

# AORTA



ALPHA OMEGA REVIEW OF TORONTO ALUMNI CHAPTER, PI CHAPTER  
WEB SITE: WWW.AOTORONTO.ORG

AUGUST 2010 VOL. 52, NO. 1

## *Fraternity Night Dinner 2010*



PHOTO: ©2008 RONALD J. KROWNE

**Dr. Charlene S. Berkman**

MONDAY SEPTEMBER 20, 2010

**Welcome to Dr. Charlene S. Berkman, D.M.D.  
International President Alpha Omega**

**Meet Your New Executive**

**Mel Kay will be installed as President of  
Toronto Alumni Chapter**

Shaarei Shomayim Synagogue, 470 Glencairn Ave.,  
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Hors D'oeuvres 6:00 p.m. – Dinner 6:30 p.m.

*Please note: Due must be paid in advance to attend this function. Meals  
will be provided only to those who RSVP by September 3, 2010*

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# Mel's Musings

Welcome Toronto Alumni to another exciting year! As your new president, my goal is to follow in the footsteps of those who have served before me and build on the successes of the past to forge new and renewed spirit for the future.

I am fortunate to have the pleasure and privilege to work with such a strong team and I'm confident that together with your support we can make this a wonderful year. Now, I am proud to introduce your line officers for the coming year, each of them dedicated to advancing our fraternity. **Bonnie Chandler** is our new Secretary and because she took typing (at her mother's suggestion!) we look forward to meticulously recorded, legible meeting minutes. Aside from her keyboarding skills, Bonnie also has a keen mind and I know she will make an excellent contribution to the line. **Alan Vinegar** (a marathon runner!) is your new Treasurer. He has put together a challenging budget that will help keep our chapter solvent and yet provide funds for our new website as well as quality programs. All of you know **Elliott Weidman**, our president-elect. Elliott has already demonstrated his strong leadership skills – he chaired a recent council meeting with fairness and control. I'm sure that Elliott's skills in meeting management will ensure our meetings are efficient and productive.

This year, I am very fortunate to have three past-presidents on the line. **Sheryl Lipton** did a superb job as president and we look forward to her energy, commitment and dedication in her role as immediate past-president on this year's line. I know that I can count on Sheryl for advice on any matter. I also am thrilled that past-president of Toronto Alpha Omega and current Regional Director **Larry Rotman** will be an integral part of our line providing timely advice and keeping us well informed on local and international matters. Last, but certainly not least, I am very fortunate to have **Terry Shapiro** as my advisor to the line. Terry is a past-president of Toronto Alpha Omega and a former Regional Director. Terry has had extensive experience in Alpha Omega and is always



available to provide sage advice.

In addition to the line officers, I want to thank our Executive Director, **Jackie Levitan**, for her hard work and service to the fraternity.

And now for chapter updates and programming highlights. After a long and arduous process, we are about to launch our updated chapter website under **Oren Baum** and his company, "Up on-Line." Oren, with Alan Vinegar as Line Liaison, is instituting changes to make for easier access to chapter information on everything from programs to dues. Toronto Alpha Omega will soon be incorporated, a step designed to help protect the fraternity. **Marv Obar** is helping out with the nuts and bolts of this project. Our "house" will be with us for a while yet – **Steve Zamon** is keeping a watchful eye on our investment which is so important for the future financial security of the fraternity. **Warren** and **Erin Sone** are overseeing the purchase program again this year – eventually this program will be available on our website. Continuing education programs are being organized by **Wayne Wolfstadt**. Wayne already has many programs planned, and is looking into a CPR course for members. Hopefully, the fall seminar in October will be held early on a Friday afternoon (lunch and a speaker). So stay tuned for further information. And, watch for the return of a family fishing day in February (ice fishing) under the direction of **Stephen Kay**. It's been a few years since AO's "gone fishin'" and we are really hoping to bring this program back.

Fraternity Night is scheduled for Monday, September 20th at Shaarei Shomayim Congregation. **Dr. Charlene S. Berkman**,

*Continued on page 4*

# AORTA



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*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 c/o Alpha Omega, Toronto.*

## NEXT EXECUTIVE MEETING

Monday, October 4, 2010

## NEXT AORTA DEADLINE (OCTOBER)

Monday, September 20, 2010

## NOTABLE ACHIEVEMENTS

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

## BENEVOLENCE

*Please call Samuel Newman regarding illnesses or deaths of fraters.*  
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## ASSOCIATE PLACEMENT

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Fax: 416-224-1282

# From the Editor

SHARON PERLMUTTER

According to our AORTA Editor, **Barry Reinblatt**, I was instructed to use this message as my “opportunity to shine”. It sounds very profound (which is probably why he is the editor) but I wasn’t really sure what it meant.

So I decided it meant I could say whatever I wanted. For those of you who know me, that’s nothing special, since I am known for doing just that anyway! Seriously, doing this issue of the AORTA has been a very humbling and educational experience for me. Firstly, I have been very impressed by the workings of our small but “chock full of info” publication – it’s sort of like AO’s “PEOPLE” magazine.

A lot of our fraters make great efforts to keep our membership busy, arranging many diverse programs and events, volunteering and participating in the dental and Jewish communities around the GTA; and keeping us an essential part of the AO International Fraternity and the community at large.

The AORTA, like “PEOPLE”, serves as a tool for spreading information in a simple and straightforward fashion. This is possible because of the fantastic people who contribute to it. I was so proud when our publisher told me we may have TOO much content for this issue! What more

could an editor ask for?!

Our immediate Past President, **Sheryl Lipton**, and her Line Officers led us through a productive and fun-filled year. I know firsthand that being President is often a frustrating and thankless job. However, in the end, it is a very satisfying labour of love.

I know that Sheryl will continue as a great asset to the Line in the upcoming year. Her successor, Frater **Mel Kay**, will add his own touch, as Past Presidents have done before him. I, personally, look forward to an exciting year for all of us.

The addition of our two newest Line Officers, Secretary **Bonnie Chandler** and Treasurer **Alan Vinegar** will certainly have a very positive impact. You can read a bit about them in this issue.

By the time you read this we will have celebrated Rosh Hashanah and prepared for a new year marked by good health and happy times. It has been great to be “in the know” and play a role in the production of this edition of AORTA. It amazes me how much you can learn from a small publication, both from reading it and from putting it together. And like “PEOPLE”, it is short, to the point and easy reading ANYWHERE!



These days we seem to be living in a period when volunteering, joining organizations and participation are at a significant low. AO has been struggling over the past 10 years

with decreasing numbers of Jewish dentists and fewer dentists rejoining. I hope that all our members are making efforts to recruit both lapsed members and new members. Use the AORTA as a tool in this endeavour. You may be pleasantly surprised at what you can learn from our “PEOPLE”!

So I will hand the reins back to our Editor, **Barry Reinblatt**, with a new experience under my belt, and feeling just a little bit of pride and honour for having made a little contribution. To Barry I wish a Yashar Koach on keeping our little lifeline going. I must also say thanks to our publisher, **Roger Murray** for his help and patience with my inexperience, procrastination and computer ineptness.

And to all my Fraters and their families, I say Shana Tova and Metuka, i.e. a good and sweet year. May we all enjoy good health, happiness, fraternalism and prosperity in the coming year!

Fraternally, **Sharon Perlmutter**,  
*Interim Editor*

## Mel’s Musings

*Continued from page 3*

International President, will be in attendance to bring greetings from Alpha Omegans worldwide.

By the time you receive this edition of the AORTA, summer will be in full swing. Perhaps your children are at summer camp (I understand email bunk notes are the “in thing”) and you are taking things a little easier at home, at the cottage, or travelling the world. Regardless of your plans, I hope your summer is pleasant, enjoyable and safe. With the High Holy Days arriving very early this year, I would like to take this opportunity now to extend to all of you and your families, from the Kay family – my wife **Carolyn**, our children **Stephen** and **Gina Kay** and **Joanne** and **Kevin Smith**, and our grandchildren **Ashley** and **Justin Kay** and **Jamie** and **Levi Smith** – a very Happy, Healthy and Peaceful New Year.

Fraternally, **Mel**

## SHEP NACHAS

*Mazal tov to:*

**Dayle Levy** on her daughter’s Bat Mitzvah

**Stan and Ellen Markin** – son **Joel**’s recent wedding in Ottawa

**Jess Witchell** on his 90th birthday

**Gordon Perlmutter** on his 84th birthday

**Gordon and Estelle Perlmutter** on their 57th wedding anniversary

**Jon Perlus** on being named winner of the ODA’s Barnabus Day Award

**Barry and Jane Chapnick** on the birth of their first granddaughter

**Brian Laski** for receiving the Aaron L. Posen Award for excellence and creativity in the orthodontic specialty program. He is only the sixth recipient of this award from the University of Toronto Faculty of Dentistry in the last 26 years, the first since 2002.

# "Goings on" at Executive Meetings

We had our last executive meeting on June 7, 2010 which was very well attended. The meeting before summer is always a barbeque at the frat house with different fraters taking turns as chef, **Larry Rotman** and **Paul Okorofsky** come to mind. It was the first meeting to be chaired by **Elliot Weidman** in his new position as VP, under the tutelage of the new president **Mel Kay**.

**Sheryl Lipton**, who has just completed a very successful year as President, will now assume the knowledgeable Past president position. Sheryl was thanked for all of her hard work.

**Alan Vinegar** (treasurer) presented the budget and there was discussion around the \$6000.00 decrease in dues revenue, partially due to the decreasing number of new grads joining the fraternity also due to many previous frat members not

rejoining. THAT MEANS WHEN WE ARE SPEAKING TO OUR COLLEAGUES WE SHOULD ASK THEM IF THEY ARE MEMBERS and if not, ENCOURAGE THEM TO JOIN. If we work together each one of us should be able to get one more member to join or rejoin the frat. We all know the numerous advantages.

Speaking of advantages, the Purchase Program headed by **Warren** and **Eryn Sone**, had \$20,000.00 more in orders than last year. It was, again, a great success.

**Wayne Wolfstadt**, the new continuing education chair presented some of his speakers for next year including:

**Dr. Andrea Heckler**, Ortho Extrusion on Monday October 18, 2010

**Dr. Michael Landzberg**, Predictable Bone Grafting for the G.P. on Nov. 29, 2010

**Dr. Brett Saltzman**, Pulpotomies and SS Crowns on January 10, 2011

These will be held at Adath Israel again as they have not raised our rental rates for the past 5 years.

Another important topic was our new website which will be up and running very soon. Alan Vinegar is working closely with the company Up-Online to fine tune it. This will be an ongoing project. One of the goals is to get the purchase program computerized as well.

Well, I think those are all the highlights of the meeting. I will keep you posted on the "goings on" in the next AORTA. I hope everyone has a great summer and Chag Sameach to you and your families.

**Bonnie Chandler** (the new secretary)

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# Start with the Man in the Mirror

DAVID BURSTEIN

There is a joke about a Jewish man who goes for a job as a radio announcer. When he returned home from the interview, his mother asks him if he got the job. With a disappointed look, he shakes his head. His mother then asked him "Do you know why you did not get the job?" The man nods. The mother said "Why?" The man answered "AAAAnnntttiii-Semitism."

Honest self assessment is not easy for any of us. Our most intimate relationship is with ourselves. Maybe it is too difficult to step outside because we do not know how to deal with the shortcomings we will discover. But to take responsibility for one's life means being able to recognize

that our biggest battle in life is with oneself.

Dennis Prager's "Happiness is a Serious Problem" deals with this. His basic contention is that the key to happiness is to understand that human nature is not inherently good, and in many ways works against our ability to become happy. Our happiness comes from our mind, not our brain or body.

While the authors of the US Constitution framed the document from the perspective that governments cannot be oppressive, they understood that it was the pursuit of happiness that was a God given right. If we do not pursue it

correctly there is only so much we can blame on people in positions of power over us.

A lot of people, be it on a macro and micro level, are angry and unhappy.

There is nothing wrong with anger or unhappiness. Something is not right. The world is flawed. As with all of our emotions, it is a matter of its justification, the amount and if it is directed properly. While the cause of some anger may be a result of outside sources, sometimes the amount of anger is so out of proportion that there must be a displacement of an internal conflict.



Just because someone feels something does not make it true. Is it a frustration because they cannot get what they want when they want it? Is it that one has a sense of entitlement and idealistic expectations? Or can it be that when a lot of people have been conditioned to think what will make them happy does not occur, that instead of dealing with the personal dissonance, they blame someone else?

A lot of these thoughts have been prompted by witnessing the aftermath of the flotilla incident in the Middle East. The venomous hatred dripping at Israel is so beyond the pale, that you sense the antisemitism is coming from a deep pathological source.

Israel is perceived as powerful and a symbol of Western civilization, which is hated by Leftists and the Arab/Muslim world. It is an imperfect democracy. When Israel does anything that confronts those who wish Israel did not exist, the enemies are "outraged."

It is very easy to sound smart and make for good media snippets when all you have to do is criticize. But it is the follow-up "What are you going to do about it?" that is more important. When the haters of Israel say that Israel should be destroyed, the problem is with the haters that they have to look at themselves as a source for the anger.

If people spent the same amount of time

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**Mark Librach:** [mibrach@dentistryondundas.com](mailto:mibrach@dentistryondundas.com)

\*\*\*\*All applications must be received by Tuesday September 28th, 2010.\*\*\*\*

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**"atoronto.org"**

with self examination as they did in complaining about others, the world would be a better place. Imagine the benefits to the Muslim/ Arab world if they took one-tenth of the energy they expended in hating Israel, and actually fostered some admiration.

Whether macro or micro the passion behind the anger is so great you just want to scream at a person "What exactly is your problem?" Or as one friend challenged me many years ago "Jeez, David, when was the last time you had sex?" All kidding aside, having vehicles to relieve our frustrations is very important. I have often thought that part of the anger/ frustration emanating from young Islamists does emanate from a sexual/ mysogenic origin. With Leftists, I'd like to ask about their relationship with their parents and grandparents.

Prager's other challenge in the book is

that we have a moral obligation to be as happy as possible. When you think of evil people you generally do not think of them as being happy.

Just as we do not want to be subjected to anyone's second hand smoke, why should we have to put up with their unhappiness.

Goodness and excellence in any field does not just happen. Neither does happiness. The pursuit of happiness is a skill as any other. Happiness will not come to us if we do not move towards it.

Even though happiness may be pursued, it is actually achieved as a bi-product of the actions. While some are born with happier dispositions, we should be obliged to approach happiness in a deliberate manner. The pursuit of happiness should have been part of a life skills course taught in high school.

The skill of becoming a happy person

requires, amongst others, a professional and religious approach.

If being paid for a skill is how you define a professional, with happiness the reward is in the doing.

**PROFESSIONAL:**

An aspect of what makes anyone a "professional" is the commitment to a skill that demands critical and fair self-evaluation. We must always try to get better. There are objective standards of knowledge and behaviour that must be met, regardless of how we feel. Two simple personal concepts that have been taught about our behaviours is to ask "Will the product of this behaviour last?" and "If this action were to be repeated a million times would the world be a better/ happier place?"

In our professional life we strive to be, in

*Continued on page 10*

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# INTERNATIONAL BOARD OF DIRECTORS' REPORT

LARRY ROTMAN  
*Canadian Director*

It's hard to believe that summer has gone by so quickly. At least we have had fabulous weather this summer and I've had ample opportunity to try and improve my golf game. Unfortunately, other than a few uncharacteristically good rounds, my game has remained as inconsistent as ever. I am certainly not giving up my day job any time soon. It will soon be time to put the clubs away for another season or until I take them with me to San Diego for the Alpha Omega Convention. I'll talk more about that later.

I recently returned from the mid-year International Board of Directors' Meeting. If you think we had some hot and humid days this summer, it doesn't compare to Fort Lauderdale at the end of July. Even the second named storm Bonnie that rolled through for a few hours Friday morning did nothing to reduce that uncomfortable sticky feeling. It made spending several hours each day in a comfortable air-conditioned meeting room almost pleasant. Actually, it was the fact that the executive consists of a wonderful group of extremely dedicated hard-working individuals with the best interests of the fraternity at heart that created such a positive atmosphere at these meetings.

The current board certainly has a very strong Canadian presence. The president-elect is **Michael Tenenbaum** from Montreal, the International Secretary is **Marcy Schwartzman** from Vancouver, and **Avi Wurman** is the Convention Rep. They join the two Canadian Directors, **Marty Braverman** from Vancouver and myself to make sure that the Canadian point of view is well represented.

The meetings were chaired by International President **Charlene Berkman** from New York. Charlene is the first woman president of the fraternity. Her husband **Richard Brody** is the son of P.I.P. **Eli Brody**. I guess that makes him the only non-dentist to be a member of the president's family twice. I would strongly recommend that you attend the annual

Fraternity night dinner on September 20th to have the opportunity to meet Charlene. Two of our members, **Alan Vinegar** and **Steve Kazman** had the chance to meet Charlene when she visited the DVI clinic in Jerusalem while they were volunteering there. I know they were as impressed with Charlene as I am. She is really an amazing woman and her commitment to the fraternity is truly remarkable. You can get a feel for her dedication by reading the blog that she has been writing as she visits the various chapters. Her blog can be accessed on the fraternity website [ao.org](http://ao.org).

Probably, the main issue that came out of these meetings was the fraternity's commitment to what we are calling the Global Oral Health Initiative or "GOHI".

It is the desire of the executive to accentuate the philanthropic endeavours of our members and chapters. Many chapters currently have programs similar to the one our chapter has with the Jewish Family and Child Services, providing pro bono services to various groups within their communities. Some chapters, like Toronto, promote the DVI clinic in Jerusalem providing volunteers, equipment and funding. Some chapters are supporting a clinic in Guatemala started by frater **Brad Krusky** from Calgary. Other chapters raise funds to send to areas hit by natural disasters like the earthquake in Haiti. The chapters in France raise significant sums of money to support the dental schools and dental causes in Israel. We would like to see programs like these continue and thrive. We would also like to support and encourage new programs that could involve several chapters. To accomplish this \$75,000 will be provided by sponsors over the next three years to be used in three ways. There will be essentially a competition between chapters to develop the best program. Some of the funds will



be rewarded as prizes for this "completion". Some of the funds will be used to directly support a new program and money will also be available to match contributions made by individual chapters. If you have an idea for a program that you feel our chapter should develop and support please give me a call or e-mail me at [l.rotman@rogers.com](mailto:l.rotman@rogers.com).

The other item of note that came out of these meetings occurred during the A.O. Foundation meeting. An annual grant of \$10,000 has been established that will be "The Williamowsky / Rotstein Grant" honouring **Ben Williamowsky** and **Ralph Rotstein**. Ben and Ralph are well known to anyone that has attended a convention. Unfortunately, there is not the space available for me to attempt to describe the achievements and contributions of these phenomenal individuals. I can only say that this is a lovely gesture of the fraternity's appreciation and these gentlemen certainly deserve the recognition. One of the best parts of attending convention is the opportunity to meet people like Ben and Ralph.

I would like to encourage anyone that does not already have vacation plans for the end of the year to consider attending the International Convention that will be held from December 25th to January 1st at the Hyatt Regency Mission Bay in San Diego. The room rate is an amazing \$149. The weather in San Diego at this time of year is usually better than Florida. The golfing and shopping are also better. If you would like more information, it is available on the website or you can contact me. It would be nice to have a large Canadian contingent for Michael Tenenbaum's installation

Finally, on behalf of my family, I would like to take this opportunity to wish everyone a Shana Tova and a happy and healthy new year

## UPCOMING EVENTS

### OCTOBER

18 – Continuing Education  
27 – AO Revival Event

### NOVEMBER

19 – Half Day Seminar, featuring CDPA  
28 – Chanuka Party  
29 – Continuing Education

### DECEMBER 25 – JANUARY 1

AO International Convention  
in San Diego. CA

### AO WEBCASTS

Check [www.ao.org](http://www.ao.org) for future webcasts and other international info. Check [www.aotoronto.org](http://www.aotoronto.org) for local up-to-date information.

## MUSICAL SOIRÉE

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Concert at 8:30 p.m.

Shaya Petroff - Musical Director and Piano

Catherine Manoukian - violin

Alexa Wilks - violin

Carol Gimbel - viola

Lydia Munchinsky - 'cello

*For More Information Please Contact:*

Stanley Jacobson

Phone: 416-781-8607

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### 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 [eddieglick@rogers.com](mailto:eddieglick@rogers.com). To all committee chairmen, please forward a list of your corporate sponsors. Also please list the contacts and email addresses.*

*Thank you in advance. Eddie Glick*



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# Start with the Man in the Mirror

Continued from page 7

the words of Abraham Maslow, unconsciously competent. That means we have had so much practice with a skill that it becomes "second nature" and can be performed easily (often without concentrating too deeply). If someone were to ask us about happiness, the answer should be "I guess I am but I am too busy to think about it." Few of us reach this stage.

## RELIGIOUS:

Prager has long noted that gratitude is indispensable for happiness.

I have lived a secular Jewish life. But I see at least three behaviours in Judaism which are templates for happiness: Daily prayer, the Sabbath, and the month of Elul prior to the High Holidays.

- 1) Daily prayer: The word to pray in Hebrew is "L'hitpalel" which means to examine oneself. Many of the prayers are expressions of gratitude for the things we have in life that are not the result of our own doing.
- 2) Sabbath: For 25 hours a week you give thanks to God for the

creation of the world and giving us freedom. I have heard that in some Jewish homes the Shabbat dinner has a "No kvetching" rule.

3) Just as someone is supposed to prepare for a test, if you do the right preparation, the actual test is easy.

The month of Elul which is prior to Rosh Hashanah is a time of serious reflection. We are obliged to ask forgiveness of others for our unethical behaviour before we ask for it from God. How about making it a time in reflecting on our happiness? As we may think we are entitled to it, we are ultimately responsible for our own happiness. How have we undermined ourselves from becoming happier? Are our markers for happiness correct? Do we have proper perspective? How has our nature undermined us? Can we forgive ourselves for not achieving all we hoped for?

And while we cannot make anyone else happy, have we done all we can do to provide an environment so that someone can find it for themselves? Have we asked them for forgiveness for not doing so?

A component of happiness is realized in living to one's potential or helping another reach theirs. It is part of a professional and religious philosophy of life. Doing good is a source of happiness.

As much as our own success, my father taught me that a true friend is one who can revel in the success of another. When we know we have been an active part of that achievement, we have also discovered a vehicle to happiness.

These skills and mechanisms for happiness may not exist in angry people and cultures. They simply do not get it about being ethically responsible grown ups. It becomes a greater problem when they cannot even recognize it or admit the need to seek professional help.

Thank you for reading this.

Please remember that this piece was written with no degree of sanctimony. Your feedback is always appreciated at [hdburstein@rogers.com](mailto:hdburstein@rogers.com).



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# BeachBlast Volleyball

*For a change of pace, instead of a picnic, this year BeachBlast Volleyball was held on Sunday, June 13th at 15 Leswyn Road in Toronto.*

*A great time was had by all, both by fraters and their spouses, children and grandchildren, as we played an assortment of games and had fun. A delicious pizza lunch completed the day. Thank you to **Sheryl Lipton** and the committee for organizing this event.*

*Fraternally,*

***Elliott Weidman***



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# AO and the UJA Walk for Israel

On Sunday May 30th, I spent a day of fun in the sun with my fellow Alpha Omegas. Almost 15,000 people showed their belief in and solidarity with Israel by participating in the UJA Federation of Greater Toronto's Walk With Israel. Prior to the Walk, approximately 7,000 people proudly listened to the Israeli Prime Minister, **Benjamin Netanyahu**, Canadian Prime Minister, **Stephen Harper** and other dignitaries at the Ricoh Coliseum in downtown Toronto.

Joined by AO President **Sheryl Lipton**, Treasurer, **Elliott Weidman** and family, **Wayne Karp**, **Ken Schafer**, **Joey Freidlich's** son, and the family of **Avi Wurman**, we ran the 3rd Rest Stop at Simcoe Park encouraging by example our friends and neighbours as well as walkers of all ages. It was a pleasure to see a number of fellow participants proudly carrying the Israeli flag.

As this is a very busy time for dental students, their presence was missed. Next year it is hoped that many more Alpha Omegas



(Left to right) Elliot Weidman and daughter Melissa, Ilana Wurman, Anita Weidman, Amy, Cecilia and Brian Laski, Charles Weingarten, Sheryl Lipton, Ken Schafer, Justin Friedlich, Barb Albert, Alan Vinegar and Wayne Carp

will be part of the team as well as students who do such a wonderful job of representing AO.

This is truly a fun event and provides another opportunity to proudly represent the Judaic and Fraternal elements integral to our organization. It was our pleasure to welcome the walkers with a smile and to dispense a variety of vegetable chips.

Next year, they should include instructions on how to open the bags for Pete's sake!


A good time was had by all, as you can clearly see in the photograph taken with the background of our new banner, designed at my office and fabricated by Reprodux. The UJA once again thanked Alpha Omega for participating in the Annual Walk With Israel. The UJA have requested that next year we make a financial contribution in addition to our volunteers' participation.

I look forward to seeing my fellow Alpha Omegas at Fraternity Night and the other programs President **Mel Kay** and his Line Officers are planning. Your support and participation are always welcomed and greatly valued. Please contact Mel Kay and his team along with Executive Secretary, **Jackie Levitan** with any suggestions you may have. This organization is only as good as you are willing to make it.

Fraternally,

**Charles Weingarten**






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# Alpha Omega Revival Spin Class

The 1st ever AO Revival Spin Class was held on Wednesday May 12th, 2010 at Track Fitness ([www.trackfitness.com](http://www.trackfitness.com) – 417 Spadina Road, Suite 301, Forest Hill Village). **Alison Beder Solway** led us in an exhilarating and challenging one hour spinning workout. The hour was packed with great music and aerobic trials for us to push ourselves through.

Nineteen Alpha Omega members were in attendance. We had a range of first-time

spinners to experienced cyclists of all ages, and everyone was able to enjoy the workout. Alison started by setting us all up on the bikes (especially those of us who had never done this before!), and encouraged us throughout the hour. With great music and friends all around, the time passed so quickly!



We finished the evening with some drinks, veggies and dips downstairs in the Track Fitness lounge. Everyone felt great (and

sweaty) after the workout, and many members asked if we could do this more often. This was not your usual Alpha Omega event – but it definitely brought together AO members in a fun way and pushed us to sweat a bit!

The AO Revival spin class was a great success and we plan to hold it again next year!

A huge thank you to a fabulous AO Revival committee that includes **Andrea Heckler** (who wrote this fabulous report), **Erica Zamon**, **Sara Werb**, **Michelle Appel**, **Tammy Herzog**, **Michael Landsberg**, and **Mark Ziedenberg**. They have all been invaluable in keeping the AO Revival campaign strong and successful. We look forward to another solid year of programming for next year. I encourage everyone to come out and participate!

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# Sex, Calculus and Chewing Gum

So its official, if you are having sex with your wife you cannot place sealants on her molars. You can't even give her oral hygiene instruction. Even handing her a stick of Trident Xtra Care gum, especially if you know it has therapeutic effects and it is the only gum approved by the CDA, may be an act that could be your last as a dentist for five years. Now this begs many questions.... What if part of your sexual foreplay with your significant other includes dental floss, toothpaste or even an amalgamator? (What else are you going to do with this antique?) There is a loophole though; you can do any of this stuff if it is an emergency. I'm not sure whether the dental treatment has to be an emergency or the sex has to be an emergency (I've tried this on my wife but she hasn't bought it yet). My wife doesn't understand the urgency but I do. "Dear, we have to do it right here and now or else...." For me there is always a sense of urgency when it comes to sex. I afraid, if we had the time before the act to sit down and talk about it, we would probably have forgotten what we were talking about in the first place. Sex is an emergency, why

else would they have emergency contraception.

Hygienists have it the worst. After sleeping with a guy, they can clean his shirts, socks and underwear but not his teeth. Of course if the sex were coming easily maybe he wouldn't care if his oral hygiene were suffering. What's harder, finding a girl to have sex with or finding a good hygienist?

Question; Do we continue to have sex with our wives or do we save on dental bills? Now we have to make a decision so let's be scientific and logical.

Yahoo readers report that a "local girl hooker" will run you about \$150/hour. The average sex act lasts anywhere from 25 seconds to thirty minutes according to Men's Health Magazine. Anyone who claims longer is lying. That's according to me. So let's say 30 minutes including travel time, for argument's sake. That will run you \$75.00 for the prostitute. The cost of three units of scaling, four times per year, will run you about \$600.00 if your husband has to find someone else to do it. That gives you 8 sessions per year. So if he uses the prostitute more often than that at

least you will have the piece of mind that you will not lose your license for 5 years. Money well spent I believe.

I'm not sure we need to get our shorts in a knot about this though; it may not apply to that many of us.

Newsweek estimates that about 15 to 20 percent of couples are in a sexless marriage anyway so they can do as much dentistry as they want on each other. Although the statistics vary widely, as high as 55% of all people, men and woman, admit to having an adulterous relationship. So if those people fess up the hooker idea may seem a little more practical if not more honest.

I just want a level playing field. If someone I'm sleeping with can give me a few pointers on flossing, then surely I should be able sleep with someone I just flossed.

All this because some psychiatrists took advantage of a few patients... Not to minimize that heinous act, but how does that relate to us? Of course this law only applies to health care professionals. It was an easy stretch for the lawyers to include dentists, chiropractors and optometrists in the mix. Everyone knows how sexually vulnerable patients are to the suggestive powers of their dentist. We all went into this profession because we knew at a push of a button we could get a girl horizontal. Look at the advantage we have. After all, we know from their medical history that they are on Lipitor. The lawyers conveniently left themselves out of the legislation. One can't imagine a divorce lawyer taking advantage of a recently divorced and depressed client, can we?

So here is the only strategy that makes sense. Stop having sex with your wife. Keep a record of all the times you wanted to have sex but realized your license was at stake. Then in your final year before retirement go out with your guns a blazing. That makes as much sense as this stupid legislation.

**Mark Librach**

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# Continuing Ed "The X Factor"

ALAN VINEGAR

After many months of e-mails, bribes, payoffs and favours, we have completed the 2009-2010 Continuing Education Series. The program lecturers were excellent, the sponsors fantastic and the attendance stellar. We know this because of the little known benchmark called the 'Rugelach Factor'; the more rugelach consumed, the greater the success of an event. Indeed, over the five evening sessions at Adath Israel, our members consumed a record fifty pounds of rugelach. Now if that isn't success, I don't know what is!

Here's a recap of our year. Grab one of those tasty little treats and relive it all!

Our first talk on October 19, 2009 was given by the talented **Dr. Yair Lenga** (perio), who challenged our thinking with the topic, "Herodontics" Diagnosis and Treatment Planning. The evening focused on the decision making process as to when and when not to save teeth. This evening was generously sponsored by DSG labs.

Our next evening was on December 8, 2009 with **Dr. Sara Werb** (paedo), who spoke on the New Advances in Fluorides and Remineralization with ACP. Sara gave us a new paradigm to evaluate risk and treatment plan preventively according to susceptibility. She also addressed adding the fluoride varnishes with ACP as an

additional tool in our arsenal to arrest and reverse early demineralization. We were generously sponsored by Premier dental products.

Kicking off the 2010 season on February 24 was an innovative session by the team of **Dr. Robert Barron** (OMFS) and **Mr. David Goodman** (paramedic) who gave an interactive talk on Medical Emergencies in the Dental Office. Robert gave scenarios of typical emergencies and David described the EMS response. As well, David explained the benefits of using Automated Electronic Defibrillators. The evening was sponsored by a CPR training company owned by Mr. Goodman called 'Heaven can Wait'.

Our fourth seminar on March 15, 2010 was an invigorating talk by **Dr. Riva Black** (Oral Path) on a difficult topic, Oral Pathology. The title for her talk was, 'It's really nothing...or is it?'. This talk created such a buzz that I believe we just might have run out of rugelach that evening! The sponsor for this event was Designs for Vision.

Closing out the series on May 6 was **Dr. Brian Laski** (ortho) speaking on 'Getting to the Root of Root Resorption'. Brian had done an in depth literature review on this topic in graduate school and synthesized his findings to give us up to date and

concise guidelines to deal with this unfortunate but common sequella to orthodontic tooth movement. Brian also regaled us with his tales of international fame as line and chair umpire in the international tennis scene. The sponsor of this last seminar was RBC.

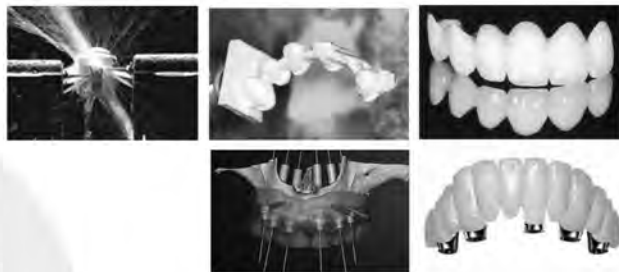
As I will be moving on this coming year to serve on 'the line' as treasurer, I will be passing the baton to our new continuing education chairman, **Wayne Wolfstadt**. From my early conversations with Wayne, I am confident that we are in store for some excellent programming. Great topics such as Orthodontic Extrusion by **Dr. Andrea Heckler**, Predictable bone grafting for the GP by **Dr. Michael Landzberg** and Puplotomies and Stainless Steel Crowns by **Dr. Brett Saltzman** are just a few exciting sessions we can expect for this fall.

Finally, I would like to thank outgoing president **Sheryl Lipton** for her leadership. Special thanks go to both my physician and to my personal trainer for keeping my cholesterol and weight under control despite the huge volume of rugelach I consumed.

See you in the fall. Oh, and pass me another rugelach!

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# Oral Health Total Health: Sharing Smiles Day 2010

The second annual sharing smiles day occurred on March 28th, 2010. It was an informative day where the attitudinal barriers between all dental professionals and people with special needs were removed and positive relationships were fostered. Sharing Smiles Day is put on by Oral Health Total Health (OHTH), a non-profit organization with a mission to advocate, educate and improve the oral health care for persons with special needs.

One of the primary reasons for such a day to be created is because of the lack of treatment of persons with disabilities in dentists' local offices for reasons concerning a lack of comfort or familiarity. Many dentists claim they do not feel comfortable caring for these individuals because they have never had prior interactions with persons who have special needs. For this and other reasons, patients may travel several hours for a 15-minute check up at Mount Sinai Hospital. The day included a carnival morning of various games and face painting led by the dental students, a luncheon and demonstrations led by faculty dentists in partnership with



Colgate – on proper oral care. Through Sharing Smiles Day events Oral Health Total Health hopes to foster comfort and care amongst all those participating, remove any existing attitudinal barriers, bring awareness to the issues faced by persons with special needs and ultimately improve both the current and future oral health practices for this population. AO Pi chapter members in attendance included **Ralph Dana,**

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Initially organized by the students and faculty of the University of Toronto, Faculty of Dentistry, each year, OHTH plans to approach additional Canadian dental schools to host Sharing Smiles Days in their communities. Currently there are two active programs, University of Toronto and University of Western Ontario with six new programs coming fall 2010.

So why is it so important to be raising awareness? The Mount Sinai Hospital program cannot refer these individuals to other programs or community practitioners because these resources simply do not currently exist. Unless there is an immediate infusion of resources, the access-to-care issues will worsen before they improve for these individuals with special needs, placing them at increased risk for pain and dysfunction caused by untreated oral disease. OHTH's main goal is to provide Mount Sinai's dental clinic with the funding it needs to continue its fundamental services for this population, and by events such as Sharing Smiles Day, we continue to raise awareness. For more information, please visit [www.ohth.ca](http://www.ohth.ca)

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Dr. Judy Sturm on the loss of her father  
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