



AORTA

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ALPHA OMEGA TORONTO 2024

SOCIETY NIGHT

MONDAY, SEPTEMBER 16, 2024 - 6:30 PM

Shaarei Shomayim Synagogue
470 Glencairn Ave, Toronto



Dr. Andrea Heckler

*INCOMING CHAPTER
PRESIDENT*



Dr. Laurel Linetsky-Fleisher

*THE SHEILA RODNEY
HUMANITARIAN AWARD*



Dr. Brian Chapnick

CERTIFICATE OF MERIT

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ANDREA'S ANGLES



To all my fellow members of Alpha Omega Toronto,

I hope you are all enjoying the summer. I am proud and excited to be writing my first AORTA article as President of our Alpha Omega Toronto Chapter. I am very grateful to Iris Kivity-Chandler, Laurel Linetsky-Fleisher, Tammy Herzog and Lani Kraus for their incredible leadership and friendship over the past 3 years since I joined the line of our chapter. And I am thrilled to be on the line with our current leadership of Lani Kraus as Past-President, Jordan Klinitz as President-Elect, Jim Posluns as Treasurer and Beatrice Marr as Secretary. I am also honoured to be working with Avi Wurman as our Advisor to the line. And of course, I am thankful every day for the expertise and support of our amazing Executive Administrator, Velarie Mabounsou. I always planned to join the line of our chapter one day. I have to admit that when I joined the line in 2021 with three young kids and building up my own orthodontic practice - I did not think it was the "right" time. But now that I am starting my presidency year surrounded by these incredible people who have become such important friends and guides in Alpha Omega and in my professional and personal life - I am so glad that Laurel and Lani convinced me to join the line when I did. The timing may never feel right for you, but I would say - just do it! You will not regret it!

I grew up in Montreal and have always loved "getting involved" - following in my parents' footsteps - in various charitable and Jewish

organizations. I was the Hillel president in CEGEP and loved planning events to bring people together and to raise funds and awareness. I have been a member of Alpha Omega since I joined the student chapter as a 2nd year dental student at McGill University in the fall of 2002. Alpha Omega has changed my life in so many ways. I was involved throughout dental school in my local student chapter, with the Montreal alumni chapter and also with AO International. In that same fall of 2nd year, I met Michael Tenenbaum at an event that he hosted to welcome the Alpha Omega International President to Montreal. I found out there what Alpha Omega International is all about - and I was hooked! I attended multiple regional leadership seminars as a student and young alumni over the next few years. I also attended Convention every year as a dental student (and almost every Convention since then!). In 3rd year, I was elected as International Student Representative and sat on the AO International Board of Directors in that capacity. I continued to serve on the International Board as Young Alumni Director after I graduated. The connections I made in my ISR year are still so important to me and my family today. I met Guy Aboodi at Convention in Vancouver in December 2004 - he was a dental student at Tel Aviv University and was representing his student chapter at Convention. Little did I know - when I introduced Guy to Tim Hortons and skiing during his first trip to Canada - how important those moments would be! Guy and I started a long distance relationship that summer and he moved to Toronto so we could be together after he graduated dental school in Tel Aviv the following year. Guy and I got married in Israel in 2007!

After I completed dental school in 2005, I did a residency program at the Montreal Children's Hospital, and then moved to Toronto for the Orthodontics Program at U of T. I was immediately welcomed into the Toronto AO chapter by colleagues I had met through AO International - and I have been on the Executive of our chapter ever since! The connections Guy and I made through Alpha Omega locally and around the world also helped us tremendously during our speciality programs and in starting our careers in Toronto. Anywhere we travel in the world - we ALWAYS have friends! We have attended multiple Conventions with our family. Our kids are now 7, 11 and 14, and they are

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AORTA



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of Alpha Omega

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Next Executive Meeting

Tuesday, October 22, 2024

Next AORTA Deadline (November)

Monday, October 7, 2024

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@aotoronto.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



There is an update on both the DVI clinic in Jerusalem as well as what is happening at the Canadian Alpha Omega Foundation. There are also contributions from Stan Kogon, Steven Brown and Barry Korzen. I hope you all enjoy this issue of the AORTA.

Barry Reinblatt

For me, summertime is easily the best season and as of the writing of this, this summer has not disappointed. I hope that however you are spending your summer, you are enjoying. Unfortunately, by the time you will be reading this, summer will be approaching the end which of course means that the fall programming schedule for Alpha Omega Toronto will be about to kick off.

As always, the fall begins with the highly anticipated Society Night Dinner. The Executive Committee has been planning many other events for the fall, some of which you will find information for in this issue. We also have reports from some recently held events including the Annual Picnic, and the extremely well attended UJA Walk for Israel.



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

ANDREA'S ANGLES *(Continued)*

AO Convention experts! Of course they loved attending our recent Convention in Toronto, and before that we had an incredible AO Convention experience in Porto. We can't wait to come together with you and your families in Jerusalem in December. We are also so excited to support Sharon Perlmutter in Israel - she truly showed us what it means to be a part of Alpha Omega! If you have any questions about what Convention will be like for you and your family, please reach out anytime.

Our kids attend Paul Penna Downtown Jewish Day school, and both Guy and I recently completed 2 year terms as Presidents of the PA (Parents' Association) of our school (not in the same years!). We always encourage our kids to take on leadership roles in their classrooms and school, and to get involved in whatever interests them most. Our eldest daughter just completed Grade 9 at our local public school, and she is involved now in the Jewish club at school. This year, more than any other, we have all felt the need to connect to our Jewish community.

We were in Israel on October 7th, and as is with all of you, our lives are forever changed. For me, Alpha Omega is a way for us to connect. It represents me in so many ways - as a Jewish dentist who wants to be a support and leader in my community, and as an advocate for Israel and for Jewish values. I hope AO can provide you with the support and connections you

need at this time. Sitting in a full day Core 1 lecture in November was so much more meaningful for me when I could share in the news of hostages being released with my AO colleagues around me.

As the current line of the Toronto AO chapter, we want to ensure that Alpha Omega advocates against anti-semitism in our community. We want to support dental students facing challenges in our Universities - locally and internationally. And we want to ensure all of our members feel safe and supported. My grandparents were Holocaust survivors, and Guy's family survived many challenges as Jews in Iraq. We hope our challenges will be nothing compared to what our ancestors went through.

As a member of Alpha Omega for the past 22 years, I am grateful for all that AO has given to me and to my family, and I am so happy to serve as your Toronto chapter president this year. I look forward to working with all of you to have a year full of learning, connecting, and supporting each other and our community.

See you on September 16th for our annual Society Night Dinner!

Thank you for your trust and support,

Andrea Heckler

UPCOMING EVENTS

SOCIETY NIGHT DINNER

Monday, September 16, 2024
Shaarei Shomayim Synagogue
470 Glencairn Avenue

SHABBAT DINNER

Friday, September 20, 2024
Ledbury Jewish Centre
157 Falkirk Street

EVENING CONTINUING EDUCATION SEMINAR

Tuesday, October 29, 2024
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.

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THE RESILIENCE OF THE ISRAELI PEOPLE

Today, July 16th, is the 283rd day of war with Hamas in Gaza and with Hezbollah in the north. But I am constantly amazed as how life goes on in a "normal" fashion between these two fronts. I took this picture today at the Serona Market in Tel Aviv. For those who haven't been to Serona it a must place to visit the next time you are in Tel Aviv. For Foodies it is like walking into a toy store when you were a kid with kiosks lining both sides as well as in the middle. And today, like all days, it was jam packed. I spotted some soldiers in civilian clothes who had just finished eating and when I went to take their picture they asked if I could please hide their identity as they are in a "special" unit. Just another normal day here in Israel.



ALPHA OMEGA TORONTO

Society Night

2024

MONDAY, SEPTEMBER 16, 2024 6:30 PM

SHAAREI SHOMAYIM SYNAGOGUE
470 GLENCAIRN AVE TORONTO

Please join us for the Alpha Omega Toronto Alumni Chapter
Society night on Monday, September 16th, 2024.



Dr. Andrea Heckler

INCOMING CHAPTER
PRESIDENT



Dr. Laurel Linetsky-Fleisher

THE SHEILA RODNEY
HUMANITARIAN AWARD



Dr. Brian Chapnick

CERTIFICATE OF MERIT

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info@atoronto.org

FAMILY PICNIC AT THE TORONTO ZOO

The Alpha Omega Family Picnic was held this year on Sunday June 2nd at the Toronto Zoo! We had another incredible attendance with 140 AO members and families.

The day started with some rain as we welcomed our AO members and families at the AO registration table at the front entrance of the Toronto Zoo. We handed out tickets and scavenger hunts to all our families. The sun soon started shining and all our guests LOVED walking around the Zoo and bumping into other AO friends and families all around. At lunch, we all gathered at our private Special Events tented area for Tov Li pizza and freezies. Thank you to the Klimitz kids for handing out all the food! We also had a table where kids could learn about special features of "Big & Wonderful" animals. Thank you so much to Velarie and her family for supporting us not only in advance of the event, but also at the Zoo the day of!

I can't wait for next year - save the date for our next Picnic at the Zoo on Sunday June 8th, 2025!

Andrea Heckler





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TIME PERSPECTIVES



A while ago, on my 5-minute drive to the gym (why walk if you can drive), I was listening to the CBC, where Tom Power was interviewing raconteur, actor, and singer Mandy Patinkin. I tuned in toward the end of the chat when Mandy was describing his close relationship with his dad. Although his father passed when Mandy was about twenty years old, his memories of their relationship were fresh and very poignant. He said that, looking back, the time he had with his father seemed like 5 seconds. Later, the repetitive nature of a gym workout, gave me time to think about Mandy's statement. I am quite sure he was saying that the 20 years he had with his father was too brief. Now that he is 70 years old, those 20 years felt like 5 seconds.

How do we put time spans in perspective? Qualitative words are not helpful. A long time for a 4-year-old is 30 seconds. When I was 35 my 70-year-old Bubbie seemed ancient. My wife often tells me it takes hours for me to find my keys. A two-minute wait in an ATM line seems like forever. The ability to assess short periods of time is poor but longer time spans are worse. How many years are in an eon? How long did the Renaissance last? The Stone Age covered a span of how many centuries? What we need is a rational standard for comparison. We know that the current average life span of Canadians is slightly more than eighty-two years. For simplicity, let us say 80 years and call it the Human Life-Span Unit (HLU). A HLU should not be confused with a generation, for it is not unusual for someone to enjoy the overlapping experience of three and sometimes four generations in a lifetime. When we examine

the lifespan of humans, although the 80-year mark is a mean, the modal age is about 86 years of age because the distribution of age of death is not symmetrical. Very few humans live past 100, but many succumb before 70. So, if you are reading this essay, you are somewhere within one HLU; but how long is 80 years? Of course, it is the amount of time it takes the Earth to orbit the Sun eighty times. However, the transit of the orbit is generally not perceptible. For those who live some distance from the equator, we may sense the daily, or at least, monthly change in the proportion of day/night which provides some sense of advancement in the calendar of time. However, these signposts are not present if you live close to the equator. We need a better perspective.

We can use the HLU as a unit of elapsed time. In the short term we spend about .3 HLU growing up and getting educated. About .5 HLU as an adult earning a living and raising a family, .2 HLU is left for retirement. Hopefully, healthy enough to enjoy the fruits of one's labour.

Perhaps the HLU works better from an historic sense. For instance, if we consider 1500 CE as about the time Europeans began to colonize North America (with deference to Leif Erikson). That would equate to about 524 years or $524/80=6.5$ HLU. The Roman Empire collapsed about 475 CE which equates to about 19 HLU. Cranking the clock back to the suggested time when the Israelites packed up and left Goshen, estimated about 1250 BCE, works out to be about 40 HLU. Finally, we can go back to 5,500 BCE, to the era of the founding of early civilizations such as Sumer in Mesopotamia. We can round that date to 8,000 years ago. That computes to 100 HLU. Our single lifespan is a bit less than 1% of the elapsed time since the founding of the first cities. Any further exploration of past historic events would yield fractional percentages which would be difficult to assess. However, we can adopt a courser measure using the founding of early civilizations as a period of elapsed time, designating it as a Civilization Unit (CU).

Now we can try to put other events into perspective.

It is widely accepted that the Neanderthals, as a specie, became extinct about 35,000 years ago. That would be about 35,000/8000 or 4.4 CU. Paleoanthropologists can trace modern Homo Sapiens and their archaic varieties to about 250,000 years ago or 32 CU. There is plenty of conjecture about the timeline of the branching of the Homo line and apes, but the consensus is approximately 7 million years ago. That would yield 875 CU which is only .16% of the age of the Earth (4.3 billion years). With a final glance at our timepiece, our universe is estimated to have big-banged into existence at least 3 1/2 times longer than the elapsed time since our rocky planet condensed from dust and grit while orbiting a young, mid-sized sun in an ordinary galaxy. Although Mandy described the twenty years he shared with his father as feeling like 5 seconds, the truth of the matter is that man's entire existence on this planet has been no more than a blink.

I suppose we should consider the other end of the time perspective. Before the use of smart-phones and digital cameras, photography often dealt with shutter speeds of 1/2, 1/4, and 1/10th parts of a second and high-speed photography could range upward from 1/1,000 of a second (millisecond). When scientists build computer memory, observe chemical processes, and smash subatomic particles, they measure elapsed time in nanoseconds (billionths of a second). When they opine on the moments immediately after the big -bang they use picoseconds (trillionths of a second). I have no understanding of what these time measurements really mean. The chemistry within the neurones in our brain may operate in this time scale, but we have no perception of the interactions.

One might get the feeling that this practical attempt to gain a perspective of elapsed time suggests that our specie and perhaps our lives are rather inconsequential in the scheme of things. I heartily take the opposite position. What extraordinary accomplishments humans have achieved in such a brief time! Looking past collective achievements in agriculture (1.5 CU), animal husbandry (1.9 CU), civic construction (0.7 CU), exploration of our planet (0.3 CU) and speedy transportation (3.5 HLU). It is amazing

to list some of the remarkable achievements of individuals. For example, Mozart left a musical treasure of more than 600 works in .44 HLU. Michelangelo, 1.1 HLU, Leonardo da Vinci .84 HLU, and Van Gough in .59 HLU, left works of art which transcend time. Gauss 1.0 HLU, Newton 1.0 HLU, Maxwell .6 HLU and Einstein .9 HLU, defined the laws of nature and mathematics. Copernicus .9 HLU, Galileo 1 HLU, Hubble .8 HLU, Hawking, 1HLU, and others searched and described the heavens while Bohr 1.0 HLU and Rutherford .8 HLU explored the unseen nature of matter. All these achievements were accomplished in almost no time at all.

The astute reader may point to a flaw in the calculation which is fundamental to the meaning of an HLU. The life expectancy of the earliest Europeans during the Neanderthal/

Cro Magnon transition is generously estimated to be about 40 years. The last few decades have brought a significant increase in human life expectancy. The influence of public health measures and improved preventive medicine has raised the life expectancy in many countries to more than 80 years. Given the cohort reading this essay, I chose to use the current data rather than a complex derivation of average lifespan over the last 40,000 years.

The passage of time has been our blessing. It has given nature the opportunity to work the magic of evolution which produces genetic diversification and speciation. This attempt to construct a pragmatic time perspective, illustrates that what we consider ancient is, in reality, quite recent. Humans living today are intimately connected to the past. The

cave paintings of Lascaux are on a direct lineage to Picasso. The architects of the Sydney Opera House and La Sagrada Familia are the descendants of the designers of the pyramids and the Acropolis. Today, we explore other planets in our solar system, an idea which only resided in science fiction less than 0.75 HLU in the past. We command nature's attention, but at our peril. What humans have accomplished, in what is truly a blink of the eye, is nothing short of spectacular. However, there is no room for smugness, for just 100,000 years ago (12-15CU) during a period of climate uncertainty, we were one rogue virus or a hungry pack of hyenas, away from never getting a secure foothold for our upright walking, two-handed, tool using, inquisitive brain.

Stan Kogon



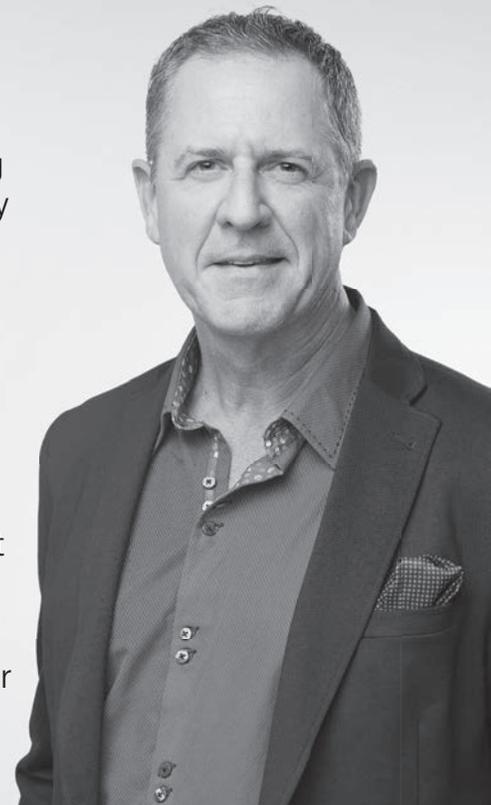
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ALPHA OMEGA FOUNDATION OF CANADA



INTERNATIONAL ALLIANCE
of ALPHA OMEGA
Charitable Organizations

The Alpha Omega Foundation of Canada is the charitable arm of Alpha Omega. The Foundation Board of Directors is represented by members from Toronto, Montreal, London, Calgary, and Vancouver.

The Foundation provides support for the dental schools in Israel, AO student prizes, various charities, as well as research grants for dental research projects. These grants began in 1992 and since then, AO Foundation of Canada has provided over \$250,000 towards dental research.

This year, a special fund was created for Emergency Aid to Israel within days after October 7. To date, we have raised over \$40,000 for this fund. Money has been sent to Magen David Adom, Hatzalah, and will be sent to Natan. These are 3 organizations which are assisting people that have been affected by the war in Israel.

This year, the International Alliance of Alpha Omega Charitable Organizations was created to pool our resources so that a more significant donation can be made. We all realized the Magen David Adom in Israel had an urgent need for an ambulance. Therefore, Alpha Omega Foundation Canada, Alpha Omega Foundation US, The London (England) Charitable Trust, The Israel Foundation all combined their funds to provide the ambulance to MDA in Israel. The hope is that the charitable efforts of AO will be recognized globally as one organization, even though we are separate charitable organizations in our respective countries.

The remaining Canadian funds from the Emergency Aid to Israel have been distributed to the other organizations that we designated

those funds to. As well, at the Annual General Meeting, decisions of distributions are made for dental research grants, charities seeking our help, AO student prizes, and dental schools in Israel and locally.

I would encourage all members to consider making their charitable donations through the Alpha Omega Foundation of Canada. Simply go to aofoundation.ca which will bring you to the Foundations site. The dropdown for the designation of the donation includes the General Tribute Fund and Emergency Aid to Israel among others.

Alpha Omega Foundation makes me proud to be an Alpha Omegan.

Harvey Cooperberg – President Alpha Omega Foundation of Canada



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June 1, 2024

Dear Canadian Friends of Dental Volunteers for Israel,

I hope this letter finds you well. I want to express my heartfelt gratitude for your unwavering commitment and support to Dental Volunteers for Israel (DVI) in the past. Your dedication to volunteering has made a profound impact on the lives of those we serve.

Today, we are reaching out to you with an urgent request. As we strive to fulfill our mission of providing dental care to the underserved, at-risk, and elderly population of Jerusalem, we are in need of both financial support and active participation in upcoming events.

1. **Financial Support:** DVI relies on the generous contributions of individuals like yourself to cover essential expenses such as salaries, rent, materials, and equipment. I kindly ask each member of the Alpha Omega Fraternity to consider making a meaningful donation to help us bridge the financial gap. Your support, no matter the amount, will make a significant impact on our ability to continue providing essential dental care to those who depend on us. [canadianfriendsofdvi.org]

2. **Event Participation:** To address the urgent need to accrue funds, we are organizing several fundraising events. Your participation is crucial to their success. We invite fraters like yourself to volunteer your time and expertise in the planning and execution. By actively participating, you can help us raise the funds needed to sustain and expand our mission.

3. **Board Membership:** Additionally, we are seeking individuals who are passionate and dedicated to join the board of CFDVI. Your involvement at this level will ensure the effective operation and continued growth of our organization. Together, we can shape the future of DVI and make an even greater impact on the lives of those in need.

4. **Social Media Engagement:** Stay connected with us through our revised website, Facebook, and Instagram pages. By following us, you can stay up to date with our progress, achievements, and upcoming opportunities. Sharing pictures and stories from your time at the clinic will help raise awareness and inspire others to support our cause.

Your support and active involvement are vital in our efforts to continue providing essential dental care to those who need it most. We deeply appreciate your dedication and commitment to this noble cause. If you have any questions or need further assistance, please do not hesitate to reach out. Together, we can make a difference in the lives of those in need.

With heartfelt gratitude,

Les Train (drtrain@rogers.com)

Ken Serota (info@keninsupportofisrael.com)

I'LL BE DOING THE DOWNHILL 1 KM. RIDE 'TO HELP SUPPORT THE LAZY' NEXT WEEK.

by Steven Brown

Unless there is no bus to take us back up the hill. In that case, forget my participation! O.K. And on with it. Still with bike riding though. Me and my first wife Paula, like to bike ride every weekend. But this time, the bike path was unusually crowded. I told her it was the weekend they were having 'The Ride For Random Causes'. Also, I've added a new section later in this column. We're going to call it - "This is the get ready to phone Barry part." But it comes later.

We just got our first dog, and it only took me a month to drive it crazy. I named it 'Stay'. So whenever I took it to the park, I'd yell "Come Stay, Come Stay" and the dog would fall flat on it's face. Don't try to put my two thoughts together. It ain't gonna work. So, whenever I go to Costco, I never know what I don't need until I get there. And staying with Costco. (Oye. So maybe there is an order.) The lovely cashier looked at my card and said "Oh, you're a doctor?" I said "Yup. I'm a dentist." She replied - "All dentists are millionaires." I said - "Well, I am. But I can't speak for all of them." So whenever someone says something ridiculous, I always say "I know you're not joking, because I can tell you don't have a sense of humour." Or, I'm inclined to say - "I listen to everything you say very attentively, but then I think of my favourite Canadian Territory, and I follow through on Nunavut." Or maybe it just reminds me of the first blind date I went on, when me and her definitely saw eye to ear. Naaah.

Back to biking with you know who. Whenever we ride by a sign that says "Ecologically Sensitive Area", I tell my wife not to make any jokes about the area. (It's sensitive.) And while putting on my biking socks, I saw a big hole, and the first thing I thought of was DARN! (I'm really trying to make this flow). My mother, now. When I was terribly bad at spelling when I was a kid, my mother would say "Don't worry Steven. One day there will be spellcheck." - And for that, I am forever

grapefruit. And while riding recently, (not really), I saw a store that had a sign that used to say "In-Out Convenience". But it was sold. And they had to shorten the sign for financial reasons. But they shouldn't have shortened it to "In-Convenience". But when I did used to go in, and order a muffin, sometimes they'd say "I'll heat that up for you". Right away I knew it was 4 or 5 days old. I wasn't born yesterday buddy.

My first wife just opened her computer. And it didn't take 5 seconds after opening it. So I said to her - "I wish I had a penny (American), for every time a person used the 'F' word, when using their computer. Just for one day, I'd be a millionaire before sunset. Speaking of making money. (This is flowing way better than I ever thought possible). I have an idea for a new parking lot. I'm going to call it - "Unparalleled Parking". The best parking lot ever! And another money maker. A new Jewish building company. "Lukshin Construction". O.K. O.K. "Lokshin Construction".

Who just said Portugal? My first wife and I were just there. We were in Madeira for a week, followed by Lisbon for a week. My wife liked Madeira so much, she said she wants to rent a place there for a month next year. I asked her what month she'd be away. And another thing. Just asking. On Pesach next year, if it snows in April, do I have to use Kosher for Pesach salt? No? Good. Cuz it'll be three times more expensive than the regular salt. And now, I just can't stop humming that Passover song - "It's Chraining Men"

Hallelujah. And do you believe those signs in store windows that read "Just Voted World's Best". Nah. How many people voted in Latvia about this store. Next to none! And Tim Hortons. (Sort of goes with the flow). I went in on September 28th last year, and right on the pot it said 9:26. So I said to the Tim's person - "Was that made 2 days ago!?"

And by the way. Why is the outdoor high jump record greater than the indoor high jump record? Does it have to do with the ceiling? Think about it. No new paragraph, but now we come to the "Get Ready To Phone Barry Part". I retired from practice in October 2022, but still teach at school. About a year ago, I got an email from an old friend that said he heard I had retired. I always get angry when someone says that. I'm NOT retired. So I emailed back. "I'm not retired. I still work. WTF!" After a minute, I quickly emailed again saying. "Sorry. WTF. It means Wednesday, Thursday, Friday." I think I have to change my days. Speaking of days. (Oh Yeah!) (FLOW). On Valentine's Day, I was running out of time, so I made my own card for Paula. But I only had time to write "Happy V.D." She was not impressed. And speaking of Paula, and Portugal. When we arrived at our fancy hotel in Lisbon late at night; there was a gorgeous, (if I do say so myself, and I do), how shall we say this? Lady of the Evening, outside the entrance. But we walked by, checked in, and went straight to sleep. I woke up early, and Paula was still asleep. Being a good husband, I didn't want to wake her. So I quietly got dressed, and went outside for coffee. And who was there? You know who. And she looked straight at me, and said "Are you interested?" I asked how much. She said 100 Euros. I laughed. I said "I'll give you 10". She laughed. I said "Final offer - 20 Euros." She said "Get the heck outta here." I got my coffee, and when Paula woke up, we had a wonderful day in Lisbon. The next morning we woke up at the same time, and decided to go for coffee. And who was standing outside? You know who. And when she saw us, she looked at me; and then she looked at Paula; and then she looked back at me and said - "See what you get for 20 Euros!" Last 'Barry'. We have a breakfast club at the JCC. There are about 30 of us, and we celebrate many a birthday on Fridays. (I have to do the Four Questions at Passover.) Last week it was Lou's 90th. Yay Lou. The good thing about Lou is, - he has Parkinson's. And once a month we have a baking class after Breakfast Club. And we

bake and we bake. And when everything cools down, we use Lou for the icing sugar. No!?! O.K. Call Barry now.

It's 'School Time'. I deal with Prosthodontics. And I try to show students how to see a patient's 'True' smile line, in anterior cases. So I tell them to tell the patient a joke. But I tell the patient my favourite 'smile line' joke first. Here goes. Before I was married, whenever I'd attend a family wedding, my great aunt who was about 88 years old, would always come up to me at one point in the evening, poke me in the chest, and say - "You're Next!" I finally figured out how to get her to stop. Whenever there was a death in the family, I always made sure to go up to her and say "You're Next, Your Next". Maybe that should have been in the 'Call Barry' part. Whatever.

Now; you know how the RCDS always tells us we should explain a diagnosis clearly to patients, so they are sure to understand what we said. Naaaah. This is true. Last week, I saw a patient who followed me, to be treated at the school, from my old practice. Full denture insert. At the end of the day, walking from the subway to my car, I'll often come across him. So that day I just said, "So Wayne, - Good, Bad or Indifferent?" He replied - "Yah, Different." So they hear what they hear. No use. And there's an old saying. 'I know the face. I just can't think of the name.' How about I know your name. I just can't place your face? Nah. And this is why I enjoy the school. At school, when I say to someone, "It has to line up parallel to the plane of occlusion", they know what I mean. If I said that to Paula, she'd ask me why we had to line up parallel to the flight taking us to Occlusion. And where the hell is Occlusion anyway? And a true patient interaction. There's usually a third and fourth year student and a patient in a room, and when I walked in, they were talking about marriage. I told them I was just reading a book about marriage. I asked them to guess how many years a marriage lasted, if people were known to eventually

get a divorce. The first student said 1 year. I said "Are you crazy?" The second student said 20 years. I said the average number of years people stayed married before getting a divorce was 4 years. The 70 year old patient piped up with - "You know. I was married for 6 years. I should have read the book!"

Now, words of wisdom, and things I've learned along the way. 1. The only thing you learn from studying history, is how to repeat it. 2. When trying to make a decision between two options, flip a coin. But don't go by whether heads or tails come up. Go by your reaction, to what came up. 3. Never get too full of yourself. But if you do, make sure you stop before you explode. 4. There is no reality. Only perception. 5. As Samuel Langhorne Clemens once said - "I have lived a long life, and have had many troubles. Most of which never happened." And this must be mentioned in these trying times. I recently passed a sign that had been defaced to say, - "Construction Due To Zionism". People are allowed to be stupid, but they shouldn't be given a marker. And lastly, I promise. For you poker players. See how this flows from one thought to another. When playing, always wear reflective dark glasses. Why, you say? Because when you look at your cards, if they are exceedingly good - YOUR PUPILS DILATE! Other good players watch for this. You don't owe me a thing for that.

And with that, I take my leave by saying - Always leave them laughing. They'll wonder why you're so happy.

Societally, I remain,

SHB

THE IMPORTANCE OF THE UJA Walk With Israel

The UJA, "Walk With Israel", has always been a celebration of the state of Israel. A recognition of its importance in the lives of all Jewish people. This year's walk provided the forum for over 50 000 people to show their undying support and complete belief in the Jewish homeland and the courageous and determined Israelis who were, on October 7, 2023, victims of a brutal act of terrorism by Hamas. On that day, more Jews were slaughtered than on any single day since the Holocaust! On that day, Hamas showed the world the reality of its mission of Jihad as stated in the preamble to its charter: "Israel will exist and continue to exist until Islam will obliterate it just as it obliterated others before it." and directly addressed in Article 13 of the charter: "There is no negotiated settlement possible. Jihad is the only answer."

After experiencing and facing so much loss, pain and fear, Israelis can count on their brothers and sisters in all Jewish philanthropic organizations under the umbrella of the Toronto UJA, to be there with love, understanding, emotional and financial support.

50 000 strong attested to this.

Alpha Omega's participation in this UJA event is a tradition addressing the Judaism base of the AO International Dental Fraternity's mission triangle. On June 9th, 2024, we showed the strength of our support for Israel and all Israelis publicly. In great numbers and with great enthusiasm, under the Alpha Omega banner, we marched proudly sending a clear message of our solidarity with Israel to a group of Hamas supporters assembled in the Sheppard Plaza.

Many thanks go to our event chairs Josh and Jenny Zagdanski and their assistants for helping so many Alpha Omegans participate in this year's most significant UJA's walk. We also wish to recognize AO chapter president, Lani Kraus, who has dealt so vigorously and effectively on our behalf addressing the great rise in anti-semitism across Canada and the world.

Charles Weingarten BSc., DDS.

Past President, Toronto Chapter, Alpha Omega Dental Fraternity



TRIBUTE

Emergency Aid to Israel

PLATINUM CARDS

Congratulations

Drs. Avi Wurman & Sharon Sussman in celebration of their first grandchild
Dr. Jack & Michelle Bottner

Alison & Neil Kaplen in celebration of Robby & Raquel's wedding
Dr. Phil & Lori Barer

Condolences

Joanne Smith on the loss of her father President Toronto Chapter Frater Dr. Mel Kay
Lori Houzer

Dr. Stephen Kay on the loss of his father Past President Toronto Chapter Frater Dr. Mel Kay
Dr. Stephen Abrams
Dr. Jennifer Kushner
Canadian Orthodontic Lab
Dr. Jonathan Madras

The Kay Family on the loss of Past President Toronto Chapter Frater Dr. Mel Kay
Dr. Brian Chapnick
Oren Baum and the Team at UpOnline

GOLD CARDS

Congratulations

Drs. Michael Nightingale & Ali Lubelsky on the birth of their son Reed Jonas
Dr. Harvey & Maura Cooperberg

Condolences

The Kay Family on the loss of Past President Toronto Chapter Frater Dr. Mel Kay
Drs. Avi Wurman & Sharon Sussman
The Toubes Family

Dr. Stephen Kay on the loss of his father Past President Toronto Chapter Frater Dr. Mel Kay
Dr. Jack & Michelle Bottner

Dr. Brian Chapnick on the loss of his father Past President Toronto Chapter Frater Dr. Gil Chapnick
Drs. Avi Wurman & Sharon Sussman

SILVER CARDS

Condolences

Dr. Brian Chapnick on the loss of his father Past President Toronto Chapter Frater Dr. Gil Chapnick
Dr. Barry Schwartz

TRIBUTE CARDS

Congratulations

Fern Banack Kirshenblatt in celebration of her birthday
Dr. Aubey & Marilyn Banack

Condolences

Dr. Brian Chapnick on the loss of his father Past President Toronto Chapter Frater Dr. Gil Chapnick
Dr. Harvey & Maura Cooperberg
Oren Baum

The Crystal Family on the loss of Past President Toronto Chapter Frater

Dr. Bernie Crystal
Dr. William Prusin

Drs. Danny and Irving Isakow and families on the loss of their mother Fay
Dr. Bonnie Chandler

Dr. Stephen Kay on the loss of his father Past President Toronto Chapter Frater Dr. Mel Kay
Dr. William Prusin

The Kay Family on the loss of Past President Toronto Chapter Frater Dr. Mel Kay
Dr. Marty and Lyla Gelfand
Dr. Harvey & Maura Cooperberg

Elaine Silver on the loss of her husband Don
Dr. Aubey & Marilyn Banack

Marilyn Weinrib on the loss of her husband Frater Dr. Sid Weinrib
Dr. William Prusin

Bev Wellman on the loss of her husband Barry
Dr. Aubey & Marilyn Banack

Marvin Hoppe on the loss of his wife Michelle
Dr. Aubey & Marilyn Banack

Dr. Gili Rosen on the loss of her husband Harold
Drs. Avi Wurman & Sharon Sussman

Dr. Marvin Katz on the loss of his mother Syma Sylvia
Dr. Harvey & Maura Cooperberg

General Tribute Fund

PLATINUM CARDS

Condolences

Dr. Danny Isakow on the loss of his mother Fay
Dr. Brian Chapnick

Dr. Brian Chapnick on the loss of his father Past President Toronto Chapter Frater Dr. Gil Chapnick

Dr. Daniel Isakow
Dr. Paul & Hyla Okorofsky
Drs. Eddie & Susan Glick
Dr. Stephen Abrams and Family

Cookie Kay on the loss of her husband Past President Toronto Chapter Frater Dr. Mel Kay
Darryl & Pamela Wolf

Dr. Stephen Kay on the loss of his father Past President Toronto Chapter Frater Dr. Mel Kay
Adrian & Lisa Hascal and Family

GOLD CARDS

Congratulations

Dr. Gail Schupak on the birth of her grandson Ari Milton
Dr. Jack & Michelle Bottner

Condolences

Dr. Brian Chapnick on the loss of his father Past President Toronto Chapter Frater Dr. Gil Chapnick
Dr. Stephen & Gina Kay
Dr. Alan Vinegar & Barbara Albert

The Taub Family on the loss of Past President Toronto Chapter Frater Dr. Harvey Taub
Dr. Andrew Kay

Cookie Kay on the loss of her husband Past President Toronto Chapter Frater Dr. Mel Kay
Dr. Brian & Kathy Feldman
Dr. David & Karen Mock

Dr. Stephen Kay on the loss of his father Past President Toronto Chapter Frater Dr. Mel Kay
Barry & Lisa Levine
Dr. Andrew Kay
Dr. Daniel Isakow and Staff

The Kay Family on the loss of Past President Toronto Chapter Frater Dr. Mel Kay
Anit, Jenny and Karine from Kay Dental
Fran & Pepe Telch and Family

Dr. Marvin Katz on the loss of his mother Syma Sylvia
Dr. Jack and Rhoda Lindzon

SILVER CARDS

Condolences

The Kay Family on the loss of Past President Toronto Chapter Frater Dr. Mel Kay
Dr. Bonnie Chandler

TRIBUTE

Dr. Daniel Isakow on the loss of his mother Fay
Dr. Lorne & Sharon Chapnick

Dr. Stephen Kay on the loss of his father Past
President Toronto Chapter Frater Dr. Mel Kay
Drs. Gary Elman & Ira Marder
Dr. Paul & Hyla Okorofsky

TRIBUTE CARDS

Condolences

Dr. Brian Chapnick on the loss of his father
Past President Toronto Chapter Frater Dr. Gil
Chapnick

Dr. Murray & Marilyn Wagman
Dr. David & Elana Lasko and family
Dr. Stanley & Sharon Jacobson
Dr. Calvin & Fay Torneck

The Chapnick Family Chapnick on the loss of
Past President Toronto Chapter Frater

Dr. Gil Chapnick
Dr. William Prusin

Ellen & Dr. Warren Hellen on the loss of her
father Henry Gancman
Dr. Stanley & Ellen Markin

Cookie Kay on the loss of her husband Past
President Toronto Chapter Frater Dr. Mel Kay
Dr. Murray Wagman
Dr. Alan Vinegar & Barbara Albert

Dr. Stephen Kay on the loss of his father Past
President Toronto Chapter Frater Dr. Mel Kay
Dr. Alan Vinegar & Barbara Albert

The Kay Family on the loss of Past President
Toronto Chapter Frater Dr. Mel Kay
Sally Wolkoff and Family

Terry Shapero Fund (Yad L'Kashish)

GOLD CARDS

Condolences

Dr. Brian Chapnick on the loss of his father
Past President Toronto Chapter Frater
Dr. Gil Chapnick
Dr. Rick Rodney

The Taub Family on the loss of Past President
Toronto Chapter Frater Dr. Harvey Taub
Dr. Rick Rodney

Cookie Kay on the loss of her husband Past
President Toronto Chapter Frater Dr. Mel Kay
Dr. Rick Rodney

The Crystal Family on the loss of Past
President Toronto Chapter Frater
Dr. Bernie Crystal
Dr. Rick Rodney

TRIBUTE CARDS

Condolences

Dr. Brian Chapnick on the loss of his father
Past President Toronto Chapter Frater
Dr. Gil Chapnick
Dr. Stanley & Ellen Markin

Dental Volunteers for Israel (DVI)

PLATINUM CARDS

Condolences

The Kay Family on the loss of Past President
Toronto Chapter Frater Dr. Mel Kay
Dr. Daniel & Janet Pollit

GOLD CARDS

Congratulations

Peter Brymer on the celebration of
his birthday
Dr. Stephen & Carole Zamon

Condolences

Cookie Kay on the loss of her husband Past
President Toronto Chapter Frater Dr. Mel Kay
Dr. Eddie Glick

JF & CS Dental Fund

SILVER CARDS

Condolences

Dr. Stephen Kay on the loss of his father Past
President Toronto Chapter Frater Dr. Mel Kay
Dr. Stanley & Ellen Markin

Chai Club

TRIBUTE CARDS

Condolences

Dr. Danny Isakow on the loss of his
mother Fay
Dr. Jack Lindzon

AO Dental Centre at Baycrest

GOLD CARDS

Congratulations

Dr. Brian Jafine on your new endeavour
Leonard & Alma Goodman

Condolences

Dr. Danny Isakow on the loss of his mother
Fay
Dr. Andrew & Wendy Kay

SILVER CARDS

Condolences

Dr. Danny Isakow on the loss of his mother
Fay
Ari Gold & Jordi Greenspoon

Alpha Omega/Henry Schein Holocaust Survivors Oral Health Program

PLATINUM CARDS

Condolences

Dr. Ira Kirshen on the loss of his mother
Elaine
Dr. Stephen Abrams & Rosette Rutman

TRIBUTE

CONDOLENCES TO:

- Dr. Daniel Isakow on the loss of his mother Fay
- Dr. Irving Isakow on the loss of his mother Fay
- Dr. Ira Kirshen on the loss of his mother Elaine
- Dr. Dustin Kirshen on the loss of his grandmother Elaine
- Dr. Brian Chapnick on the loss of his father Past President of Alpha Omega Toronto Chapter Frater Dr. Gil Chapnick
- Marilyn Weinrib on the loss of her husband Frater Dr. Sid Weinrib
- Judy and Dr. Lyon Schwartzben on the loss of her mother Veronika Koppel
- Dr. Stephen Kay on the loss of his father Past President of Alpha Omega Toronto Chapter Frater Dr. Mel Kay
- Cookie Kay on the loss of her husband Past President of Alpha Omega Toronto Chapter Frater Dr. Mel Kay
- The family of Past President of Alpha Omega Toronto Chapter Frater Dr. Bernard Crystal
- Ellen and Dr. Warren Hellen on the loss of her father Henry Gancman
- The family of Past President of Alpha Omega Toronto Chapter Frater Dr. Harvey Taub
- Dr. Marvin and Adrienne Katz on the loss of his mother Syma Sylvia
- Dr. Lyon Schwartzben on the loss of his wife Judy

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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