



AORTA

ALPHA OMEGA REVIEW OF TORONTO ALUMNI CHAPTER, PI CHAPTER | JANUARY 2024 VOL. 65. NO.3
WEB SITE: WWW.AOTORONTO.ORG

2024 ALPHA OMEGA

AO TORONTO CHAPTER
PRESENTS THE ANNUAL

WINTER SEMINAR & CHARITABLE DRAW 2024

FRIDAY FEBRUARY 2ND, 8:30 AM - 3:30 PM



AO GROUP TOUR OF THE
TORONTO HOLOCAUST MUSEUM

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Sunday April 14th, 2024



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LANI'S LETTERS



Dear fellow Alpha Omegans,

It has been less than two months since I sat down to write my letter for the previous edition of the AORTA, yet it truly feels like a lifetime ago.

In the wake of the horrific murders and kidnapping of innocent Israeli civilians by Hamas on October 7th, we have all undergone profound transformation. We strive to maintain a facade of composure while balancing the demands of patient care and our personal responsibilities with an immense weight of fear and sadness. We grieve for our brothers and sisters in Israel while worrying about the safety of our own friends and families here in Toronto. As we bear witness to the exponential surge in violent and disgraceful acts of antisemitism both on our streets and around the world, we are reminded of the 6 million Jews murdered in the Holocaust and are empowered to demonstrate our resilience and unite in the global fight for our right to exist as a people, with the State of Israel as our Homeland.

This incredibly heartbreaking, infuriating and psychologically challenging period in our lives has fueled a collective determination by Alpha Omegans to contribute to the war effort in every possible way. Our members have displayed unwavering commitment and dedication to the Jewish community. Many members have added their names to a roster of medical professionals compiled

by UJA in partnership with JIAS, volunteering to provide pro bono treatment to Israelis in great financial need who are temporarily seeking refuge in Toronto. With the help of AO members and UJA, The Hospital for Sick Children agreed to treat a six-year-old Israeli girl in need of over five thousand dollars in dental treatment under GA, absorbing all costs.

Alpha Omega Toronto has made significant donations from our House Association and through the Canadian Foundation to United Hatzalah and Magen David Adom, helping to reach the collective goal of AO International to purchase an ambulance. We have raised funds in support of the volunteer initiatives of our colleagues in Israel affiliated with the dental schools of Hebrew University in Jerusalem and Tel Aviv University. We have attended numerous rallies and vigils in solidarity with Israel, mourning for the thousands of innocent lives taken and calling for the safe return of the 240 civilians kidnapped civilians being held hostage in the dark tunnels of Gaza.

On November 14th, an incredibly well attended urgent Parlour meeting for the Jewish dental community in Toronto was organized by Carole Gruson in collaboration with UJA at Oakdale Golf & Country Club. Noah Shack, VP for Countering Antisemitism & Hate, informed those in attendance of the numerous actions being taken by UJA to combat Jew hatred within our community as well as on social media platforms. The support of the Toronto Police Service, represented by Inspector Paul Rinkoff, reassured us of the dedication of Toronto Police officers to protect our children and keep our community safe. Lastly, the Chairman of the Givati Brigade Association, Itzhak Levit, shared a powerful presentation explaining the origins of Hamas, the history of the Gaza strip and the strategies employed by the IDF to systematically destroy Hamas while minimizing both civilian and IDF soldier casualties. He expressed full confidence that Israel will succeed in the war against Hamas and gave the audience faith in the triumph of good over evil.

continued on page 10

AORTA



**Toronto Alumni Chapter
of Alpha Omega**

Adath Israel Synagogue

**37 Southbourne Avenue, 2nd Floor,
Toronto, Ontario, M3H 1A4**

Tel: (416) 250-7417

Fax: (416) 250-8668

E-mail: info@aortoronto.org

Editor

Barry Reinblatt

c/o Alpha Omega, Adath Israel Synagogue

37 Southbourne Avenue, 2nd Floor,

Toronto, Ontario, M3H 1A4

Tel. Home: (905) 886-7497

Tel. Office: (905) 725-9954

Fax: (905) 725-5830

E-mail: barryreinblatt@sympatico.ca

Assistant Editor

Sharon Perlmutter

Advertising Committee Chair

Alan Kreidstein (416) 630-6282

Advertising Sales

Dayle Levy (905) 731-2025

Art Direction

Allegra Toronto North

Tel: (905) 475-5575

E-mail: info@AllegraTorontoNorth.com

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Next Executive Meeting

Monday, March 4, 2024

Next AORTA Deadline (March)

Tuesday, February 6, 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



AM YISRAEL CHAI!

That is all I feel I need to say this month.

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UPCOMING EVENTS

ANTISEMISM & THE LAW WEBINAR

Howard Levitt- Lawyer
Tuesday, January 16, 2024
7:30pm via Zoom

WINTER SEMINAR & CHARITABLE DRAW

Friday, February 2, 2024
8:30am - 3:30pm
Dr. Peter Nkansah - Medical
Emergencies
Beth Emeth Synagogue
100 Elder Street

EVENING CONTINUING EDUCATION SEMINAR

Wednesday, February 28, 2024
- 7:00 pm
Dr. Stephanie Grossman - Ortho
Adath Israel Synagogue
37 Southbourne Avenue

ALPHA OMEGA GROUP TOUR OF HOLOCAUST MUSEUM

Sunday, April 14, 2024
Details TBA

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 ADVOCACY LETTER TO NORTH AMERICAN DENTAL SCHOOL DEANS

The AO International Board of Directors has approved an advocacy letter intended for dispatch via email to the Deans of dental schools where AO maintains a student chapter in North America. Please check the website at AO.org to see which schools/deans the letter has been sent to. If you have a connection to any of these schools through dental education or residency, please retrieve the letter and transmit it to the respective Dean.

To maintain uniformity, we ask that you refrain from altering the letter. If you have any questions, please get in touch with Heidi Weber, Executive Director, at hweber@ao.org.

Thank you for your kind attention and support.

AO International Board of Directors



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Heidi Weber
Executive Director
Office: 301-738-6400
hweber@ao.org

December 12, 2023

Interim Dean Laura Tam
University of Toronto Faculty of Dentistry
124 Edward Street
Toronto, Ontario
M5G 1G6
Canada

Dear Interim Dean Tam:

We represent the Alpha Omega International Dental Society, a global organization established in 1907 to combat antisemitism within the dental community and dental schools. Our ongoing efforts support dental education, care, and research and foster an egalitarian and pluralistic community. However, our dental community is currently grappling with a surge in hate and rhetoric, especially targeting our members, including students.

Many of our student members feel deeply concerned about their safety on campus, specifically regarding the expression of their Jewish identity, such as wearing religious clothing or symbols like the Star of David. They encounter hostile social media posts from fellow students advocating for Hamas, a recognized terror group responsible for mass murders and atrocities. Students expressing support for Israel face verbal abuse, with some classmates even calling for the destruction of the Jewish State.

Anti-Semitism is inexcusable and should not be tolerated under any circumstance.

Advocating for the destruction of Israel through phrases like "intifada" or "freeing Palestine from the river to the sea" is a violent assault on Jewish students. We bring these concerns to your attention, urging a fair and dignified response. Our students, already navigating the challenges of dental school, should not endure the added burden of feeling unsafe and afraid.

We would like to partner with you to help develop a program or develop a letter that can be sent to students that would help make things more comfortable on campus. We look forward to hearing from you and we realize that this is a busy time due to the end of the semester. We would appreciate the opportunity to speak with you by the end of this week.

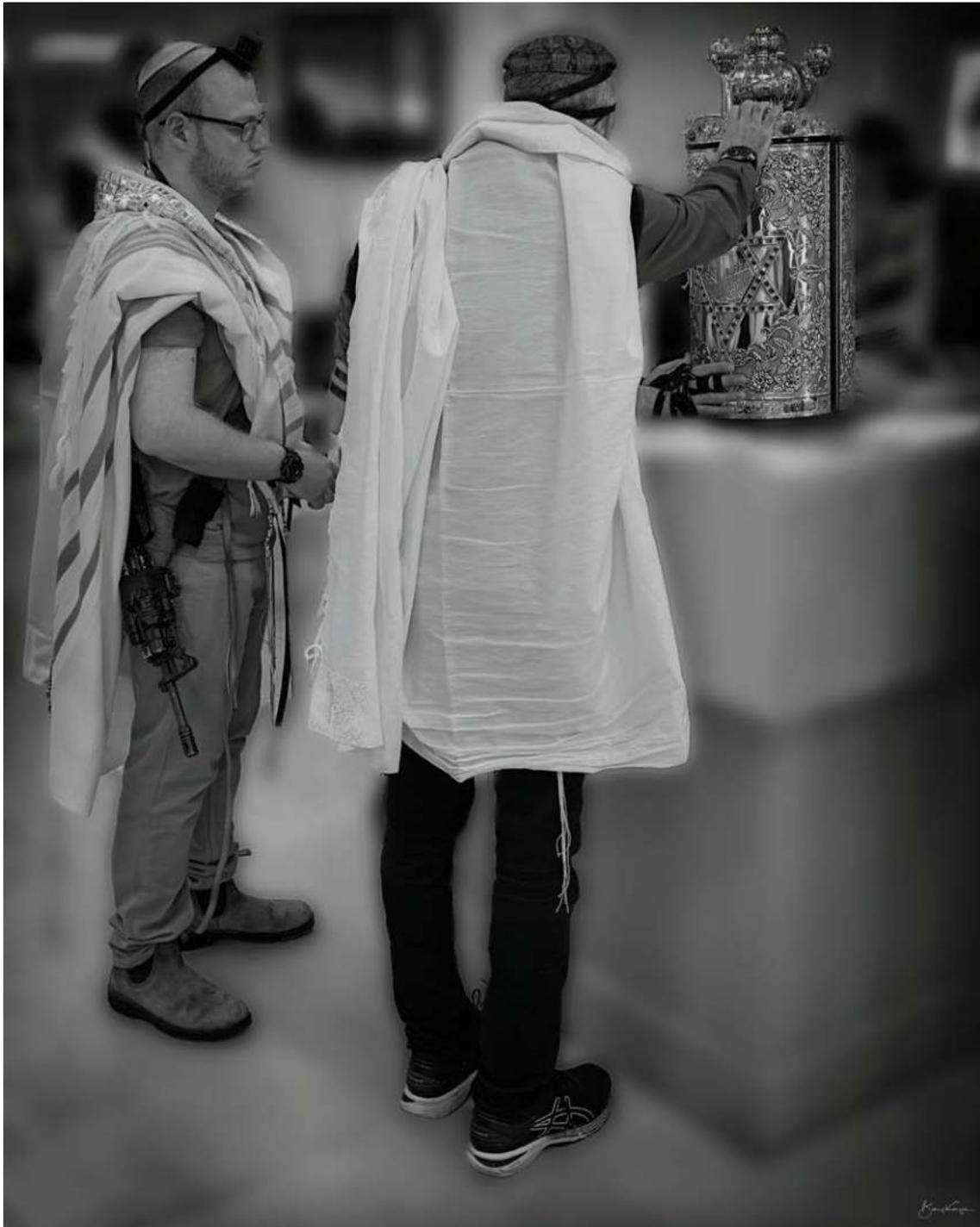
Sincere regards,

Alpha Omega International Dental Society Officers
Marvin Sonne, DDS, International President
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Eldad Helft, DDS, International President-Elect
Glen Meyer, DDS, International Treasurer
Jack Bottner, DDS, International Secretary
Lois Jackson, DDS, International Communications Officer
Alan Moltz, DDS, Past International President Advisor

...1000 WORDS

ALWAYS ON CALL

Hopefully when you read this the war in Gaza will have successfully concluded; however, all reports indicate that the battle will continue for a while. Before October 7th soldiers on leave were able to leave their army mindset behind. Now they are always on call. Wherever you go in Israel, whether to a mall, a restaurant or even the synagogue every soldier you see, whether in active duty or on a short leave is armed and ready to defend our country and by doing so are defending Jewish communities around the world. **דחי מיקרו** **Together we are strong!**



LETTER TO THE EDITOR

Hi Barry:

I enjoyed reading this recent AORTA.

It was very interesting and inspiring for me to learn about the Pi Chapter Student recruitment event, for any and all dental undergrads. In my day, 1966, only Jewish students were contacted and invited to join.

Stan Kogon's article brought back many similar memories for me.

I also had a Raleigh bicycle, from age 12 onward.

I never did any golfing or caddying, but I do remember the names Moe Norman, Al Balding, and George Knudson.

As a young teenager I earned money by selling programmes at the Hamilton TigerCat football games, and for a few months went door-to-door selling Watkins Products. Later, I was a GoodHumor Man driving a truck, ringing my bells, selling ice-cream for 4 summers during my university years

This dog was a regular customer. His owner paid me for the ice-cream bar.

Mel Perlmutter 7T0.



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LANI'S LETTERS *(Continued)*

heartbreaking and challenging reality, the experience has underscored the great value of our organization. Alpha Omega Toronto has displayed resilience by continuing our programming and providing support for our members. We have found solace in being together during this most difficult time and attendance at our social and continuing education events has been remarkable. The Cooking Class was thoroughly enjoyed by its attendees and our Fall Social provided a space for members to socialize and entertain one another with karaoke and cocktails. Fall Seminar was attended by nearly 200 members and it was incredible to see over 270 members and their families at our annual Hanukkah party at Beth Emeth. Kol Hakavod to Cindy Greenspoon and everyone involved in planning such a spectacular event for our members!

The holiday of Hanukkah carried a heightened significance for all of us this year as its symbolism of miracles and the triumph of light over darkness echoed our daily prayers for the hostages in Gaza, the decimated communities in Israel, and the safety of Jews around the world. Lighting the candles each night became a symbol of hope and a source of strength. Witnessing the global Jewish

community unite in unwavering solidarity for the people of Israel over the last two months has been a beautiful testament to the strength of our collective bonds.

Regrettably, the War in Israel has necessitated the rescheduling of International Convention from May to next December. A December Convention promises to draw an even larger attendance and will enable a most impactful gathering that underscores Alpha Omega's commitment to unity and collaboration among its members worldwide.

I would like to wish all our members a peaceful and memorable holiday season. As you return home from your holidays, you can anticipate a great lineup of programs awaiting you. In January, our Advocacy Committee will be presenting Howard Levitt as our speaker in a webinar on "Antisemitism and the Law." Our winter evening CE lectures and Winter Seminar promise enriching educational experiences. The Winter Social event will offer a fun blend of sport and socializing. You can prepare for a meaningful Challah Bake event and a thought-provoking Sunday morning program touring the new Toronto Holocaust Museum. There is even more fun to come in the springtime and I

look forward to seeing your beautiful smiles in person over the months to come!

Together, as members of Alpha Omega and the global Jewish community, let us continue to stand united and resilient in our journey ahead. May the enduring message of Hatikvah, the Israeli national anthem, resonate within us and let hope be our guiding light.

With gratitude and love,

Lani Kraus
President- Alpha Omega Toronto

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is now on
Instagram!
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members only page



ALPHAOMEGATORONTO

CHANUKKAH PARTY 2023

Wow, what a wonderful way to start the Chanukkah celebration! On December 3rd at Beth Emeth Synagogue, 270 fraters, parents, grandparents, children and grandchildren all got together for our annual Chanukkah party with lots of eating, laughing, having fun and schmoozing.

Everyone enjoyed a fabulous Chanukkah lunch, music by Sunshine and Broccoli, a magic show from BENTastic, facepainting, arts and crafts and a Photo Booth.

We all had lots of laughs and lots of latkes and sufganyot. Gift cards were collected and donated to Jewish Family and Child Services.

A huge thanks to Velarie for all her help and support and to my wonderful Chanukkah committee, Charles, Ashley and Lindsay.

Wishing everyone a happy, healthy, joyful and peaceful Chanukkah.

Cindy Greenspoon



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*Reminder that we will be at the
ODA ASM 2023 in May. Visit our
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Winter Seminar & Charitable Draw

2024

**FRIDAY
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NIGHT OF KARAOKE & COCKTAILS

Alpha Omega Toronto's Fall Social was a hit! Seven of us gathered at Bar Mordecai on November 23rd for a night of karaoke and cocktails. The venue's private room decked out in leopard print and Elvis Presley memorabilia created a fun atmosphere that put everyone at ease to showcase their vocal talents.

We belted out tunes from every genre, making the most of the eclectic song list. Laughter filled the air as we cheered on each other's singing skills and danced along to the music. The quirky décor and intimate setting set the stage for a party among close friends.

Delicious drinks added to the laid-back vibe of the evening. It was a perfect mix of good music, great drinks, and camaraderie. As the night came to a close, the echoes of laughter and music lingered, leaving everyone eagerly anticipating the next social gathering.



SAVE THE DATE

ALPHA OMEGA
GROUP TOUR OF
THE TORONTO
HOLOCAUST MUSEUM

SUNDAY APRIL 14, 2024

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HENRIETTA LACKS LIVES



At age 31, Henrietta Lacks knew that the end was nigh. A stylish, black woman, mother of five, had her life shattered by the diagnosis of advanced cervical cancer. She received the best therapy that was available in 1950, but the prognosis was grave, and it was doubtful that she would live much longer. She passed away Oct. 4, 1951. Under most circumstances, Henrietta and her family would have been forgotten. However, without her consent, she unwittingly made a contribution to health science, which can only be described as extraordinary. It is likely that everyone who reads this essay and indeed their relatives and acquaintances have been directly affected by her gift.

In Baltimore, 70 years ago, high quality health care was not evenly distributed. John Hopkins Hospital, a highly respected facility which supported academic training and research was the only hospital in the Baltimore area which would admit blacks, let alone those with modest means. Fortunately, Henrietta was admitted to the hospital and during her treatment, while under anesthesia, a biopsy was taken from her tumour. The procedure was not diagnostic as it was meant to obtain cells for a research study conducted by Dr. George Gey, a cell biologist. It is important to note that the procedure was done without Henrietta's or her family's knowledge, let alone her consent. By the current standard of medical ethics such an intervention would be illegal in all jurisdictions, however, in 1950 it was normal protocol.

Dr. George Gey, son of a German immigrant family of modest means, was hired by John

Hopkins Medical School soon after his graduation in 1933. Apart from his teaching duties he managed a research lab that was exploring methods to improve cell culture techniques. He was resolved to assist in finding a cure for cancer and appreciated how important it was to use human cells in the study of cancer pathogenesis. This endeavor required a system to grow human cells continuously outside of the body. Gey and his wife had been working for almost 20 years on both finding a human cell line that had potential for longevity and discovering a system to fool those cells so that they would continue to thrive as if they were living inside a human body. As a source for cells, he had arranged with surgeons at John Hopkins Hospital to have biopsies taken of cervical cancers. At the time, cells were grown in small numbers on glass slides. Inevitably, these cells died after a few dozen divisions. Since this method was completely inadequate, research was directed to finding a technique which would support the growth of human cells in large quantities without the use of glass slides.

George Gey was a true MacGyver type. He could put together disparate pieces of hardware and make a working device which had no precursor. Today, photo- microscopy and video capture of living cells are everyday techniques found in most cell biology laboratories. However, in the 1940's, these devices did not exist. George Gey, assisted by his wife, began to construct, using bits and pieces from microscopes, cameras, and junkyard debris, a huge contraption that, for the first time, made moving pictures of individual living cells and even their internal structures such as mitochondria. To assist in growing cells, he designed and built a device called a 'roller drum' which gently mixed cells and nutrients. This device seemed to have great promise. When his lab assistants applied their new technique to Henrietta's cells, they noticed a major difference in the growth of the cell line. The cells from Henrietta Lacks did not die as did all the other human derived cell lines. Following protocol, he named the cell line HeLa, after Henrietta Lacks. Her cells multiplied continuously and after hundreds of divisions the HeLa cell line was considered 'immortal' and was growing and

multiplying long after Henrietta passed. Gey was committed to spreading his discoveries and techniques as widely as possible. He eschewed patents and publications, because he felt it slowed the process of finding a cure for cancer, which was his driving conviction. As the word of Gey's techniques spread, scientists representing many disciplines visited his lab for hands-on advice and exchange of data. Before long, Gey was shipping HeLa cells world-wide, with detailed instruction of how to keep the cell line growing.

SIGNIFICANT BIOMEDICAL ADVANCES AIDED BY THE HELA CELL LINE.

Polio vaccine; *J Exp Med* 1953 May;97(5):695-710.

It quickly became apparent that the Polio virus could replicate easily within HeLa cells. As the virus multiplied within the HeLa cells the viral load eventually killed the cells. By adding specific antibodies, the death of the cells was delayed or prevented. Scientists could produce large quantities of Polio virus and test the neutralization capacity of a range of antibodies. Gey's roller-drum device was essential in demonstrating that neural tissue could be infected by the polio virus. This demonstration was awarded a Nobel prize. Shortly after, Salk and Youngner used this foundational knowledge to eventually produce an effective polio vaccine.

The value of this one health benefit to humans is unimaginable.

Effect of X radiation on mammalian cells; *J Exp Med* 1956 May 1;103(5):653-66.

One of the first studies of the effects of radiation on human cells was done using both single cells and colonies of HeLa cells. A measurable quantity of X Radiation exposure could kill single cells and prevented colony development. Scientists began to speculate that X Radiation caused lethal mutations to specific genes in chromosomes. Understanding the effect of radiation exposure and how to prevent cell damage has become a fundamental health care application.

In 1964, HeLa cells were taken to space to

begin the exploration of the effects of zero gravity and long-term low dose radiation on human cells.

Studies on cancer.

The HeLa cell line has been essential in many studies on the physiology of cancer growth, measurement of the effect of chemotherapeutic drugs and the benefit of drugs like Hydroxyurea in treating conditions such as sickle-cell anemia. The method of which HPV infects human cells was studied using HeLa cells. The development of the HPV vaccine, one of the first anticancer vaccines was a direct outcome of these earlier studies. Henrietta's cells had been infected with HPV which was likely the cause of her cervical cancer.

Studies on infection.

In the 1980s HeLa cells were used to help virologists understand how HIV infects human cells. The difficulty of infecting the HeLa cell-line led scientists to pursue a range of novel hypothesis which eventually led to development of HIV suppression drugs. Other viruses such as Parvovirus which infects dogs, cats and humans, canine distemper, Zika, Herpes and Mumps all used HeLa cells in the development of tests and vaccines.

Although tuberculosis has made humans sick and killed millions over a millennium, it was not until HeLa cells were used as a target did scientists begin to understand the molecular basis of tuberculosis.

New Use for Thalidomide Science. 2010 Mar 12;327(5971):1345-50

HeLa cells were used to describe how birth defects were caused by the anti-morning sickness drug, thalidomide. Scientists were able to take this information about how thalidomide works and apply it to halt the progress of certain cancers like multiple myeloma.

Cell physiology and genetics. Cell. 1989 Nov 3;59(3):521-9.

HeLa cells were used to show that the telomerase enzyme produces "caps" on the

ends of DNA chromosomes that prevent them from degrading over time. This is important for understanding the underlying biology of aging as well as diseases that cause premature aging. This work done in 2009 received the Nobel prize, just one of three Nobels that were awarded for work done specifically with HeLa cells.

In prior essays, I have proposed that serendipity is an inexplicable factor which has contributed to phenomenal changes in human behavior and scientific exploration. By providence, Henrietta Lacks lived in Baltimore, and John Hopkins Hospital was the only hospital in the area where African Americans could receive free diagnosis and treatment. In exchange, this cohort of patients was often used in research projects. Henrietta's cervical cancer was biopsied to harvest cells for George Gey, who had been hired by John Hopkins to study improvements in cell culturing techniques. After 30 years of experimentation, George, a DIY extraordinaire, put together his 'roller drum' machine which nourished cells and allowed them to grow and multiply outside of the body. Henrietta's cells grew and multiplied and became immortal. If any one of these facts did not occur at the right time, HeLa cells would not have been discovered.

Gey, recognizing the value of his discovery, immediately shared the results globally. The central role Gey had in the culture of HeLa cells is recognized by cell biologists, despite the few scientific papers he authored. It has been estimated that almost 100,000 scientific papers and articles have been published about research involving HeLa cells.

Much has been written about sea change to bioethics since Henrietta provided her cells without consent. In fact, I could find no evidence that she was even informed that her cancer cells would be harvested when she was sedated for one of her radiation treatments. For decades after, while HeLa cells were being sold for profit and used to develop pharmaceuticals which generated enormous revenues, the Lacks family was never informed that these 'immortal' cells were derived from their family member. It would be an auditing challenge to sum the

profits made by big pharma, scientific lab material providers, awards, and grants, that are associated with the use of HeLa cells in the pursuit of medical science. Henrietta and her immediate family, until recently, received nothing.

The complex issue of ownership of body parts taken without consent, guardianship of estate material, compensation for past actions, financial compensation derived from pharmaceutical sales and many other issues are discussed in detail in the award winning book by Rebecca Skloot, *The Immortal Life of Henrietta Lacks*, ISBN 978-1-4000-5217-7, Feb 2010, which investigates the historical context of the cell line and how the Lacks family became involved in its application. It also deals with the ethical issues of medical research as it pertains to race and class.

Stan Kogon

AO REVIVAL COOKING CLASSES WITH CHEF JORDAN WAGMAN

On Wed Oct 18th, 2023 we held our annual (sold out) AO Revival cooking class. We were so fortunate to have had James Beard nominated, and best selling author, Chef Jordan Wagman. Not only did he demonstrate and feed us four delicious recipes, but also taught us so much about the importance and healing properties of clean, healthy, delicious food.

Jordan's culinary journey began over campfires in Northern Ontario and has progressed to kitchens of top chefs around the world. Jordan is classically French trained and believes in using only the best seasonal ingredients. Jordan's own health struggles lead him to the benefits of a 'clean diet' without the addition of gluten, dairy and refined sugar.

We watched and listened while Chef Jordan prepared for us an entire meal, while providing a plethora of information on health, nutrition and the healing powers of food. Although healthy and 'clean,' the meal was absolutely delicious!! We started with a beet salad with candied pumpkin seeds and basil pesto, and a coconut tomato soup. Followed by a crispy skin salmon on a bed of toasted quinoa with asparagus and fennel slaw. We finished with a decadent gooey fudge brownie made from raw cacao powder and sweetened with maple syrup, and yes, it was as good as it sounds.

The night was so much fun and a huge success. This event is partially subsidized by AO. Tickets were \$115 per person. A huge thank you to Past President, Dr Tammy Herzog, who so graciously opened up her beautiful home to us once again. We had such a fun time sitting around her enormous dining room table drinking wine and eating a delicious meal while catching up with old and new AO friends.

We hope to see you all at next year's AO Revival Cooking Event.

Respectfully submitted by Jill Ziedenberg and Laurel Linetsky-Fleisher



CHEF JORDAN WAGMAN

Gluten-Free | Dairy-Free | Refined Sugar-Free

Roasted Beet Salad

A timeless classic, this salad is always a hit!

INGREDIENTS

- ¼ cup (60 mL) olive oil
- 1 lbs (16 oz) beets
- 1 tbsp (15 mL) sea salt
- ¼ cup (60 mL) coconut vinegar
- ½ cup (125 mL) pumpkin seeds
- 2 tbsp (30 mL) maple syrup
- ½ lbs (8 oz) goat feta cheese
- 4 cups (1L) Frisée lettuce
- 1 tsp (5 mL) freshly ground black pepper
- Fresh basil leaves, to taste

DIRECTIONS

1. In a bowl combine olive oil, beets, and 1 tsp (5 mL) salt and mix well to combine. Cover in parchment paper and foil.
2. Place on a baking sheet and transfer to a preheated oven until fork tender, about 75 minutes. Remove from heat and cool to room temperature.
3. Once cooled, peel and cut in half, toss in vinegar and set aside.
4. Warm a large sauté pan over medium heat and add pumpkin seeds. Toast seeds until golden brown and aromatic, about five minutes. Add maple syrup, turn heat to low and continuing cooking until syrup has become dry, coating the pumpkin seeds, about ten minutes. Remove from heat to cool.
5. To serve, combine beets, pumpkin seeds, feta cheese, lettuce and basil and mix well to combine. Serve immediately and enjoy!

Yield: Serves 4 people

Preheat oven: 275 F

Tools: baking sheet, parchment paper, tin foil

TIPS FROM CHEF JORDAN'S KITCHEN

Potatoes and celery root work well to replace beets in this recipe.

Coconut Tomato Soup

When the cold weather hits, there is nothing better than a hot bowl of Coconut Tomato Soup to warm your insides.

Make sure to make extra and freeze for that quick wintertime meal!

INGREDIENTS

- ¼ cup (60 mL) olive oil
- 4 cups (1L) cherry tomatoes ¼ cup (60 mL)
- ½ cup (125 mL) leeks, finely diced
- 1 tbsp (15 mL) sea salt
- 1 tsp (5 mL) freshly ground black pepper
- 1 can coconut milk – about 400 mL
- 2 tbsp (30 mL) cilantro leaves
- 1 tsp (5 mL) coconut or apple cider vinegar

DIRECTIONS

1. In a large saucepan warm oil over medium heat and add leeks, tomatoes, salt, and pepper and mix well to combine. Cover and, stirring a few times, cook until tomatoes skins have split, and the tomatoes have released all their juice, about 20 minutes. The tomatoes should be covered by their juice.
2. Add coconut milk and bring to a boil over medium heat. Add cilantro and vinegar and transfer to a blender or using an immersion blender in the saucepan, puree until smooth.
3. Check for seasoning and serve immediately.

Yield: about 6 cups (1.5 L)

Tools: large saucepan

TIPS FROM CHEF JORDAN'S KITCHEN

Cool this soup to room temperature and refrigerate and serve on a warm summer day!

Crispy Skin Salmon

This method of cooking yields the juiciest salmon you'll ever eat.

INGREDIENTS

- 1 tbsp (15 mL) avocado oil (see tips)
- 4 each 6oz salmon fillets (not salmon steaks)
- 1 cup (250 mL) quinoa
- 2 cups (500 mL) water
- ½ cup (125 mL) roughly chopped asparagus
- ½ tsp (2 mL) sea salt, divided
- ½ tsp (2 mL) freshly ground black pepper, divided
- lemon juice to taste

Serving: 4 portions

Preheat: 275

Tools: large sauté pan with tight-fitting lid, blender, or immersion blender

DIRECTIONS

1. Warm a large sauté pan over medium/high heat. Add oil and the salmon, skin-side down. Using a spatula, lightly press the salmon exposing the entire surface of the skin to the heat.
2. Turn heat to medium and cook the salmon until the skin is crispy and releases naturally from the pan, about 15 minutes. Flip the salmon and sear the flesh for five seconds.
3. Remove salmon from the heat and transfer to a plate, skin-side facing up, to rest.
4. Add quinoa to the large sauté pan and toast until golden brown and aromatic, about 5 minutes. Add water and stir to lift any residual fond from the salmon.
5. Cover with a lid and simmer for five minutes. Remove from heat and steam for ten minutes.
6. Add asparagus, half of the salt and pepper and mix well to combine. Cover the pan and steam another five minutes.
7. To serve, add the juice released from the salmon during resting to the quinoa and mix well to combine. Evenly divide quinoa and place salmon, flesh-side down, preserving the crispy skin. Season with remaining salt and pepper and serve immediately.

TIPS FROM CHEF JORDAN'S KITCHEN

Fresh herbs, from basil, cilantro and thyme would all add incredible freshness to the plate.

Clean Fudge Brownies

The smell and taste of these brownies is so authentic, you'll swear it was 'cheat day.'

INGREDIENTS

- 1 cup (250 ml) maple syrup
- ¾ cup (175 ml) raw cacao powder
- ½ cup (125 ml) vegan chocolate chips
- ¼ cup (60 ml) coconut oil
- 1 tbsp (15 ml) pure vanilla extract
- 1 tbsp (15 ml) instant coffee (optional)
- 1 ripe avocado
- 1 1/2 cups (375 ml) almond flour

Serving: 16 brownies

Preheat: 275

Tools: greased or parchment paper lined 9 x 9 baking dish, saucepan, mixing bowl

DIRECTIONS

1. Fill a saucepan a third full with water and bring to a simmer over medium heat.
2. In a large mixing bowl, combine maple syrup, cacao powder, chocolate chips, coconut oil, vanilla and coffee and place over simmering water, creating a 'double boiler.'
3. Cook mixture over the double boiler until coconut oil has melted, about 5 minutes. Remove from heat and transfer to a blender, add avocado, or using an immersion blender in the bowl, puree until smooth.
4. Transfer pureed mixture to a mixing bowl, add almond flour and mix well to incorporate.
5. Transfer to a baking dish and spread the batter evenly.
6. Bake in a preheated oven until the top is firm to the touch and brownies are pulling away from the parchment paper, about 20-25 minutes. Remove and cool to room temperature.
7. Cut into 16 squares and serve immediately or store in the refrigerator in an air-tight container for up to two days.

TIPS FROM CHEF JORDAN'S KITCHEN

Use oiled muffin tins or ramekins to create individual portions.

Make Cake Truffles! Create tablespoon-size balls from the finished brownies and toss in melted chocolate. Cool in the refrigerator and, voila! Cake Truffles.

Jordan Wagman is a James Beard nominated chef and best-selling author. Follow Jordan on all platforms @chefjordanwagman or www.jordanwagman.com

ALPHA OMEGA DENTAL SOCIETY TORONTO CHAPTER
ADVOCACY COMMITTEE PRESENTS:

Antisemitism & the Law

with lawyer:

Howard Levitt



**Tuesday,
January 16,
2024**



7:30 PM
via Zoom

Registration is required.

A newsletter will be sent out with a link to register.
You can also contact the office if you would like to register. Upon
registration you will receive a personal link to join the webinar.

We look forward to seeing you there!

Please contact the office if you have any questions

416-250-7417

info@atoronto.org

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Alpha Omega letter to the CDA, ODA, and RCDSO requesting condemnation of the Hamas attack on Israel and their respective responses

To the current Canadian Dental Association Board of Directors,

I am writing to you on behalf of the Toronto Chapter of Alpha Omega International Dental Society, the oldest dental organization in the world. Alpha Omega was founded in 1907 at the University of Maryland School of Dental Medicine in response to discrimination within dental schools and today represents a community of dedicated dental professionals of many cultural backgrounds across the globe who share a commitment to promoting ethical values within the dental field. In light of the October 7th terror attacks on Israel by Hamas and escalating war in the Middle East, I am compelled to address an issue of paramount importance - the need for unity, equity, and respect among dental professionals across Canada and worldwide.

Alpha Omega recognizes the significant role that professional organizations like the Canadian Dental Association play in shaping the values and attitudes of dental professionals across Canada. We believe that, in these challenging times, it is imperative for our collective voices to rise against terrorism and advocate for equity and respect not only within our profession but throughout society.

On behalf of the Toronto Chapter of Alpha Omega, I kindly request that the Canadian Dental Association release a statement condemning terrorism and promoting equity and respect among dental professionals. Such a statement would send a powerful message to our members and the broader dental community, emphasizing the importance of maintaining professional ethics and embracing diversity.

The dental community, like any other, is a diverse tapestry of individuals from various backgrounds, cultures, and religious beliefs. It is our responsibility as dental professionals to stand together and show our unwavering commitment to peace, unity, and the well-being of our patients and colleagues.

We look forward to your immediate response in taking a stand on this critical matter. Your leadership in issuing such a statement would greatly contribute to the ongoing efforts for a more harmonious world and a more inclusive dental community.

Thank you for your urgent attention to this crisis. Please feel free to contact me regarding your cooperation in this unprecedented matter.

Sincerely,

Dr. Ilana Kraus
President- Alpha Omega Dental Society, Toronto
416-854-2425

To: Dr. Ilana Kraus, President- Alpha Omega Dental Society, Toronto

Thank you for taking the time to write to us.

We recognize that many in the dental community are grieving during this unprecedented crisis and our heartfelt sympathy is extended to them. CDA acknowledges the fear, sadness and uncertainty the Jewish and Palestinian communities across Canada must be experiencing and support the Government of Canada in condemning the attacks in Israel and the loss of civilian life in Gaza.

However, the CDA refrains from commenting publicly on subjects that are outside of our expertise as dental professionals and advocates for oral health. As such the CDA Board has recommended that we not issue a public statement.

We remain committed however to fostering empathy, respect and understanding among all our dental colleagues across Canada as advocates for oral health.

Respectfully,
Dr. Heather Carr
President
Canadian Dental Association

Dear Dr. Kraus:

It is good to hear from the Alpha Omega Society and thank you kindly for your note of October 23. We very much appreciate the role you have played in the profession—and your long history of advocacy for ethical values.

It is a passion that we share. The dental profession holds a special place of trust within society. As a result, society extends opportunities and privileges to the profession that are not available to the public at large. In return, the profession makes a commitment that its members will adhere to high standards of clinical expertise and ethical conduct. The ethical behaviour of dentists is one of the most important factors in the promotion of quality dental care and recognition of dentists as professionals.

As you note, this is an issue of paramount importance and it has an impact on all of us. We have reached out to College employees to offer acknowledgement, resources and support services during this difficult time. As the conflict continues, we continue to remind College staff of available support.

As a regulator of the profession, we promote a culture of professionalism in dentistry that supports access to quality care, serves the public interest and upholds the public trust. We also hold dentists accountable when their behavior does not meet those standards. As such, we focus on what members of the profession do—and how they provide safe, effective and ethical oral health care. If an incident occurred where a dentist's political views impacted their provision of care, their professionalism or the public's trust in the profession, we would most certainly review or investigate any allegations.

Thank you for raising this issue with us. We appreciate your focus on diversity, equity and respect and your work to uphold those values in the profession.

Sincerely,

Dr. Harinder Sandhu
RCDSO President
Daniel Faulkner
RCDSO Registrar & CEO

ODA Response Letter

Dear Dr. Kraus:

I want to thank you for taking the time to write us and for sharing your heartfelt message. We are all watching the war with sadness and horror about the lives lost and affected in the Middle East as well as worldwide. We know that many members and their patients are processing these events with great personal difficulty.

A few months ago, prior to the current conflict, the Board discussed the ODA's mandate with respect to non-dental related issues. Our reflection was that as a professional association, throughout our 156-year history we have offered our diverse membership support related specifically to the practice of dentistry, which is where we are most knowledgeable. The Board decided at that time that we should limit our messages to areas within this mandate and expertise going forward.

On a personal note, please know that I wish only the best for you and your members as your families navigate this very difficult time.

Kind regards,

Dr. Brock Nicolucci
President and Chair, Board of Directors
Ontario Dental Association

Please support Hadassah School of Dental Medicine and the School of Dentistry at Tel Aviv University

Dear Fraters,

While we are all navigating these very challenging times and trying to make sense of it all, how we can help always comes in different forms.

As a dental fraternity based on Jewish Values such as tzedaka, we now have an incredible opportunity to make a huge impact and help out our fellow Israelies who are suffering immensely during these times after the terrible events of October 7th.

We have been approached by dental colleagues here in Toronto who are in touch with their colleagues at the Hebrew University in Jerusalem at the faculty of Dentistry to help out in order to purchase mobile dental units that the students and staff/clinical instructors are taking to make shift dental clinics inside the hotels where victims of the attack and evacuees from the north and south are staying.

Needless to say, the resources are limited especially considering the vast need in order to reach out to as many families as possible. Hence, with our financial help from here, directly to the faculty of dentistry, through the Canadian Friends of Hebrew University, we can help out with very much needed funds to get as many of these mobile units as possible.

Please consider this opportunity for Chesed and Tzedaka which we are sure touches all of us very close to our hearts.

cfhu.org

Sincerely,
Steven Millman

It is with sincere gratitude and appreciation that we leave you with a thought from Rabbi Sacks

"To give and not receive, to act rather than be acted on, to be free and not dependent on other human beings, to be dependent on God alone: these are what give Judaism its distinctive tone of voice. That is what makes tzedakah something other than charity. It is not merely helping those in need. It is enabling the afflicted, where possible, to recover their capacity for independent action. Responsibility lies at the heart of human dignity."

Goldschleger School of Dental Medicine is not only obligated but morally compelled to extend its services and support to the public at large, specifically to the refugees from the south and the soldiers on the front lines. With that mission in mind, TAU and its Dental Medicine School have implemented several key initiatives:

Free First Aid Treatments Clinics: We are offering complimentary emergency dental treatments to residents from the southern regions who have been evacuated, as well as to soldiers and rescue forces who are unable to receive emergency dental care elsewhere.

Assistance to the Army's victim identification Unit: In collaboration with the army's data computerized unit, "SHAHR," we have initiated the development of an AI software dedicated to dental identification. Students from our dental school have contributed to this effort by training the computerized system through the identification of dental x-rays.

Supporting the Army's victim identification Unit: Given the harrowing conditions and the crucial role of dentition in the identification of casualties, we are supplying the unit with necessary equipment such as x-ray aprons, disposable products and dental mirrors.

Essential Medicines Collection: More than 60 students and staff were called to the army. Responding to requests from students and staff who have been drafted, we have gathered essential medicines and supplies, which have been forwarded to frontline units, including the Commando units.

Provision of Dental Hygiene Products: With the generous assistance of Oral B, we have distributed thousands of toothbrushes and tubes of toothpaste to soldiers and evacuated residents from the south.

Through the utilization of the **PS-20 Digital Slide Scanner**, we will be able to provide a **groundbreaking tele-pathology treatment** approach. Biopsies conducted here will have their results virtually delivered to the patients' physicians, across the country, ensuring the continuity of care even during times of turmoil, such as during war. This innovation is especially critical for patients facing ongoing treatments, like those battling cancer, where timely intervention is paramount.

As we continue to navigate these unprecedented and dire circumstances, let us remember that our true strength lies in our unity. The school remains unwavering in its mission. With your continued support, we aim to innovate and serve society to the best of our capabilities.

Tel Aviv University established an **Emergency Fund** to help students and other members of the university community, along with families from the country's south.

We extend our heartfelt thanks to you for your unwavering support, which has been instrumental in the rapid and effective execution of these initiatives.

<https://cftau.ca/emergency-appeal>

EMERGENCY AID TO ISRAEL

After October 7, 2023, an Emergency Aid to Israel Fund was established by Alpha Omega Foundation of Canada to raise funds for Magen David Adom and Hatzalah. This fund is still available. Please consider donating to this very important cause by using the following link or contact Harvey Cooperberg at (416) 573-6514.

<https://www.aofoundation.ca/aocanada-emergencyaidforisrael.html>

The following people have made very generous donations since October 7, 2023.

Jack Bottner	Warren Hellen	Larry Stanleigh
Harvey Cooperberg	Wayne Wolfstadt	Manor Haas
Steven Rosenblat	Marvin Budd	Aubey Banack
Philip Barer	Leah Mender	David Weiss
Frank Gold	Ira Marder	Gordon Schneider
Philip Birnbaum	Jonathan Adam	Avi Wurman
Oren Baum	Abraham Kohl	Sharon Sussman
Carole Gruson	Stan Wease	Laurel Linetsky-Fleisher
Ira Kirshen	Mordechai Schacter	Adam Kaplan
Richard Nurgitz	Kayla Mincer	Terry Kirshenbaum
Dan Haas	Robert Cohen	Karen Rubenstein
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Joel Kula	James Eisdorfer	Wallace Rice
Gloria Baronowski	Jonathan Lang	Lyon Schwartzben
Judith Minster	Gaye Lefebvre	Menachem Wolff
Barry Shapero	Gary Fortinsky	Marcelo Bercovici

TRIBUTE

Emergency Aid to Israel

PLATINUM CARDS

Condolences

Dr. Mark and Cliff Librach on the loss of their mother Evelyn

Dr. Laurel Linetsky-Fleisher & Danny Fleisher and Family

GOLD CARDS

Condolences

Jane Chapnick on the loss of her husband, Past President of AO International and Past President of AO Toronto Chapter, Frater Dr. Barry Chapnick

Brent Rose & Terry Kirshenbaum

Dr. Mark Librach on the loss of his mother Evelyn
Drs. Sharon Sussman & Avi Wurman

Dr. Brian Rittenberg and Family on the loss of his father Larry

Dr. Laurel Linetsky-Fleisher & Danny Fleisher

Dr. Warren & Ellen Hellen on the loss of her mother Bernice

Dr. Adam & Ariella Kaplan

TRIBUTE CARDS

Congratulations

Larry Banack on the occasion of his Bar Mitzvah
Dr. Aubey & Marilyn Banack

Alma Goodman on the occasion of her birthday
Dr. Aubey & Marilyn Banack

Larry Silverberg on the occasion of his grandson's Bar Mitzvah

Dr. Aubey & Marilyn Banack

Condolences

Kevin Grant on the loss of his son Harvey
Dr. Aubey & Marilyn Banack

Ellen Hellen on the loss of her mother Bernice
Dr. Aubey & Marilyn Banack

Marian Lucus Lane on the loss of her father Peter
Dr. Aubey & Marilyn Banack

Bram and Laura Ordell on the loss of their grandson Harvey

Dr. Aubey & Marilyn Banack

Dr. Brian Rittenberg on the loss of his parents Larry and Bella

Dr. Aubey & Marilyn Banack

Miriam Lubotta on the loss of her husband Lorne
Dr. Aubey & Marilyn Banack

General Tribute Fund

PLATINUM CARDS

Condolences

Jane Chapnick on the loss of her husband, Past President of AO International and Past President of AO Toronto Chapter, Frater Dr. Barry Chapnick

Fred & Linda Waks

Jane Chapnick and Family on the loss of her husband, Past President of AO International and Past President of AO Toronto Chapter, Frater Dr. Barry Chapnick

Dr. Mark & Barbara Nusinoff

The Rosenberg Family on the loss of Allen
Alpha Omega International Board of Directors

Dr. Miriam Rosenberg on the loss of her father Allen

Dr. Harvey Taub & Adele Rich

In memory of Past President of AO Toronto Chapter, Frater Dr. Sid Golden
Julie Lofthouse

GOLD CARDS

Condolences

Dr. Ian Braverman on the loss of his father Bill
Dr. Stephen & Gina Kay

Dr. Shaul Dwosh on the loss of his father Melvin
Dr. Debra Bachus

Dr. Arthur Keyfitz and Family on the loss of his mother Estelle

Drs. Susan & Eddie Glick

Dr. Brian Rittenberg on the loss of his parents
Dr. William Prusin

Dr. Miriam Rosenberg on the loss of her father Allen

Drs. Andrea Heckler Aboodi & Guy Aboodi

Dr. Mark Librach and Family on the loss of his mother Evelyn

Oren Baum

SILVER CARDS

Condolences

Jane Chapnick and Family on the loss of her husband, Past President of AO International and Past President of AO Toronto Chapter, Frater Dr. Barry Chapnick

Dr. Harvey Orfus & Sheila Steinhart

Dr. Arthur Keyfitz on the loss of his mother Estelle
Dr. Stanley & Ellen Markin

Carol Kirshenbaum on the loss of her husband, Past President of AO Toronto Chapter Frater Dr. Jeff Kirshenbaum

Dr. Paul & Hyla Okorofsky

Dr. Miriam Rosenberg on the loss of her father Allen

Dr. Paul & Hyla Okorofsky

TRIBUTE CARDS

Condolences

Ellen Hellen on the loss of her mother Bernice
Dr. Stanley & Ellen Markin

Dr. Mark Librach

Dr. Stanley & Ellen Markin

Dr. Barry & Karen Reinblatt

Dr. Miriam Rosenberg on the loss of her father Allen

Dr. Alan Vinegar & Barbara Albert

Dental Volunteers for Israel (DVI)

TRIBUTE CARDS

Condolences

Carol Kirshenbaum on the loss of her husband, Past President of AO Toronto Chapter Frater Dr. Jeff Kirshenbaum

Dr. Stanley & Sharon Jacobson

AO Dental Centre at Baycrest Terry

Shapero Fund (Yad L'Kashish)

Dr. Miriam Rosenberg on the loss of her father Allen

Drs. Eddie & Susan Glick

Terry Shapero Fund (Yad L'Kashish)

Condolences

Dr. Shaul Dwosh on the loss of his father Melvin
Dr. Aubey & Marilyn Banack

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](https://aofoundation.ca) 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

CONDOLENCES TO:

Dr. Shaul Dwosh on the loss of his father Melvin

Dr. Elliott and Susan Schwartz on the loss of her mother Adele Paisley

The family of Frater Dr. Russel Gawron

Dr. Arthur Keyfitz on the loss of his mother Estelle

Dr. Ian Braverman on the loss of his father Bill

Dr. Warren and Ellen Hellen on the loss of her mother Bernice Gancman

Dr. Brian Rittenberg on the loss of his parents Larry and Bella

Dr. Mark Librach on the loss of his mother Evelyn

Dr. Matthew Librach on the loss of his grandmother Evelyn

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

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

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

WHERE DO THE TRIBUTE CARD FUNDS GO?

The Alpha Omega Foundation of Canada distributes funds from the sale of tribute cards to Dentally related agencies such as:

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

Support Dental Research in Israel and Canada



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