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Dear Friends,

I am proud to announce that our APOS website will soon reach 2600 visitors. This is an exciting news for APOS and we have to thank the editors for doing a great job. The internet media is an excellent way to reach all our 14,000 fellows. Once again I urge all leaders of APOS to broadcast our websites to its members so we can receive more visitors. Better still, have a link of the APOS website in your own Society’s/Association’s website as it will make it easier for your members to visit the APOS website.

I managed to successfully registered APOS as a society in Singapore on 7 February 2011. This is a historical event as APOS was formed 20 years ago. We are now legally a society and let us all help to bring APOS to a higher level. I am in the process of opening the APOS bank account and am waiting for the adopted minutes of our last AGM held in March 2011, in Singapore.

Taiwan Association of Orthodontists (TAO) was accepted as a member of APOS on 21 July 2011. We warmly welcome TAO and look forward to have them joining APOS in all its activities.

Regards,

Dr Loh Kai-Woh
President, Asian Pacific Orthodontic Society 2010-2012

It is with great pleasure that I am sending this message to all members and affiliates of the Asian Pacific Orthodontic Society through the APOS eNewsletter. Over the years, I have noticed that APOS has grown from strength to strength and at present there are 18 members with more than 14,000 fellows. APOS was been in existence since 1990 and is now a fully registered Society in Singapore. I noticed that APOS is making full use of the electronic media by starting the APOS Trends in Orthodontics which is an eOrthodontic journal and the APOS eNewsletter. I am particularly glad to have Taiwan Association of Orthodontists admitted to APOS with unanimous support from APOS members. I applaud the leadership of APOS, Chinese Orthodontic Society and Taiwan Association of Orthodontists. I am sure APOS with move ahead with greater speed. I can also feel the spirit of camaraderie, goodwill, understanding and bonding among members and affiliates of APOS.

As President of WFO, I would like to invite orthodontists in the Asian Pacific region to join the World Federation of Orthodontists. There are so many benefits waiting for you. The process of joining WFO is easy. Please go to our website www.wfo.org and all the information needed is there.

Finally, may I wish Dr Loh Kai Woh all the best for the rest of his term as APOS President and congratulate him on all the achievements he has had so far.

Warmest regards

Roberto Justus

President, WFO 2010-2015
Mid March 2011, Association of Orthodontists, Singapore (AOS) hosted the face to face Executive Committee Meeting at Conrad Centennial Hotel, Singapore. 13 ECMs were present at the said meeting. It was unfortunate that NZAO EC could not make it due to the natural disaster that recently occurred in Christchurch. ECM were sorry for the grieve and losses of the people of New Zealand and Japan. We also had observers from Taiwan Association of Orthodontists.

APOS had discussed widely about its boundary, which should be used as a criteria for accepting new member. Thus we were pleased to finally accepted Sri Lankan Orthodontic Society as our new affiliation. Unfortunately, after the long discussion, TAO application had not been approved just yet.

President had informed that APOS was finally registered in Singapore. The Bank account would later be opened which ECMs agreed to use international financial institute in order to get process done from different countries. We also formed 2 committees to work on the constitution amendment and APOC management manual. 8th APOC, to be held 2012 in Delhi, preparation had been reported. ECMs would give full support and hoped to make the event memorable for all of us.

Last but not least, we had APOS News and Trends Editors, Dr. NikhileshVaid and Dr. Ashish Gupta, come in and gave report regarding the publication. APOS Trends was planned to have 4 issues in a calendar year and APOS News would be launched every 4 month. We bought a space at www.apospublications.com. So far the budget had been spent for building and hiring the web space was paid solely by the editor personal funds. ECMs applauded and praised them for their dedication and hard work.

Warm Regards,
Tanan
Dear Friends & Members of APOS,

It is with proud privilege that we communicate with you through the third issue of APOS News. APOS Publications, since its evolution a year ago has progressed by leaps and bounds. Our website has had more than 2600 regular visitors till date and www.apospublications.com is a known entity amongst the orthodontic fraternity globally. We’ve been featured in the WFO Gazette and our Facebook page is also buzzing with activity.

The AAO Annual Session 2012 at Hawaii has chosen APOS Publications to advertise the event, which we are sure will see a large participation from the Asia Pacific. The APOS ECM’s have now paved the way for APOS Publications to start independently raising finances for this project, and with your goodwill and best wishes, this enterprise will soon be self-sustaining, a provide a greater platform to our colleagues in the region to express themselves.

We invite articles, original research, clinical case reports and techno bytes for our journal, “APOS TRENDS in Orthodontics,” which should be indexed soon. Guidelines for contributors are on the website of this peer reviewed journal.

Members can initiate informal discussions on Clinical issues and matters relating to the profession on our Facebook page- APOS Publications in the Discussion section. Information on forthcoming events can be pasted by member associations on the Events section. The group has around 370 members, and we would encourage orthodontists and members of the trade to join the group.

APOS Publications is about you, and is waiting for you to participate in the movement. Were waiting to hear from you at apospublications@gmail.com

Remember, APOS speaks in “One Voice”, a voice, that belongs to all of us...

Warm fraternal regards,
8th ASIA PACIFIC ORTHODONTIC CONFERENCE
47th INDIAN ORTHODONTIC CONFERENCE

Hotel The Ashok, New Delhi
29th Nov - 02nd Dec, 2012
www.8thapoc-47thioc.in

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*Accompanying persons to pay INR 1000/- or USD 20 Less,  *Child below 12 years to pay INR 4000/- or USD 80 less

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India is waiting for you!
Bangkok is the capital, largest urban area and primary city of Thailand. Known in Thai as Krung Thep Maha Nakhon, meaning "city of angels" for short, it was originally a small trading post on the west bank of the lower Chao Phraya River during the Ayutthaya Kingdom. It became the capital in 1768 after the destruction of Ayutthaya by Burmese invaders. However, the current Rattanakosin Kingdom did not begin until 1782, when the capital was moved to the east bank of the river by Rama I following the death of King Taksin. The city is more formally called "Phra Nakhon", referring to the original boundaries of the 18th century, while the name Krungthep Mahanakorn includes the urban areas which have since grown. Foreigners generally call the city by its original name of Bangkok.

**Places of Tourist Interests**

**Palaces and wats**
- Wat Suthat
- Wat Saket

**Museums**
- The National Gallery Museum
- The National Museum
- Suan Pakkad Palace
- The Vimanmek Mansion Museum
- The Siriraj Medical Museum

**Public Parks**
- Queen Sirikit Park
- Lumphini Park
- Princess Mother Memorial Park

**Shopping Areas/Markets**
- Phloen Chit-Ratchaprasong
- Silom-Surawong-Patpong
- Pratunam-Phetchaburi
- MBK Mall

**Cruise**
- The Chao Phraya River & Bangkok’s Canals (Khlongs)

**Cultural Performances**
- Jim Thompson Museum

**Theatres**
- Chaloem Krung Royal Theatre
- The Traditional Thai Puppet Theatre
- Patravadi Theatre
- Siam Niramit

**Must see…**
- The BTS Sky Train
The Great East Japan Earthquake, which occurred at 2:46 p.m. Japan time on March 11, 2011, registered a moment magnitude (Mw) of 9.0, the largest since modern record-keeping began in Japan. The huge tsunami waves generated by the earthquake recorded wave heights of 10 m or more, and a run-up height of up to 40.5 m above sea level, causing devastation to the Pacific coastal areas of the Tohoku and Kanto regions. It is reported that 15,628 people have died and 4,823 remain missing as of July 25, 2011. Damage caused by the earthquake and tsunami also triggered a severe accident resulting in substantial releases of radioactive materials at Tokyo Electric Power Company’s Fukushima Daiichi Nuclear Power Station, when the plant lost its entire power supply and became unable to cool its reactors (the Fukushima Daiichi nuclear disaster). This has forced nearby residents into prolonged evacuation, which continues to this day.

Over the five months since this unprecedented earthquake disaster, a Great East Japan Earthquake orthodontics taskforce jointly set up by the Japanese Orthodontic Society (JOS), Tohoku Orthodontic Society, Tokyo Orthodontic Society, the Japanese Association of Orthodontists, and the Orthodontic Suppliers Association of Japan through the suggestion of JOS president Shigemi Goto, has conducted information-gathering and other support activities related to orthodontics.

An example is the establishment of JOS Japan Earthquake Relief Fund. Its extensive fundraising activities realized a total of 5,638,569 Japanese yen (approx. 72,000 US dollars) in donations from Japanese and international individuals and organizations. Donated money will go toward the Japanese Red Cross Society’s disaster relief fund, and will also be directed, through the Tohoku Orthodontic Society, toward supporting orthodontists affected by the disaster, and toward financially assisting the reopening of university orthodontics courses in disaster-affected regions.

The taskforce has also set up consultation points in disaster-hit prefectures for providing counseling on orthodontic treatment to disaster victims. Together with the toll-free phone consultations offered by the Japanese Association of Orthodontists, the consultation points are supporting patients who are finding it difficult to continue treatment.

By request of the Japan Dental Association and the Japanese Association for Dental Science, we also dispatched to disaster areas a team of dental volunteers, which included orthodontists trained in Professor Kazuhiro Yamada’s orthodontics program at Matsumoto Dental University: Drs. Youhei Usui, Atsushi Arai, Hirokazu Matsuda, Masanori Kanazawa, and Keita Moriyama.
Upon their return, one of the volunteers reflected as follows: "The disaster sites we saw were 'extraordinary'—a reality so far removed from the familiar world that it was hard to believe we were in the same country. The week's experience of visiting disaster-affected areas and interacting with the residents will remain in our memories for the rest of our lives. We will always remember the emotional injury suffered by victims and continue supporting them into the future. Although towns are being rebuilt at a steady pace, the goal of rehabilitation is not visible at all. Support will be required for many more years to come. On this particular occasion, we participated in relief efforts as dentists, but support can take many forms other than dental treatment; it could be financial, for instance, or physical support, such as helping households tidy up. As often mentioned on TV nowadays, our 'thoughts' cannot be conveyed unless they are translated into action, which could be anything within our capacities."

Our power as orthodontists is negligible compared to the enormity of nature's destructive force. We can, however help restore vitality and smiles to disaster victims—many of whom have almost lost sight of their dreams after losing homes, family members, loved ones and jobs—by offering them encouragement and hope. This, I believe more firmly than ever before, is the very mission of those of us who practice orthodontics. It will be a very long time before we can see the complete recovery of the disaster-struck areas, but I look forward to your cooperation over the long term.

In closing, I wish to thank APOS president Dr. Loh Kai Woh, members of the APOS Executive Committee, and APOS member organizations for their warm encouragement and generous support extended in the wake of the earthquake.
The 10th Annual Session of the Chinese Orthodontic Society was held on May 31, 2011 in Chongqing, hosted by the Chinese Orthodontic Society (COS) and organised by the College of Stomatology, Chongqing Medical University. Roberto Justus, the President of the World Federation of Orthodontists (WFO) Loh Kaiwoh, the President of the Asia Pacific Orthodontic Society (APOS), and other foreign orthodontic experts attended this grand meeting. The meeting was well planned and 1,656 attendees were recorded. This annual meeting attracted many domestic and foreign orthodontic manufacturers displaying their latest orthodontic products and services. This meeting also facilitates easy communications between international and local orthodontic manufactures with local orthodontists. It is the largest domestic orthodontic academic annual session ever.

31 special half-hour speakers and 72 quarter-hour speakers graced the event, where there were 165 poster exhibitions also. They displayed the latest trends and updates in orthodontic education and research. All lectures were presented bilingually which helped foreign orthodontic experts understand the current development of orthodontics in China.

The official meeting of the Chinese Orthodontic Society was held on 2nd June 2011. Prof. Zhihe Zhao was elected as the Fifth President of the Chinese Orthodontic Society. Prof. Yanheng Zhou was elected as the President Elect of the Chinese Orthodontic Society.

Jinlin Song, Feng Deng, Zhihe Zhao, Tianmin Xu
Chinese Orthodontic Society
Vibrant APOS Members...

The 1st Global Congress of Chinese Dentists was held on Dec. 1~4, 2010 in Xiamen, China. About 14000 dentists from more than 40 countries attended this big event. Among them more than 850 attended Orthodontic Session. Twenty five invited speakers for orthodontic session came from USA, Europe, and Asia countries or regions. The official language is Chinese and English. The topics covered orthodontic clinical study, fundamental research, orthodontic education, and clinical experience, etc.

Chinese Orthodontics Collaborate to Face the World

Dr. Zhu Shengji, Dr. Gu Min, Dr. Ricky Wong

The First Chinese Orthodontic Collaboration Meeting was carried out in Shenzhen-the city just neighboring Hong Kong, on Jun 26th 2011. The meeting was initiated by the University of Hong Kong and collaborate the orthodontic department heads of the other 6 most influential dental schools from China mainland. The attendees including:

- Professor E.U.O. Hgg and Dr. Ricky Wong from The University of Hong Kong;
- Professor Fu Minkui and Professor Zhou Yanheng from Peking University;
- Professor Zhao Zhihe from Si Chuan University;
- Professor Shen Gang from Shanghai Jiao Tong University;
- Professor Ding Yin from The Fourth Military Medical University;
- Professor He Hong from Wuhan University;
- Professor Wang Jianguo from Nankai University.

The vision of the meeting was to build up a framework for the collaboration and cooperation between the Chinese orthodontic departments, which will benefit all the members and will also help Chinese orthodontics become well known internationally. The collaboration in research, publication, teaching, administration and other business was discussed and scheduled according to the agenda. A website will be constructed after the meeting to facilitate the cooperation and announce news for the collaboration. It was agreed by all the attendees to hold the collaboration meeting annually and the next meeting was planned to be carried out during the Chinese Orthodontic Society annual meeting to be held in Beijing next October.

Twenty nine instructors from Taipei and Mainland China joined their efforts to give a pre-conference Tweed course to more than 180 doctors and students from the cross strait.
After Successful Mid Year Conventions in Thailand, Hong Kong & Macau in the previous years, the Indian Orthodontic Society organized its Mid Year Convention in collaboration with the Asian Pacific Orthodontic Society & College of Dental Surgeons, Singapore from the 11th-17th of July in Singapore & the High Seas.

BEYOND BOUNDARIES III was held during the Presidential tenure of Dr N K Ahuja, President-IOS and was chaired by Dr Nikhilsh Vaid-Chairman: Beyond Boundaries III and Editor-APOS Trends & News. The Chief Guest for the inaugural ceremony was Dr Loh Kai Woh, President – Asian Pacific Orthodontic Society. The event was graced by important Orthodontic luminaries from the two countries including Dr A V Arun, Secretary – IOS, Dr Bryce Lee, Dr Vic Pearly & Dr Andrew Aw from Singapore.

Around 60 delegates from India and 40 from Singapore participated in the scientific deliberations held at the National Dental Centre, Singapore. The APOS Presidential Oration was delivered by Dr Keluskar (India), The IOS Presidential Oration was delivered by Dr Loh Kai Woh (Singapore), The Beyond Boundaries Oration by Dr Chan (Singapore-CDSS President), & Dr Gurkeerat Singh (India) delivered the CDSS oration.

In addition to the oration, 6 key note lectures and presentations on research and clinical topics enthralled the audience. This was in the words of the convention chairman Dr Vaid “A unique blend of scientific, cultural and fraternal exchange between colleagues from different parts of the world in an informal atmosphere”.

The scientific programme, planned by Dr Meghna Shah-Convener Scientific committee: Beyond Boundaries III comprised of E Poster competitions for Post Graduate Orthodontic Residents, in which Dr Arpit Shah & Dr Priti Kulkarni from India won the First Prize. Breakfast Scientific Discussions on Aligners and Orthodontic Ergonomics were highly appreciated by the delegates.

(Continued on Page 11)
15th IOS PG Convention was held on 25th - 27th March, 2011 at Manali. There were more than 900 registered delegates both students and life members. There were four Pre-Convention Courses of half day duration each.

a. Temporary Anchorage Devices - hands on course conducted by Dr. Anmol Kalha and there were 60 participants in the course.

b. Research Methodology - conducted by Dr. Ashoo Grover of I.C.M.R. in which there were 45 participants.

c. From Edge-Wise to Gen. Next - hands on course conducted by Dr. Ashok Utreja, Dr. O P Kharbanda, Dr. Pradeep Tandon and Dr. Gauri Vichare. The course was attended by 70 participants.

d. Treatment of Comprehensive Orthodontics Cases — The course was conducted by Dr. Bakr Rabi and there were 55 participants.

The inauguration of the Convention was held on 25th March, 2011 at 5:00 pm. Dr. Rajiv Bindal, Hon’ble Health Minister of the State of Himachal Pradesh was the Chief Guest. The inaugural ceremony was followed by the cultural evening.

On 25th March, 2011, there was student’s presentation, which comprised of 120 papers, 90 posters and record numbers of 28 table clinics. We introduced e-posters category for the first time, which was attended by 55 participants.

There were guest lecturers by 20 national & International speakers on 26th & 27th March, 2011.

Dr. Anil Singla - Convention Chairman

For the delegates from India, a two day cruise and visits to the Universal Studios, the Night Safari and the Sentosa island were other highlights of the convention. Dr. Ashish Gupta, Org. Secretary and Dr. Prashant Dhole, Dr. Raghunandan C, Dr. A Kanase-Jt. Secretaries oversaw the meticulous preparation of every aspect of the convention, which was responsible for the event being a grand success.

The AOS hosted a dinner for the Office Bearers of the convention in Singapore

Dr. N. K. Ahuja, President IOS felicitates Dr. Bryce Lee, ECM - Singapore APOS for his contribution to the success of the event.

Picture Courtesy: Dr. Kuldeep D’Mello, IOS.
The Indonesian Association of Orthodontists had their annual meeting in conjunction with their National Congress in Bali from June 1 thru 4, 2011. The first day started with our 8th national congress, and the congress went thru day and finished till midnight. Several topics, policies and rules were discussed as well as a new president was elected. The new president of Indonesian Association of Orthodontists is Dr. Jusuf Sjamsudin.

The 6th Bali Orthodontics Conference and Exhibition started the second day till the fourth day. The conference was opened by Dr. Jusuf Sjamsudin company by Dr. Setiawan Wijaksana as the chairperson of the conference and Dr. Bergman Thahar, as the chief orthodontic collegium. This year speaker were Prof. William Proffitt, Prof. A Bakr Rabie and Dr. Geoffrey Hall. Each of them alternate lecturing every day. We have about 600 lecture participants from local and foreign countries. More than 30 dental and medical exhibitors. Starting this year, we have Enzime tooth paste Bali Orthodontic award for the best 3 poster presentation in each categories. There were 30 case and research poster participants. Each poster was evaluated by 3 juries that headed by Prof A-Bakr Rabie.

As usual, we have our big welcome dinner party. The dinner was taken place in the swimming pool and garden area of the Discovery Hotel facing the beach. The residents of each university peform their best cultural dance, music and besides the regular official ceremonies. Everybody enjoy the evening.
The editor of the APOS News, visited Jakarta - University of Indonesia and Surabaya - University of Airlangga. The Orthodontic Training Facilities at both the Institutions are exemplary and of International Standards. The Orthodontic Departments hosted a one day symposium on self ligation - the faculty for which was Dr. Nikhilesh Vaid from India. Excerpts from the visits and the events are showcased on this page.

Staff and Students from the University of Indonesia - Jakarta

Post Graduate Training facilities at University of Indonesia

Staff from University of Airlangga - Surabaya in Batik Colours

Dr. Krishnawati at the University of Indonesia - Jakarta
The keynote speaker of the meeting was Prof. Junji Sugawara. He gave a lecture on “Innovation in Orthodontics and Orthognathic with Skeletal Anchorage System (SAS)”.

ThaAO was glad to welcome APOS friends from MAO (Dr. Noraini Alwi and Dr. Sharene Kereshanan) who joined ThaAO to present a donation to “Save Sendai 311” to help the victim of tsunami in Sendai, Japan. ThaAO also got more visiting friends from Taiwan Association of Orthodontists. This was also special occasion that ThaAO held the first Post grad Night. The main purpose was to let post grad students from different universities to get to know one another. There were also some performances from each school and each was very spectacular.
The APOS editor Dr. Nikhilesh Vaid delivered a lecture at a one day symposium held in Bangkok on Self Ligation Appliances in June. The event was graced by Dr. Somchai Satravaha, Dr. Tannan, Dr. Somchai M., and luminaries in Orthodontics from Thailand.

Thai Association of Orthodontists Meeting
11-13 July 2011 at Centara Grand at Central World, Bangkok. The Post grad Nite…
“Think Swiss chalets. Think cable cars. Think miniature horses and pot-bellied pigs. Think an 18-hole golf course that follows the natural contours of a mountain ridge. Think of cool air and a home away from home” Such is the venue of APO’s 6th Biennial Regional Orthodontic Congress held last August 8 & 9, 2011. Tagaytay Highlands, which is just a 90-minute drive away from Metro Manila, is nestled in a secluded corner of Tagaytay Ridge, commanding a dazzling view of Taal Lake and vistas of Laguna de Bay, Mounts Makiling and Banahaw, Metro Manila, Batangas and, on a really clear day, even the faraway island of Mindoro. From the verandah of the suite at The Belle View, one could see hazily the perimeter of Taal Lake with Taal Volcano at its center. The sky was overcast and gray clouds seemed to blanket the view. ’Twas the panorama that greeted the enthusiastic participants of the APO Regional Congress on the first day. Since the congress proper started at 9am, the participants could still enjoy a leisurely morning walk around the hills and valleys, perfect for morning joggers; while some went early to the congress venue by shuttle buses or golf cars…

APO President Dr. Robert Tan welcomed all the congress participants, thanking all the sponsors and trade dealers who generously helped APO in this endeavor. He then singled out each of the foreign guests who came to actively participate and support this APO event. They include Asian Pacific Orthodontic Society (APOS) President Dr. Loh Kai Woh, his wife Mrs. Lynden Loh, World Federation of Orthodontists (WFO) executive committee
member and President of the Thailand Association of Orthodontists Dr. Somchai Satravaha, APOS secretary general Dr. Tanan Jaruprakorn, APOS executive committee member and Dr. Bryce Lee, APOS executive committee member from the Association of Orthodontists Singapore (AOS) and Indian Orthodontic Society President Dr. N. K. Ahuja, President of the Taiwan Association of Orthodontists (TAO) Dr. Wei-Hung Hsu, TAO Secretary general Dr. Erh-Hui Tsai, TAO member Dr. William Choi, Ormco regional manager Mr. Bruce Arnold who was instrumental in bringing over our guest speaker for the day, Dr. Geoffrey Hall.

Dr. Hall of Australia gave a very extensive and enlightening lecture on various topics which covered: Treatment of severe malocclusion which require co-management with the restorative dentists, endodontists, periodontists & oral surgeons; the differential diagnosis of deepbite and associated worn dentition; management of worn/abraded teeth, excessive gingival display & the correction of black triangular spaces; management of patients with periodontal defects & poor crown-root ratio; management of peg-shaped lateral incisors; opening or closing of spaces for missing teeth; movement of teeth in all planes of space to achieve bone regeneration; the controversial issue of tooth transplantation. He also touched on various forms of Invisible Appliances i.e. lingual braces and invisalign. He likewise offered various tricks and techniques to treat patients efficiently using self-ligating brackets.

Dr. Benedict Wilmes from the University of Dusseldorf, Germany gave a very interesting lecture on day 2 about a novel approach in the use of implants –Benefit palatal implants (PSM Medical solutions) with interchangeable heads for anchorage and movement of teeth in all three dimensions. He demonstrated that with just one or two palatal implants, molar distalization and mesialization, rapid palatal expansion, intrusion, periodontal ligament distraction can be done simultaneously or singly with this system. Like other TAD’s systems, the Benefit palatal implants preclude too much dependence on patient compliance, reduces reliance on dentition for anchorage, lessens the risk of periodontal problems and increases the range of treatment possibilities. This anchorage system offers the following advantages: less extractions; no need for extra-oral appliances e.g. headgears; minimal labial brackets for specific treatment objectives e.g. space closure, pre-prosthetic intrusion and uprighting; and avoidance of surgery.
RED, HOT VOLCANO FELLOWSHIP NIGHT

On the evening of the first day, The Association of Philippine Orthodontists (APO) hosted cocktails at the 3rd floor veranda of the Tagaytay Highlands Country Club. In line with the theme “Red, Hot Volcano Night,” all attendees enthusiastically wore shades of red or orange.

Talented hosts Drs. Lallaine Gogna and Martin Reyes set the tone for the evening with a sizzling song and dance number aptly entitled, “Time of My Life.” This was followed by welcome remarks delivered by APOS ECM Dr. Crissie Santayana who spearheaded this entire evening’s program together with immediate past APO president Dr. Jose Rivera.

We welcomed once again the foreign guests who graced the party, which included Asian Pacific Orthodontic Society (APOS) President Dr. Loh Kai Woh, his wife Mrs. Lynden Loh, World Federation of Orthodontists (WFO) executive committee member and President of the Thailand Association of Orthodontists Dr. Somchai Satravaha, APOS secretary general Dr. Tanan Jaruprakorn, APOS executive committee member and Dr. Bryce Lee, APOS executive committee member from the Association of Orthodontists Singapore (AOS) and Indian Orthodontic Society President Dr. N. K. Ahuja, President of the Taiwan Association of Orthodontists (TAO) Dr. Wei-Hung Hsu, TAO secretary general Dr. Erh-Hui Tsai, TAO member and University of the East graduate Dr. William Choi, Australian orthodontist and APO congress speaker Dr. Geoffrey Hall, Ormco regional manager Mr. Bruce Arnold, German orthodontist and APO congress speaker Dr. Benedict Wilmes and his friend Dr. Annika Herget.

Graduate students from the University of the East Drs. Addy and Arjun eagerly volunteered to provide song numbers for the guests and received the enthusiastic applause of the crowd. Plaques of appreciation were then presented to Dr. Robert Tan and Dr. Crissie Santayana by Dr. Hsu for their untiring support of the Taiwan Association of Orthodontists.

The latter part of the party consisted of a “complete-the-song” game with back up music provided by the Pure Sound Band from the University of the Philippines Manila. Members of the audience were asked to participate by singing a few lines of the song in order to gain points. The game eventually turned into a talent showcase of orthodontists who attended the event to the delight of everyone. Impromptu song numbers by Drs. Carandang, Glenn Gonzalez, Rosanna Sanchez, Peter Sanvicente, APO president-elect Dr. Laarni Serraon and most especially APOS president Dr. Loh Kai Woh drew jubilant cheers from the crowd.

Door prizes such as dental and orthodontic materials, books, hotel accommodations in Boracay were raffled off to the attendees. Dr. William Choi of Taiwan generously donated the grand prize - free accommodations at a resort in Hawaii which was won by Dr. Jose Rivera. Indeed, no one came home empty-handed as each attendee was given a special souvenir - a personalized mug with his or her picture backdropped by the scenic view of Tagaytay. It was truly an enjoyable red, hot, explosive evening, thanks to the active participation and warm camaraderie of all the guests, members and friends of APO.
The Malaysian Association of Orthodontists held her 17th Annual Meeting at the Berjaya Times Square Hotel, Kuala Lumpur on 30th April 2011 to the 2nd May 2011 followed by a one day post conference on adult orthodontics on 3rd May 2011. The theme of this conference was “Interdisciplinary Orthodontics”. We had the pleasure of having three distinguished international speakers well renowned in the field of orthodontics. They were Professor Birte Melsen, Professor Paul M Thomas and Professor NR Krishnaswamy. The conference touched on the inter-disciplinary management of complicated orthodontic cases requiring in depth diagnostic assessments of patients with complicated skeletal and dental problems, combined surgical and orthodontic approach to treatment, the management of failed cases and the use of temporary orthodontic devices as adjunct to current orthodontic mechanics. The scientific programme was well received by the participants as the conference managed to attract about 240 participants in total. The conference was also graced by dignitaries and friends from the Asian Pacific Orthodontic belt and APOS. They were from Thailand, Taiwan, Singapore, Indonesia, India and Cambodia.

In conjunction with the 17th annual meeting, the MAO organised a Gala dinner on the 30th April 2011. This Gala dinner was organised with the aim of running a charity drive for the devastated victims of the horrific tsunami that devastated many from Sendai, Japan on 11th March 2011. The “Save Sendai 311” charity drive was brought to our attention by Professor Somchai Satravaha, President of ThAO and Executive of the WFO for Central and East Asia. Professor Somchai had informed us of the
charity drive for the people of Sendai. The person responsible for starting this drive was Professor Junji Suguwara from Japan. His cry for help came as an email circulated to all friends and colleagues over the world. The MAO collected about JPY 250,000.00 which was then handed over personally to Professor Junji at the 2011 1st annual conference of ThAO on the 11th July 2011. We wish the people of Sendai well for all their relief efforts towards regaining normality and peace of mind. Collectively, the 17th MAOISCTE was a huge success and we urge all of our readers and friends to keep an eye out for the 18th MAOISCTE which promises to be blast. The conference will be from 14th to 16th April 2012 at Kota Kinabalu, Sabah, Malaysia. For more information please visit our website at www.mao.org.my. We hope to see all of you there!
Delegates from 14 countries gathered in the beautiful garden city of Singapore from the 17-20th March 2011 to attend the Association of Orthodontics Singapore (AOS) Biennial Conference held in the Conrad Centennial Hotel.

The theme for the conference “Intelligent Orthodontics- The New Era” was helmed by Dr Thomas Mulligan as the plenary speaker who spoke on the topic “Common sense mechanics”. The extensive scientific programme included a pre conference one day hands on course on ‘trouble shooting’ wire bending conducted by Dr Eric Liou, as well as a two full day conference covering topics from multi disciplinary orthodontics, orthodontic mechanics and recent advances in the field of orthodontic research, delivered by invited speakers both local as well as international speakers from Australia, China and Japan. To keep the delegates further engaged, a post conference one day hands on workshop was organised by Invisalign. Dr Vicki Vlaskalic from Australia, shared on how Invisalign can be used to treat more complicated malocclusions to produce more predictable treatment outcomes.

To encourage young orthodontists to present their researches, a poster competition was also held, which drew a total of thirteen interesting entries. The winner was Dr Pete Foo, from the University of Adelaide, Australia.

The conference also drew participation from 11 international exhibitors with well attended booths displaying the latest oral hygiene products, clinical orthodontic equipments and materials, to even textbooks.

In addition, the Association of Singapore also hosted the Asia
Pacific Orthodontic Society (APOS) Executive Committee annual meeting, welcoming the Presidents and their respective committee members from 14 countries. Other than invigorating hours of discussion, the members were also hosted to a dinner gathering at The China Club, housed on the 52nd floor of Capital Towers, located in the Central Business part of Singapore. The delegates were not only treated to a sumptuous traditional Chinese haute cuisine, they were also captivated by a breathtaking 360 degrees spectacular sunset view across the city of Singapore. Though it may have been only a short four day period, new friendships were born and old ones rekindled. The Association of Singapore would like to take this opportunity to thank all delegates who had made this conference a huge success, and we promise to make the next meeting in 2013 a more enriching conference for all.
APOS FACE TO FACE meeting, Singapore
I never believed my Orthodontist when he told mouth breathing can be dangerous!
PASTA POMODORINI

Ingredients:
3/4 pound spaghetti or thin spaghetti
1/4 cup extra-virgin olive oil, plus more for drizzling
1/4 cup sliced garlic
1/2 teaspoon finely minced Calabrian chilies, or 1/4 teaspoon red pepper flakes
1 pint small cherry tomatoes, stems removed, crushed between your thumb and forefinger
Sea salt, preferably gray salt
1/2 cup fresh basil leaves, each torn into 2 or 3 pieces
Wedge of Parmesan cheese

Directions:
Bring a large pot of salted water to a boil over high heat. Add the pasta.
While the pasta cooks, heat the 1/4 cup olive oil in a large skillet over moderate heat. Add the garlic and cook until the slivers are golden brown and crisp, then add the chilies and cook for about 30 seconds. Raise the heat to high and add the tomatoes. Simmer briskly to soften the tomatoes and thicken the juices, about 3 minutes. Season with salt. When the pasta is al dente, scoop out about 1/2 cup of the pasta cooking water, then drain the pasta. Return the pasta to the warm pot off the heat. Add the sauce and the basil and mix well. Add some of the reserved cooking water if the pasta seems dry. Transfer to a warmed serving bowl and grate Parmesan over the top to taste. Drizzle with a little more olive oil. Serve immediately.

Makes 4 servings.

PUMPKIN CHOCOLATE-CHIP SOFTIES

Mmmm - nutmeg, cinnamon and ginger - enjoy the fragrance of Thanksgiving cooking without all the fuss. These cookies combine the moisture of pumpkin purée and the fun of chocolate chips. They’re even softer the second day (if you can wait that long), after they’ve been placed in a tightly-sealed container.

Ingredients:
1 1/3 cups all-purpose flour
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
1 teaspoon cinnamon
½ teaspoon ground ginger
½ teaspoon nutmeg
1 (15-ounce) can plain pumpkin purée
¾ cup light brown sugar, packed
2 eggs
½ cup vegetable oil
2 Tablespoons molasses
1 Tablespoon milk
1 (12-ounce) bag chocolate chips

Directions:
Preheat oven to 350 degrees. Bake for 25 minutes.
In a medium-sized mixing bowl, stir together the flour, baking powder, baking soda, salt, cinnamon, ginger and nutmeg. In a large mixing bowl, with a mixer or whisk, combine the pumpkin, brown sugar, eggs, oil, molasses and milk. Add the flour mixture slowly into the pumpkin mixture until well combined. Stir in the chocolate chips. The dough is very soft. Drop by heaping Tablespoons onto greased cookie sheets, 12 cookies to a pan. Bake at 350 degrees for 25 minutes. Makes 36 - 40 cookies. Store in a covered container between sheets of waxed paper.
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- Opening Ceremonies entertainment — Doobie Brothers at the Waikiki Shell amphitheatre
- Excellence in Orthodontics Awards Ceremony address by Captain Chesley “Sully” Sullenberger III, Flight 1549 “Miracle on the Hudson” pilot
- Much-anticipated lectures by named speakers:
  - The John Valentine Mershon Lecture by Dr. Tom Mulligan
  - The Jacob A. Salzmann Lecture by Dr. Sheldon Baumrind
  - The Edward H. Angle Lecture by Dr. Don Joondeph
- Beach Party Gala entertainment — The Zippers (80’s Cover band)
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www.46ioc.com

1st PAO Conference,
September 23-25, 2011
www.paoconference.com

3rd WIOC and 7th ASIO National Congress
Oct 6-8, 2011
Verona, Italy
www.wioc2011.it

JOS 4th International Congress & 70th Annual meeting
Oct 17-20, 2011
Nagoya, Japan
www.ios.gr.jp

Korean Association of Orthodontists
Annual Scientific Congress
Nov 3-5, 2011
Seoul, Korea
www.kao.or.kr

Thai Association of Orthodontists Biannual Conference
Nov 9-11
Bangkok, Thailand
www.thaiortho.org

Taiwan Association of Orthodontists 23rd Annual Meeting
Dec 9-11, 2011
Taiwan
www.tao.org.tw

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APOS members are invited to send in dates &
details of their Annual Conferences /
Conventions / Scientific Programmes to be
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