. Dr Avi Wireman accepted a well deserved achievement award, and we celebrated the memory and gave thanks to the work of of Dr Marv Obar (z"l), with the certificate of merit award.

One of President Herzog's first duties was to present the 50 year pins to: Drs Lorne Chapnick, Arthur Dunec, Ken Hershenfield, Paul Levin, Marc Pollock, Les Priemer, Gerry Solomon and Arthur Train.

We look forward to a fantastic year ahead, and look forward to next year.



## UPCOMING EVENTS

### EXPOSING ANTI-SEMITISM: ONLINE RESEARCH IN THE FIGHT AGAINST JEW HATRED

Monday, January 16, 2023  
7:30 - 9:00 pm.  
Zoom Presentation

### EVENING CONTINUING EDUCATION SEMINAR

Tuesday, January 24, 2023  
Adath Israel Synagogue  
37 Southbourne Avenue

### AO REVIVAL TORONTO PRESENTS ANNUAL CHALLAH BAKE

Thursday, February 2, 2023  
7:30 pm.  
The Yorkville Jewish Centre  
94 Avenue Road

### ANNUAL WINTER SEMINAR AND CHARITABLE DRAW

Friday, February 3, 2023  
8:30 am - 3:30 pm.  
Beth Emeth Synagogue  
100 Elder Street

### AO WINTER SOCIAL

Saturday, February 11, 2023  
Details TBA.

### FIRST AID AND CPR TRAINING

Monday, March 20, 2023  
6:00 pm - 8:30 pm.  
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.

# AO REVIVAL COOKING CLASSES WITH SHAUNA LINDZON

Our ever so popular AO revival cooking classes were back live again this year on November 9th and 10th, 2022 with A Spoonful of Shauna dietitian Shauna Lindzon. Shauna is a registered dietitian with 30 years of nutrition experience. Her career has spanned hospital, community and media settings. Shauna currently runs cooking demos, individual counseling, corporate wellness seminars, and consults with Wellspring Cancer Support Center but most importantly, Shauna is a highly energetic, bubbly home chef making DELICIOUS everyday meals.

Both evenings were very informative and a ton of fun. Night one was a meat meal, while the second night was fish and dairy. We watch and learn as Shauna prepares the entire meal in front of us while providing lots of details on all things food and nutrition. Upon completion, we all sat around her beautiful kitchen island drinking wine and eating the delicious meal together. Shauna is a fantastic cook, her portions were very generous and we all left so happy and full.

The recipes from night one were a roasted squash and crispy lentil salad, Kung pao style chicken tacos (soooo good), beef and broccoli stir fry, coconut jasmine rice and a Greek sheet pan chicken dinner. Her desserts were the most delicious and included an easy apple pie and the most delectable chocolate pecan turtles you ever tasted (and were even healthy).

Night two recipes started with sweet potato coins with crispy kale chips, Caesar salad with homemade croutons (you will never buy store bought again), pistachio crusted salmon with roasted root vegetables, crispy fish and chips and tartar sauce (you'd swear it was deep fried, but wasn't), and ended with individual molten lava chocolate cakes, and almond toffee short bread squares. And YES, it was all as good as it sounds.

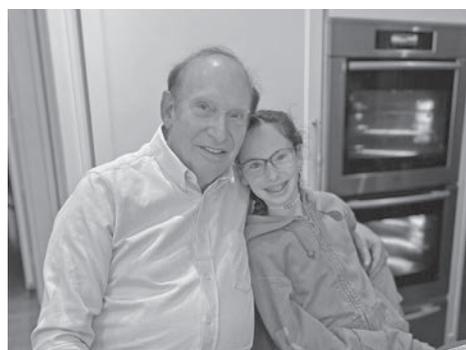
Both of these nights were a huge success and so much fun. This event is partially subsidized by AO. Tickets were \$90.00 per person per night. Thank you to all who attended and we are already looking forward to next year.

by Jill Ziedenberg and Laurel Linetsky-Fleisher

If interested, Shauna has an Ebook compilation of her favourite recipes. These are easy to make delicious, healthy recipes that will quickly become family favourites. This book was an act of love, and dedicated to Shauna's mother Shelly, who passed away from multiple myeloma in 2019. A portion of the proceeds from each book are donated to multiple myeloma research at Princess Margaret Hospital in Toronto.

Here is a link to her ebook: <https://www.shaunalindzon.com/product/a-spoonful-of-shauna/>

Shauna's instagtam contact is: shaunalin



# Caesar Salad

## INGREDIENTS

- 1 package hearts of romaine lettuce (3 hearts)
- 1/3 cup avocado oil (e.g., Chosen Foods)
- 2 tsp minced fresh garlic
- 1 Tbsp Dijon mustard
- 1 tsp red wine vinegar
- 1 tsp Worcestershire sauce
- 2 Tbsp freshly squeezed lemon juice
- 1/2 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- 2/3 cup grated parmesan cheese
- Croutons to serve

## DIRECTIONS

1. Fill a large salad bowl with water and add lettuce. Wash lettuce well, while tearing leaves into bite size pieces. Cut or rip the bottom core off and discard. Add torn lettuce to a salad spinner and spin leaves dry. Once you have spun most of the extra water off, add lettuce leaves to a big salad bowl. If you are not using the lettuce right away, wrap the washed lettuce in paper towels and put it in the fridge until ready to use.
2. In a small jar with a lid, add oil, garlic, Dijon mustard, red wine vinegar, Worcestershire sauce, lemon juice, salt, and pepper. Put the lid on and shake until dressing is well mixed.
3. Just before serving, add parmesan and croutons to the bowl of lettuce and toss with dressing.

Makes – 6-8 servings

# Pistachio Crusted Salmon With Roasted Root Vegetables

## FOR THE SALMON AND ROOT VEGETABLES

- 2 cups Brussels sprouts, chopped in halves or quarters
- 4 beets, peeled and chopped into small cubes
- 4 parsnips, peeled and chopped into small pieces on the diagonal
- 2 sweet potatoes, peeled and cut into small cubes
- 1-2 Tbsp extra virgin olive oil
- 1-2 Tbsp freshly squeezed lemon juice
- 4 salmon fillets, skin on (about 6 oz. each)
- 1/2 tsp kosher salt
- 1/2 tsp freshly ground black pepper

## FOR THE PISTACHIO HERB MIXTURE

- 1 tsp minced fresh garlic
- 3/4 cup shelled, toasted salted pistachios
- 1/3 cup fresh flat-leaf parsley
- 1/3 cup fresh mint leaves
- 1/4 cup fresh dill
- 1/2 tsp lemon zest
- 1 Tbsp freshly squeezed lemon juice
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 1/4 cup extra virgin olive oil

## DIRECTIONS

1. Preheat oven to 400°F. Line a large baking sheet with parchment paper or aluminum foil.
2. Place Brussels sprouts, beets, parsnips and sweet potato on prepared baking sheet and drizzle with olive oil, lemon juice and sprinkle with salt and pepper. Roast for 15 minutes.
3. While vegetables are roasting, prepare the herb mixture. In a small food processor, add minced garlic, pistachios, parsley, mint, dill, lemon zest, lemon juice, salt, and pepper. Pulse a few times until mixture becomes a paste. Add oil and process until incorporated.
4. Remove vegetables from oven, nestle the salmon between them. Evenly spoon the herb mixture over the salmon and roast for an additional 8-12 minutes depending on the thickness of the salmon. It is ready when the salmon flakes easily with a fork and the flesh is opaque and not glossy.
5. Remove from oven and taste vegetables for seasoning. Discard salmon skin and serve while warm.

Makes 4 servings

# ...1000 WORDS

## MORANT'S CURVE, BOW RIVER ALBERTA

Morant's Curve gets its name from Nicholas Morant a photographer working for the Canadian Pacific Railway in the early to mid 20th century. He was hired by the railway to produce promotional material, but his extensive work in the Canadian Rockies was used to promote tourism to Western Canada. His images of Emerald Lake and Moraine Lake were used on two Canadian banknotes. However, it was reported that the curve was his favourite location to photograph and it draws photographers every day no matter the season or weather. Trains come from both the east and west and there is no schedule as only freight trains use this route so patience and perseverance are a necessity. Only on my third trip to this site was I able to capture a train winding its way around the Bow River.



# EVENING CE

The first evening continuing education event took place on October 26, 2022. Dr. Gillian Landzberg presented an informative lecture, entitled Post-treatment apical periodontitis: Why do root canal's fail? There was a delicious dinner catered by Levy's catering. 58 members were in attendance in person.

Dr. Sean Ostro, generously offered his time to lecture to our members on Pediatric Procedures for the General Practitioner. This evening lecture took place on December 5, 2022. A sushi dinner was provided by Richmond's Kosher Bakery and Kosher Gourmet. 55 members attended the event in person. The event was streamed on zoom for those members who were unable to attend the in-person event.



Jaclyn Glick

# A WORD FROM THE CONVENTION MARSHALL

I recently have returned from the International AO Board Meeting. My position as Convention Marshal places me as an International member of the Board. Present were representatives from France and Israel, Canada and the U.S. We were fortunate to have representatives from Vancouver, Montreal and of course Toronto to show our Canadian colours.

Convention was high on the list of items discussed. There is much interest with our event and our programme has been well received. There is a big BUT.....All the planning in the world will not make Convention a success

without the wholehearted participation of our members. Our Registration site [www.aotorontoconvention.com](http://www.aotorontoconvention.com) is now open. Take advantage of the outstanding value Convention offers. Our room rate at the fabulous Westin Harbour Castle @\$229/night cannot be beat. Check it out. Website rates are now in \$800 plus if you can get a room. So just do it! Consider a staycation and really immerse yourself. Sign up and be part of the fun. This will be a programme you will remember for a long time.

Brian Chapnick  
2023 Convention Marshal

## Alpha Omega Fraternity 45<sup>th</sup> Annual Convention



December 28-31, 1952

Royal Dork Hotel, Toronto, Canada

### Greetings from the National President

For the first time since 1925 and only the second time since its inception, Alpha Omega is holding its annual convention on Canadian soil.. There are differences between Canadians and Americans which will become apparent during the days you spend here with us. These differences will be revealed mostly in minor details. Your attention may be drawn to distinctive forms of architecture, or means of transportation, or hotel accommodation, or pronunciations. But all these variations from what you consider the normal will, I am sure, serve only to underline the multitude of ideals, plans, and hopes we all hold in common. For in the spirit and the experience of this meeting you will again realize that Alpha Omega and its Convention are neither abstractions nor places but in their quintessence are people. So here, whether you are from Boston or Los Angeles, Miami or Minneapolis you will feel at home as among life long friends.



HARRY JOLLEY  
National President  
TORONTO

The physical preparations for the Convention have been carefully planned. But even if in practise the fondest hopes are realized, all the planning, scheming and praying will be of no avail if the proper spirit — compounded of carefree friendship, wholehearted participation, sober concern and moments of wild abandon — does not animate each and every one all through the period of your stay among us. The members of the Host Chapter, their Ladies Auxiliary, the undergraduates and other Canadian fraters are all eager and willing to serve as exemplary hosts. Now what is needed to complete the picture is wholehearted participation by you — their guests.

As a seasoned Convention goer and as National President I would be remiss in my duties if I failed to urge upon every frater to attend every one or at least as many of the business sessions as possible. You will be depriving yourself of an interesting and profitable experience if you omit this portion of the program. The decisions, the discussions, the deliberations not only will add spice and interest to your visit but will broaden and deepen your understanding of the organization to which you belong. Long after details of the festive board with which your gustatory proclivities will be tempted have faded from your memory you will be able to recall, perhaps fondly, perhaps profitably, perhaps humorously, perhaps sentimentally, some detail of a business session in which you participated. Don't rob yourself of this addition to your storehouse of memories while denying the Fraternity the benefit of your participation.

It is almost unprecedented for a National President to be able to bid the fraters and ladies of Alpha Omega welcome to his home city. It certainly is the first time that a Canadian President has had the privilege of presiding over the National meetings of this Fraternity in a Canadian city. So bear with us if we sometimes seem to wave the flag a little. We don't get many opportunities to do it. You're not far from your own city but those of you who are not Canadians are travelling in a foreign country. Here is an opportunity really to forget your everyday cares and problems. Relax. Enjoy every moment of your stay. Join enthusiastically into every part of the elaborate program which has painstakingly been prepared for you. There will be moments of solemnity, moments of laughter, times of high hilarity and episodes of earnest deliberation. Get your fill.

In bidding you welcome to the 45th Annual Convention of Alpha Omega I express the hope that your stay will be pleasant, your experience profitable, and all your memories of Toronto in December 1952 happy.

HARRY JOLLEY,  
National President.

### History of Alpha Omega in Toronto

John A. Sherman

To Pi Chapter, at the University of Toronto, goes the distinction of having made Alpha Omega an international fraternity. One individual in particular deserves the credit, Frater Irving Abramson of New York City. Initiated into Beta Chapter in 1919, he transferred his affiliation to the University of Toronto, and during the fall of 1921, interested Murray Dymont, Joseph Finmark, Louis Perlman, John Sherman, Bennett Sidenberg, Murray Simon and Saul Simon in applying for a charter for a chapter at Toronto. As graduate members, Dr. Max Kates, Samuel Model, Julius J. Lavine, and Sam Perlman were also among the charter members. The first chapter chancellor was Louis Perlman, followed by Murray Simon, and a year later by John Sherman.

1925 saw the first convention of Alpha Omega held outside the United States, at the Prince George Hotel in Toronto. The Marshal that year was Sam Perlman, and the Macer, J. J. Lavine.

In the interim between the 1925 convention and the official granting of an alumni charter, the graduates of Pi functioned as the Alpha Omega Alumni Club.

In 1929, a group of graduates of Pi Chapter formed the Toronto Alumni Chapter, and its first chancellors were Harry A. Landsberg, Saul Simon, and Sam Perlman. The Alumni Chapter continued as a study club until the Detroit Convention of 1935, at which time a strong delegation from Toronto attended the Detroit conclave. The enthusiasm gathered at this convention brought about a revitalization of the Toronto chapter and things began to hum again.

During the '30's an active group of young graduates headed by Harry Jolley, Bob Sidenberg and Lou Oiffer added impetus to the progress of Alpha Omega locally.

In 1935, 1936 and 1937, Toronto was host to the fraternity at large at the now famous Canadian Regional Conferences which assumed the proportions of small conventions, drawing fraters from many parts of the United States and Canada. The visits of our American fraters and National officers to Toronto kindled a spirit of convention going which has grown with the years. An Alumni Chapter Bulletin was first published in 1936, with Harry Jolley as editor.

The war years from 1939 on depleted the ranks of the Toronto Alumni Chapter and yet, in spite of this, a bare handful of men helped to revitalize the undergraduates and make a fraternity house possible for the chapter. The house at 372 Brunswick Avenue was the beginning of a new chapter spirit for the undergraduates at Pi which has grown with the years.

In November, 1941, one month before Pearl Harbor, our American fraters joined with us in the presentation of a Mobile Dental Unit to the Canadian Dental Corps at Hart House, Toronto.

The year 1942 saw the merger of the Mount Sinai Dental Society with the Toronto Alumni Chapter, and this fusion produced a strong body of Jewish dentists in Toronto to assume the ideals and work of Alpha Omega. The Alumni Chapter grew in numbers and in achievement and continued to act as the representative voice of Jewish Dentistry in Toronto.

With the end of the war, and the return of our men from service, the chapter undertook the support of many new projects and activities, including the New Mount Sinai Hospital Dental Department.

The year 1950 saw a record number of Toronto Alumni travel to the California Convention at which our own Harry Jolley was elected National President-Elect.

During this same year plans were laid for a project which was to play a great part in the continuing growth of Alpha Omega in Toronto. A committee was formed under the chairmanship of John Sherman, for the purchase of a new Fraternity House for Toronto, and in the short period of two months, over \$14,000.00 was subscribed by Toronto Alumni for the purchase of the new house at 42 Bedford Road.

And this brings us up to the present, when Toronto will once again, after 27 years, be host to Alpha Omega, at this, the 45th Annual Convention, under our able Marshal, Dr. Murray Cornish.

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Toronto Chapter  
Presents



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6:00pm - 8:30pm

*A Light Dinner to be Provided*

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# PARTNERING TO PROVIDE DIGNITY TO HOLOCAUST SURVIVORS

There are currently 4,500 Holocaust survivors living in the GTA, 2,300 of whom are considered vulnerable, and over 1,000 are living in poverty. JF&CS is a multi-service agency that serves these Survivors and is dedicated to addressing the needs of vulnerable populations in the Jewish community. As part of the Holocaust Survivor Emergency Assistance Program (HSEAP), JF&CS' Holocaust Survivor Services support Survivors living in poverty. Age-wise, these clients are well into their 80s and 90s with failing physical health and are often faced with the difficult decisions of either paying for basic living needs (heat, hydro, etc.) or pursuing essential medical services such as dental work. A portion of the HSEAP funding program comes from the Conference on Jewish Material Claims Against Germany, complemented by additional generous funders and private donors. Yet, these funds available remain insufficient to cover the numerous, urgent needs of Holocaust Survivors living in poverty within our community.

As of this moment and due primarily to budgetary pressures, JF&CS' HSEAP financial aid is capped at \$2,500 annually per client but we know Survivors need significantly more assistance. As a result, JF&CS has partnered

## JF&CS

**JEWISH FAMILY AND CHILD SERVICE OF GREATER TORONTO**

with the Alpha Omega membership to help address some of these challenges. For instance, the Alpha Omega-Henry Schein Cares Holocaust Survivors Oral Health Program offers pro bono services to some of JF&CS' Survivor clients. This partnership targets a select number of clients who require a significant amount of dental work that the HSEAP program cannot afford to cover. The AO-HSC pro-bono program best supports clients who are capable of engaging with new medical professionals and can work around accessibility issues, including physical, transportation, and linguistic barriers.

That being said, the majority of JF&CS' vulnerable Survivor clients that require dental work visit their own dental providers; many of whom are Alpha Omega members. JF&CS helps diffuse the cost of these dental fees using its limited program funding and targeted donations. As such, the agency is reaching out to you today to ask that

you consider reducing your services fees to vulnerable JF&CS Survivor clients who are in urgent need of dental work. These Survivors are identifiable when they arrange with you to have JF&CS cover the costs of their treatment fees. Every dollar in reduced dental fees to these Survivors is a dollar that JF&CS can deploy in helping address other critical medical needs including incontinence supplies, hearing aids and hospital beds.

Many Survivors rely on these supports and benefit immensely from the assistance provided through the Holocaust Survivor Emergency Assistance Program and partner programs such as AO-HSC. One JF&CS client shares, "as a Holocaust survivor with very limited income and numerous health problems, I am fortunate to receive help from Jewish Family and Child Service for my medical needs, which I could not afford to pay." We urge you to consider helping these desperately vulnerable Survivors retain maximum access to these invaluable services. For more detailed information on JF&CS' Holocaust Survivor Services please be in touch with the program manager at 416-638-7800 x 6201.

## FALL SEMINAR

The annual fall seminar took place this year on Friday November 25, 2022 at Adath Israel Synagogue. Dr. Ernest Lam presented a morning core 1 lecture entitled Variant of Normal Radiologic Anatomy That May Simulate Disease on Panoramic Images. He also presented an afternoon core 1 lecture entitled Ten Radiologic Findings Every Dentist Should Know. Participants that attended both sessions received 6 core 1 points. The lectures were very well received by all of the participants. 166 participants attended the meeting. The day was catered by TW013 Kosher Food. The event could not have taken place without the ongoing support of Carestream Dental, Tracker and TD Wealth Private Management.



# ALPHA OMEGA CHANUKAH PARTY 2022

Chanukah was celebrated by 211 Alpha Omega children, parents and grandparents on December 4th at Beth Emeth Synagogue. There was lots of schmoozing, laughter and of course eating! The kids and adults alike enjoyed the music, dancing, magic and bubble shows, along with arts and crafts, face painting and a photo booth. A delicious Chanukah lunch was served, highlighted of course by latkes and sufganyot. Gift cards were collected and donated to Jewish Family and Child Services.

Huge thanks to Jackie and Velarie for their support, and to my wonderful committee. Wishing everyone a very happy healthy and joyful Chanukah!

Cindy Greenspoon



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## SPEAKERS



**Dr. Siavash Hassanpour**

HBSc, MSc, DDS,  
MSc (Perio),  
FRCD(C)



**Dr. Ryan Schure**

DDS,  
MSc (Perio),  
FRCD(C)

AO TORONTO CHAPTER PRESENTS

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# SORRY



Years ago, when we began to travel outside of North America, we were often amused when residents of other countries found out we were Canadians. It was not unusual to be questioned about our experience with 'Eskimos', polar bears, and sled dogs. We tried to be polite and explain that Canada was a big country and what they had seen on television or in a movie, although real, was for most Canadians, far from commonplace. I often thought they were disappointed, and occasionally, out of earshot of my wife, I would embellish the story by describing the harshness of the winter or the frequency of spying wolves and moose in our backyard. Once a young boy asked me about sleeping in a teepee. I sensed his dismay when I told him we lived in a bungalow in the suburbs. His eyes brightened when I fibbed and said that some of my best friends live in teepees. For many, all Canadians play hockey, paddle canoes, trap beaver and hunt reindeer.

As the years went by, we met many people who had friends and relatives in Canada. Most Europeans seem to think that wherever you live you are in close contact with everyone else. Did I know their Uncle Joe who lived in Calgary? Did we ever bump into Sonia who was travelling through the Maritimes? You might know our friend Louis; he owns a convenience store in Toronto. There was no concept of the size of the Country or the distance between urban centres, let alone the population of some of our cities. They thought of Canada as just another smallish European country, a quick jaunt and you pass from France to Switzerland with Austria and Italy just around the corner. They are

surprised when I tell them that I never have been to Goose Bay, Medicine Hat, or Moose Factory. I was asked by an Italian if I can see the Rocky Mountains from my home. When I told him that there are 5 1/2 time zones from sea to sea. He looked at me in disbelief. For some time, many folks believed that Canada was just another state of the USA. Did I enjoy the cherry blossoms in the Spring? When I responded that Ottawa had tulips and Washington DC had cherry blossoms, there was complete confusion. Explaining where Ottawa is located is futile. They often seem to think that it is just a short drive to well-known American tourist highlights such as the Grand Canyon, Florida Everglades, Yellowstone Park, and Death Valley. Trying to use Canadian cities such as Winnipeg, Edmonton, Toronto, and Montreal as locators is hopeless.

All in all, there seems to be universal agreement that Canada is a good place to live, the people are agreeable, and the country is beautiful. I make no claim about other tourists, but we always display the Canadian flag discreetly on our luggage or backpack.

Not long ago, when cruising the Canary Islands, we returned early from a land tour. The ship was quiet, so Sheila headed to the jewellery shop to do some browsing. I found a comfortable seat in one of the lounges and ordered a cold beer. The young waiter brought the beer and noticed the small Canadian flag on my backpack. Since there was not much doing, we struck up a conversation. He had done a lot of travelling and Canada was on his bucket list. He came from a small town not far from Rome and after one year at university, he got a job on a cruise ship and has been sailing for the last three years. Each year, apart from a return to Italy, he tries to take an extended vacation in a country he has never visited. He went back to the bar and returned with a handful of glossy travel brochures of Canada and said he was planning a Canadian vacation. He asked me, "What part of Canada do you come from, and can you give me some advice of what to see if I visited." I took a long sip of my beer while deciding how to address his question. He told me that he

didn't even know where Ontario was, so that was a start.

"I live in Southwestern Ontario, (SWO), which is about the size of Denmark but only 1/20th the area of the entire province. It is the most southerly part of Canada. We usually have mild winters and hot summers. SWO is bounded by three of the Great lakes, Lake Huron, Lake Erie, and Lake Ontario and two smaller lakes, Lake St. Claire, and Lake Simcoe. Most of the land is flat but there are areas with rolling hills and medium-sized rivers. It is mostly agricultural with medium sized cities, universities, financial services, and some industry. I live in London, which is best known for being half-way between Toronto and Detroit. If you go to the northern limit of SWO you enter the Canadian Shield which is rocky, with both pine and hard wood trees, and contains hundreds of small lakes ringed with summer cottages. The main geological feature is the Niagara Escarpment which traverses the entire width of SWO. It begins at the Honeymoon Capital, Niagara Falls, which is a must see, and makes its way up to the Bruce peninsula before being lost in Lake Huron. To the east and out of SWO is the Ottawa River with Canada's Capital, which is nice to visit in the summer. The Ottawa River flows into the St. Lawrence at the eastern side of the province not far from the small city of Kingston which also is worth a visit in the summer. The largest city in Canada is Toronto, it is just outside of SWO in Southern Ontario and is part of the densely populated area around the western part of Lake Ontario called the Golden Horseshoe. It is not golden, but it is horseshoe shaped. Many small towns such as Chatham, Niagara-on-the-lake and Amherstburg, have a historic connection, but compared to Italy, the events are quite recent. Although SWO is a pleasant area to live, I am sorry to say that you will not find the 'Real Canadian Experience' that you have seen in your travel brochures." He thanked me and left me to finish my beer.

Years passed and I gave no thought to the interaction. In mid October, Sheila and I had a family obligation in Toronto. We decided to take a hotel and return Sunday. The forecast for the week was excellent. Clear, no rain and

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mild weather. Our trip to Toronto Saturday morning was unhurried and pleasant. Where wood lots came close to the highway the fall colours were quite lovely. Sunday morning, we headed home and decided not to travel via the #401. It had been ages since we had visited the McMichael Gallery, so we headed in that direction. We went north on Islington Avenue, past lush golf courses, small villages, equestrian farms, and some impressive rather new mansions. The fall display of colour was stunning.

We pulled into the entrance to the McMichael Gallery, parked, and took the winding path to the entrance. Tom Thompson's shack, a sculpture garden and historic plaques were interesting but the view of the iconic log building, set against a dense hard-wood forest, aglow with orange, red and yellow, under a clear blue sky was a remarkable sight.

As we entered the Gallery, the concourse was busy with an art sale of vetted Canadian artists. With some of the profits going to support young artists, we succumbed and purchased a fine piece from a woman who is invited annually to show at the Louvre. Entering the main Gallery, I was somewhat disappointed that many of the Group of Seven's larger works had been removed to make room for three artists who had never been shown at McMichael. The first was Janet Nungnik, an Inuit artist from south of Baker Lake, Nunavut. I expected to see the traditional Inuit soapstone carvings and watercolour graphics, but I stopped and had a closer look. Janet uses cloth, beads and string in a detailed appliqué technique that is just amazing. The colour, spirit, and joy of what for her must be familiar scenes, was captivating. This was her first museum show, but I am sure it will not be the last.

L.L. Fitzgerald was the last man to join the Group of Seven and never has had a show of his own at McMichael. I must admit I knew little of him. He came from Manitoba and his drawings are not typical of the Group. They are ephemeral, wispy and from afar are so light that you might think the paper has been untouched. The curators also displayed some of his later works which were more characteristic of the 'new' style. A painting

of a wooden cabin was beautifully rendered. The third was Maude Lewis, the now famous artist from Digby. A short film gives you a glimpse of her troubled life and exposes the raw talent she had in abundance. Her simple paintings, which were sold at the side of the road for a few dollars each, now demand many thousands. She rendered, flowers, oxen, horses, and cats in a simple but loving fashion. I particularly liked the farms and fishing boats, although at first glance they appear primitive, even childish, they are whimsical and a delight to the eye.

On leaving the McMichael we decided to head toward Orangeville where Sheila had a hint about a new winery. The winery was on the edge of the Hockley Valley, perhaps the furthest north of any Ontario vintner. We enjoyed a well-prepared lunch, with a glass of local wine. The highlight was the view from the dining room windows which overlooked the valley. Breathtaking might be an understatement. It is a pity that fall colours only last a few weeks.

We proceeded toward London, passing through the towns of Arthur and Listowel. Groups of Amish boys in stark black and white, hiked penguin-like, home from church while the rest of the family rode in buggies pulled by sleek horses. The stark contrast with the passing cars was a reminder of a time long past. We entered Stratford from the north. It is a town we often visit in the summer. Today it seemed even more charming. The fall colours surrounding the black water of Victoria Lake studded here and there with elegant white swans was a sight seen usually on postcards. The Festival Theatre, an architectural icon, perhaps even more well-known than the McMichael, sat high on the southern hill overlooking the Lake. To the west running along the Avon River is the new Tom Patterson Theatre, its award-winning architecture is a joy to the eye. Having experienced one play at the site, I predict it will surely rank as one of the best venues for the stage arts in the world. As we passed through the town, we reminded ourselves of the dozens of superb plays, musicals, and concerts we have been lucky enough to enjoy at the Stratford Festival. There are few places where you can

experience the highest level of dramatic arts in a striking yet homespun setting.

We drove back by the Embro Road with its rolling terrain, neat farms, and blazing wood lots. Before long we pulled into our driveway. As I was getting out of the car, I had a flash-back to that conversation with the waiter on the cruise ship many years ago. I hoped he didn't take my advice and did make a visit to SWO because; there is really nothing to be sorry about.

Stan Kogon

# BRISKET IS NOT THE SAME AS CORNED BEEF

Submitted by Steven Brown

This goes back 2 generations, 3 if you are over 50. It also explains why many Jewish men died in their early 60's with a non-functional cardiovascular system and looked like today's men at 89.

Before we start, there are some variations in ingredients because of the various types of Jewish taste (Polack, Litvack, Deutch and Gallicianer). Sephardic is for another time.

Just as we Jews have six seasons of the year (winter, spring, summer, autumn, the slack season, and the busy season), we all focus on a main ingredient which, unfortunately and undeservedly, has disappeared from our diet. I'm talking, of course, about SCHMALTZ (chicken fat).

SCHMALTZ has, for centuries, been the prime ingredient in almost every Jewish dish, and I feel it's time to revive it to its rightful place in our homes. (I have plans to distribute it in a green glass Gucci bottle with a label clearly saying: "low fat, no cholesterol, Newman's Choice, extra virgin SCHMALTZ." (It can't miss!) Then there are griven – pieces of chicken skin, deep fried in SCHMALTZ, onions and salt until crispy brown (Jewish bacon). This makes a great appetizer for the next cardiologist's convention.

There's also a nice chicken fricassee (stew) using the heart, gorgle (neck) pipick (gizzard – a great delicacy, given to the favorite child), a fleegle (wing) or two, some ayelech (little premature eggs) and other various chicken innards, in a broth of SCHMALTZ, water, paprika, etc. We also have knishes (filled dough) and the eternal question, "Will that be liver, beef or potatoes, or all three?"

Other time-tested favorites are kishkeh, and its poor cousin, helzel (chicken or goose neck). Kishkeh is the gut of the cow, bought by the foot at the Kosher butcher. It is turned inside out, scalded and scraped. One end is sewn up and a mixture of flour, SCHMALTZ, onions, eggs, salt, pepper, etc., is spooned into the open end and squished down until it is full. The other end is sewn and the whole thing is boiled. Often, after boiling, it is browned in the

oven so the skin becomes crispy. Yummy!

My personal all-time favorite is watching my Zaida (grandpa) munch on boiled chicken feet.

For our next course we always had chicken soup with pieces of yellow-white, rubbery chicken skin floating in a greasy sea of lokshen (noodles), farfel (broken bits of matzah), tzibbeles (onions), mondlech (soup nuts), kneidlach (dumplings), kasha (groats), kliskelech and marech (marrow bones). The main course, as I recall, was either boiled chicken, flanken, kackletten, hockfleish (chopped meat), and sometimes rib steaks, which were served either well done, burned or cremated. Occasionally we had barbecued liver done to a burned and hardened perfection in our own coal furnace.

Since we couldn't have milk with our meat meals, beverages consisted of cheap soda (Kik, Dominion Dry, seltzer in the spritz bottles). In Philadelphia it was usually Franks Black Cherry Wishniak (vishnik).

## Growing up Jewish

If you are Jewish, and grew up in city with a large Jewish population, the following will invoke heartfelt memories.

The Yiddish word for today is PULKES (PUHL-kees). Translation: THIGHS.

Please note: this word has been traced back to the language of one of the original Tribes of Israel, the Cellulites.

The only good advice that your Jewish mother gave you was: "Go! You might meet somebody!"

You grew up thinking it was normal for someone to shout "Are you okay?" through the bathroom door when you were in there longer than 3 minutes.

Your family dog responded to commands in Yiddish.

Every Saturday morning your father went to the neighbourhood deli (called an "appetizing store") for whitefish salad, whitefish "chubs", lox (nova if you were rich!), herring, corned beef, roast beef, cole slaw, potato salad, a

1/2-dozen huge barrel pickles which you reached into the brine for, a dozen assorted bagels, cream cheese and rye bread (sliced while he waited). All of which would be strictly off-limits until Sunday morning.

Every Sunday afternoon was spent visiting your grandparents and/or other relatives.

You experienced the phenomenon of 50 people fitting into a 10-foot-wide dining room hitting each other with plastic plates trying to get to a deli tray.

You had at least one female relative who penciled on eyebrows which were always asymmetrical.

You thought pasta was stuff used exclusively for Kugel and kasha with bowties.

You were as tall as your grandmother by the age of seven.

You were as tall as your grandfather by age seven and a half.

You never knew anyone whose last name didn't end in one of 5 standard suffixes (berg, baum, man, stein and witz).

You were surprised to discover that wine doesn't always taste like cranberry sauce.

You can look at gefilte fish and not turn green.

When your mother smacked you really hard, she continued to make you feel bad for hurting her hand.

You can understand Yiddish but you can't speak it.

You know how to pronounce numerous Yiddish words and use them correctly in context, yet you don't know exactly what they mean. Kaynahurra.

You're still angry at your parents for not speaking both Yiddish and English to you when you were a baby.

You have at least one ancestor who is somehow related to your spouse's ancestor.

You thought speaking loud was normal.

You considered your Bar or Bat Mitzvah a "Get Out of Hebrew School Free" card.

You think eating half a jar of dill pickles is a wholesome snack.

You're compelled to mention your grandmother's "steel cannonballs" upon seeing fluffy matzo balls served at restaurants.

You buy 3 shopping bags worth of hot bagels

on every trip to Stamford Hill or Edgware and carefully shlep them home like glassware. (Or, if you live near Chigwell, Manchester or another Jewish city hub, you drive 2 or 3 hours just to buy a dozen "real" bagels.) Western Bagel and Brent's in the San Fernando Valley. Factor's or Canter's deli in West L.A.

Your mother or grandmother took personal pride when a Jew was noted for some accomplishment (showbiz, medicine, politics, etc.) and was ashamed and embarrassed when a Jew was accused of a crime as if they were relatives.

You thought only non-Jews went to sleep-away colleges. Jews went to city schools... unless they had scholarships or made an Ivy League school.

And finally, you knew that Sunday night and the night after any Jewish holiday was designated for Chinese food.

Zei gezunt!!

Original author unknown.

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# AO FALL SOCIAL 2022: PAINT NIGHT

For this year's fall social, we decided to do something fun and creative. On November 17th 2022, Alpha Omega held its first paint night event at Pinot's Palette. Food, drinks, and paintings, what a great way to bring fellow members together. 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. We had a private room, complete with all the little extras to make the night run smoothly. Right after dinner, our members began painting one of Monet's Water Lilies series. We had the local artist guiding the group through every step of the painting of course. 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 our committee members; Ilana Wurman, Zoey



Friedman and Blair Farbstein 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

## TRIBUTE

### General Tribute Fund

#### PLATINUM CARDS

##### Condolences

Dr. Harvey & Maura Cooperberg on the loss of her father Oscar (Ingie) Respitz

Dr. Barry & Cindy Schwartz

The family of Cynthia Gasner

Dr. Andrew Kay

Dr. Marcy Schwartzman on the loss of her father Ralph Schwartzman

Dr. Phil & Lori Barer

#### GOLD CARDS

##### Congratulations

Dr. David Cowan in celebration of his birthday

Dr. Irv & Elaine Petroff

##### Condolences

Dr. Marcy Schwartzman on the loss of her father Ralph Schwartzman

Dr. Alan Vinegar & Barbara Albert

Drs. Avi Wurman & Sharon Sussman

#### SILVER CARDS

##### Congratulations

Drs. Michael & Wendy Spektor on the birth of their grandson

Dr. Avi Wurman & Sharon Sussman

#### TRIBUTE CARDS

##### Congratulations

Dr. Jeff & Debbie Levman in celebration of Jordi & Zack's wedding

Dr. Steven & Jacklyn Rosenblat

Honey Milstein in celebration of Jordi & Zack's wedding

Dr. Steven & Jacklyn Rosenblat

##### Condolences

Maura Cooperberg on the loss of her father Oscar (Ingie) Respitz

Dr. Miriam Rosenberg & Craig Streisfield

### Alpha Omega/

### Henry Schein

### Holocaust Survivors

### Oral Health Program

#### GOLD CARDS

##### Condolences

Dr. Marcy Schwartzman on the loss of her father Ralph Schwartzman

Dr. Jack & Michelle Bottner

#### TRIBUTE CARDS

##### Congratulations

Stephen Handelman in celebration of his birthday

Drs. Avi Wurman & Sharon Sussman

# TRIBUTE

## Dental Volunteers for Israel (DVI)

### PLATINUM CARDS

#### Congratulations

Dr. David Cowan in celebration of his birthday  
Dr. Stephen & Carole Zamon

## Terry Shapero Fund (Yad L'Kashish)

### PLATINUM CARDS

#### Condolences

Dr. Noah Gasner on the loss of his grandmother Cynthia Gasner  
Drs. Riley Lewis & Samara Kraus

Dr. John Gasner on the loss of his mother Cynthia Gasner  
Drs. Riley Lewis & Samara Kraus

### SILVER CARDS

#### Condolences

Karen Hausman on the loss of her husband  
Dr. Larry Hausman  
Dr. Rick Rodney

## TRIBUTE CARDS

### Condolences

Linda Gottlieb on the loss of her husband Bob Gottlieb  
Dr. Aubey & Marilyn Banack

Peter Levy on the loss of his brother Howard Levy  
Dr. Aubey & Marilyn Banack

Sylvia Stern on the loss of her mother  
Dr. Aubey & Marilyn Banack

Susan Wagman on the loss of her mother  
Dr. Aubey & Marilyn Banack

Mary Keaveney on the loss of her husband Derek  
Dr. Aubey & Marilyn Banack

Anar Banack on the loss of her mother Zeldia Crocker  
Dr. Aubey & Marilyn Banack

## AO Dental Centre at Baycrest

### GOLD CARDS

#### Condolences

Dr. John Gasner and Family on the loss of his mother Cynthia  
Dr. Paul & Joyce Chapnick

## CONDOLENCES TO:

Dr. Harvey and Maura Cooperberg on the loss of her father Oscar (Ingie) Respitz

Karen Hausman on the loss of her husband Frater Dr. Larry Hausman

Dr. John Gasner on the loss of his mother Cynthia Gasner

Dr. Noah Gasner on the loss of his grandmother Cynthia Gasner

Dr. Maury Cepler on the loss of his brother Leonard

Dr. Les Train on the loss of his mother Shirley Train

Ava Rubin on the loss of her husband Frater Dr. Bernie Rubin

## 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](http://online.aofoundation.ca) at aofoundation.ca

For assistance, contact Harvey Cooperberg at (416) 223-4616, or by email at [tribute@aofoundation.ca](mailto: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](mailto:info@aotoronto.org)

or fax 416-250-8668

Hours: 9:00 a.m. to 1:00 p.m. Weekdays Only

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

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

## 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
- Princess Margaret Hospital Dental Clinic
- AO Dental Centre at Baycrest

**Support Dental Research in Israel and Canada**

# HEAD AND NECK CANCER SCREENING

## Masking the Signs: The Importance of Head and Neck Cancer Screening in the Era of Mask Mandates

Hailey Bensky

MD Candidate 2023, Michael G. DeGroot  
School of Medicine, McMaster University

Head and neck cancers are some of the most common types of cancers, currently accounting for 3% of all cancers worldwide<sup>1</sup>. The term 'head and neck cancer' includes not only oropharyngeal cancers, but also laryngeal, nasal, salivary, and skin cancers. When thinking of head and neck cancers, many think of oral and pharyngeal cancers, but they will forget about skin cancers of this region! Skin cancers are associated with many risk factors including UV exposure, smoking, and occupational exposures. Basal cell and squamous cell carcinomas commonly present in areas of high UV exposure within the head and neck: nose, ears, and lips<sup>2</sup>. Similar to skin cancers, known risk factors for oral cancers include UV exposure, smoking, and occupational exposures, but it also includes HPV infection. The most common malignancy of the oral cavity, and the head and neck region as a whole, is squamous cell carcinoma<sup>3</sup>.

Since the onset of the Covid-19 pandemic, many health care settings require patients keep their face coverings on begging the question, are facial and mucosal cancers going unnoticed at a higher rate than pre-pandemic?

The impact of the Covid-19 pandemic and mask mandates in Canada on head and neck cancer identification and treatment has not been documented in recent literature. Concerns relating to skin cancer screening and overall cancer diagnoses since the onset of the Covid-19 pandemic have seldom been raised. Delayed diagnosis of melanomas due to the pandemic may lead to increased morbidity, mortality, and healthcare costs<sup>4</sup>. Between February 2020 and April 2020, the Netherlands Cancer Registry showed a substantial drop in cancer diagnoses, specifically skin cancers, compared to pre-pandemic data<sup>5</sup>. Only 15% of the expected number of skin biopsies were completed in

early 2020 based upon data obtained through OHIP claims for the same period of 2019<sup>6</sup>.

As a result of limited in-person healthcare visits and mask mandates, dental professionals have the unique opportunity to perform an overall facial skin exam and help direct their patient towards the appropriate specialists. With further education on head and neck cancers, specifically head and neck skin cancers, the overall hope is that lesions will be identified earlier in the disease process leading to better prognoses.

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Hailey Bensky

# Head & Neck Cancers and How to Spot Them!

## Quick Facts

- 7th most common type of cancer worldwide
- Highly associated with tobacco use as well as HPV, EBV, UV exposure, occupational exposures, immunosuppression & more
- Most common H&N cancer is squamous cell carcinoma
  - other common H&N cancers include basal cell carcinomas and melanoma
- 80% of BCCs are found on the face
- The most high risk locations for BCC throughout the body are the nose, ears, periorificial, and centofacial areas
- The risk of progression from actinic keratosis to SCC is around 8%

## Red Flags for Melanoma

- A** - Asymmetry
- B** - Uneven Borders
- C** - Multiple Colours
- D** - Diameter > 6 mm
- E** - Evolution / Elevation

## Red Flags of Head & Neck Cancers

- Ulcerated
- Non-healing wound
- Multiple colours
- Rapidly growing or changing
- Continual bleeding
- Lymphadenopathy
- Dysphagia
- Odynophagia
- Hoarse voice



## Common Locations

- (Commonly associated with tobacco use or HPV infection)
- Base of tongue
  - Tonsils
  - Lips
  - Floor of Mouth



(Commonly associated with UV exposure)

- Lips
- Nose
- Ears
- Scalp
- Cheeks
- Forehead



## Recommended Resources



## Prompts to Consider Oral Cancer

- Ear pain (sign of malignancy)
- Poorly fitting dentures
- Non-healing wounds/ulceration

## Factors Associated with SCC

- Red, scaly lesions
- Crusted appearance
- Areas with significant sun exposure
- Flat, red lesion
- Within the oropharynx: often ulcerated lesion or a red, or white plaque

## Factors Associated with BCC

- Rolled edges
- Pearly or waxy appearance
- Surrounding telangiectasia
- Itchy, often bleeds
- Pedunculated
- Firm, scar-like appearance

## Examples of Concerning Lesions: Squamous Cell Carcinoma:

## Basal Cell Carcinoma:

### Melanoma:



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