



AORTA

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WEB SITE: WWW.AOTORONTO.ORG

ALPHA OMEGA TORONTO CHAPTER

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2023 FAMILY PICNIC AT THE TORONTO ZOO

SUNDAY, JUNE 4TH, 2023 - 10:00 A.M - 3:00 P.M



Annual Business Meeting

Wednesday, May 17th, 2023

Bistro Grande



AN AO "CHALLAH-DAY" • CONVENTION IS NEAR • MOULDY MARY • ...1000 WORDS

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TAMMY'S TABLE TALK



It's that time again.....

I can't believe this is already the fourth edition of the AORTA and that I am already well into the second half of my presidency! As they say, time flies when you are having fun and serving with this incredible group of Line Officers and our Advisor to the line has certainly made for a lot of laughs and good times so far.

We have had a very fast paced start with our programming in 2023 starting out the new year with an incredible webinar entitled "Exposing Antisemitism: Online Research in the Fight Against Jew Hatred". Anthony Housefather, MP and Mark Goldberg did not disappoint as key note speakers and Rabbi Grover did an excellent job moderating this very interesting topic. We had a great turnout and the feedback has been amazing. Please make sure to mark your calendars and keep your eyes open for the upcoming flyer for the Advocacy committee's next webinar scheduled for Monday March 27th. Inspector Paul Rinkoff of the Toronto Police and Tal Toubiana, UJA's Director of Community Security, will be our key note speakers who will talk to us about the rise in antisemitism and the response from our community security.

We also had a very successful evening of continuing education with Dr. Allen Aptekar on January 24th. He spoke to us about "Present Trends and Techniques in Guided Bone Regeneration". This was an excellent

night of learning and engagement with fellow fraters. We then turned out attention to our annual Challah Bake, which was able to finally be held in person, on February 2nd at the Yorkville Jewish Centre. This special evening was led by Nechama Dubrawsky and being all together put a special twist to our challah baking this year!

We immediately moved on to our Winter Seminar and Charitable Draw on February 3rd which was very well attended. Dr. Siavash Hassanpour and, our very own, Dr. Ryan Schure provided us with an incredible day of learning. They discussed the classification and diagnosis of periodontal and peri-implant diseases as well as the non-surgical management of these diseases. We are excited to announce that ALL but one ticket for the charitable draw was sold this year!! There was an amazing line up of prizes that were won and 100% of the proceeds from the charitable draw will be donated to charitable organizations through our Board of Trustees Committee.

On February 4th, some of our line officers got to attend the Pi Chapter Formal that was held at CIBO Wine and Bar. It was a fun filled evening with delicious food, amazing drinks, and even better company!

Our annual Europe Ski Trip took place in Lyon France from February 3rd-February 12th and was a sold-out event! All who attended had a blast skiing at Les Arcs Panorama and I have no doubt this will be another sold-out event next year too.

On February 11th, we had our winter social event which was held at Par-tee Putt Golf Club in downtown Toronto and all who attended had a hole lotta fun!

Look at all the things we have already done and 2023 has just begun!! This is a great time to encourage people to join our wonderful organization by reminding them of all we have to offer – both academically and socially. Let's be honest, we all know friends, colleagues, associates or even young graduates who may not belong to our Alpha Omega family and with Convention being held in Toronto this year, now would be the

Continue page 5

AORTA



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of Alpha Omega**

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Next Executive Meeting

Thursday, April 27, 2023

Next AORTA Deadline (May)

Monday, April 3, 2023

Notable Achievements

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

Benevolence

Please call Lorne Chapnick regarding illnesses or deaths of fraters.

Email: lorne.chapnick@utoronto.ca

Home: (416) 782-1521

Associate Placement

Fraters who are interested in having an associate join their practice or who are interested in associating with another dentist (full or part-time) contact Philip Novack

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Fax: (416) 224-1282

The opinions as expressed by the editors and columnists of the AORTA do not necessarily reflect the views of Toronto Alumni Chapter and/or its executive. All correspondence should be sent to the editor at barryreinblatt@sympatico.ca

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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



As I am sitting down to write this, there is about a foot or so of snow outside my window and winter seems like it will never leave. However, it is March and, more importantly, spring training has begun for the Blue Jays, so I know spring is on the way.

AO Toronto is also heading into spring which brings about the end of the programming

year. However, a lot of programs have already occurred and you can read about some of them in this issue. These include the Challah Bake, the Winter Social Paint Night, and the Pi Chapter Formal. There is of course information inside about the upcoming International Convention at the Westin Harbour Castle as well as the Annual Picnic, this year at the Toronto Zoo.

As always, we have a very interesting article from Stan Kogon as well as Barry Korzen's ...1000 Words. Please enjoy this issue of the AORTA and feel free to send your own articles, feedback, or comments to me at barryreinblatt@sympatico.ca.

Barry Reinblatt

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TAMMY'S TABLE TALK (Continued)

perfect time to remind these people of all the reasons there is to join our incredible chapter! Convention is being held June 21-26th and is shaping up to be a convention that no one will soon forget!! While it often feels easier to not say anything to people about joining Alpha Omega in fear of pushback or disinterest, it is vital that every member take an active role in helping remind people of who we are and what we stand for. Let's be honest, who better to speak to what we do, what we stand for, and what we have to offer than our very own members – the answer is no one! Don't stand idly by, instead take an active role and be an advocate for our amazing organization to help our Alpha Omega family grow!

In the upcoming months, there will be no slowing down with our programming. We have an action-packed calendar of events to offer you. There are two more incredible evening CE programs planned with Dr. Ross Linker and Ahuva Magder, registered dietician who will speak to us about maintaining a healthy work-life balance. Remember that CPR certifications now need to be renewed annually, so don't forget to sign up for our First Aid and CPR training being held on Monday March 20th at Adath Israel. Our annual business meeting will be held on Wednesday May 17th - be sure to bookmark

your calendars. We also have our exciting Spring Social Family Picnic that will be held at the Toronto Zoo this year on Sunday June 4th – an event that you will not want to miss!! On June 7th, we will have our Speaker Series featuring Drs. Young and Dolphin who will be speaking about Women's Mental Health. We hope to see amazing turnouts to all of these events.

As dentists, we all tend to be perfectionists and spend a lot of our time managing issues for others – whether that is patients, staff, family, or friends. We often have little time left for ourselves, so I want to take a minute to remind you all of some very important things you may want to consider as we start our next journey around the sun:

- Remember to take a minute to breath deeply.....this simple act can change the trajectory of your day
- Be kind to yourself – take the time to figure out what brings you true joy and then make sure you put aside time to do that. Your mental and emotional health is as important as your physical health
- Walk your own path – don't let others dictate the way you live your life

- You don't need perfection to take action in your life – it is far better to swing and miss than it is never try at all
- Appreciate the journey – it is far too easy to get caught up in worrying about the future and when this happens, we often do not take the time to enjoy the present
- Make every moment count – life goes by faster than we think, so eat dessert first and live your life to its full extent everyday

It doesn't matter how old you are or where you are in life, it is often the small steps, not the giant leaps that bring about the most lasting change.

Fraternally yours,

Tammy Herzog



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AN AO “CHALLAH-DAY”

On Thursday, February 2nd, 22 members of Alpha Omega gathered in person to participate in the third annual Alpha Omega Challah Bake. After two years of running the program virtually over ZOOM, the AO Challah Bake of 2023 was an especially memorable evening. Rebettzin Nechama Dubrawsky of the Yorkville Jewish Centre was once again the phenomenal hostess of the program. She prepared the welcoming YJC event space at 94 Avenue Road with a long table dressed in colourful challah making stations complete with mixing bowls, pre-measured ingredients and laminated recipes for each participant to take home. While everyone indulged in a spread of delicious snacks and beverages, Nechama explained the mitzvah of challah making. She described how the act of making challah not only provides physical nourishment but also enriches us spiritually with the blessings that we pray for

while mixing, punching, kneading, folding and braiding our challah dough. There are seven basic ingredients in a challah recipe; water, yeast, sugar, eggs, oil, flour, and salt. Each ingredient has a symbolic meaning associated with it and all seven ingredients combine to create a unified, single dough. Thus, the making of challah symbolizes the oneness of the Jewish people.

The mitzvah of separating challah, “hafrashat challah,” is explained in the Torah as the biblical obligation of a woman who makes a challah dough from 5lbs of flour or more to tear off a piece of her dough and burn it as an offering to G-d. To perform this mitzvah, we each tore a piece of our challah to form a combined ball of AO challah dough for Nechama to burn on our behalf before Shabbat the next day.

The program continued with a demonstration of how to shape our challah dough into its distinctive braid of 3, 4 or 6 strands. In its most common shape, the braided strands form 12 “humps,” which are said to represent the 12 tribes of Israel. Once braided, we washed our challot with egg yolk and decorated them with a variety of toppings including streusel, chocolate chips, fried onions and “everything but the bagel” spice. Each of us went home with two loaves of braided challah to bake, empowering us to usher in Shabbat with the delicious aroma of freshly baked challah and the spirit of Alpha Omega!

Written By: Lani Kraus, President-Elect



A SLICE OF PI

AO PI CHAPTER

FORMAL 2022-23

On February 4th, 2023, Alpha Omega students at the University of Toronto traded in their scrubs for their best business casual attire at the annual AO Pi Chapter formal. The event took place at CIBO Wine bar and involved a wonderful cocktail hour, dinner and open bar that carried on for much of the evening. We were pleased to welcome both new and old faces, including dental students from Western University's Schulich School of Medicine & Dentistry and former U of T dental alumni. Altogether, the event welcomed over 60 guests who came to celebrate an amazing year together in AO.

Throughout 2022 and 2023, the AO Pi Chapter has organized numerous initiatives for dental students including insurance talks, grad panels, specialty discussions, merch, and tooth bank distributions. In addition, AO has also hosted around 10 mock exams for courses including 1st year gross anatomy, 2nd year CCP and 3rd year medicine & pathology. The 4th year students enjoyed a new partnership with Bootcamp, offering AO members an exclusive discount on their board preparation materials as well as a suture seminar held by Dr. Victor Moncarz.

There was excitement in the air of our AO formal as guests purchased tickets and tried their luck in the raffle by placing their tickets in their prize jar of choice. Guests at the AO formal had the opportunity to win raffle prizes worth a cumulative \$1,500. Prizes included Amazon, UberEATS, and Lululemon gift cards; massage vouchers, Apple AirPods,

Nintendo Switches, and a special mystery prize. Proceeds from the raffle went to the Access to Care Program which provides financial assistance to patients seeking treatment at the U of T Dental clinics.

While sipping on tasteful cocktails, guests enjoyed a delicious assortment of appetizers including signature pizzas and polenta fries. Guests also sampled various entrees such as mushroom risotto, pollo parmigiana and enjoyed an elaborate dessert platter with special chef selections. The highlight of the night was the announcement of the raffle prize winners and distribution of the prizes. Congratulations to all selected winners!

This wonderful night at CIBO wine bar was made possible in part by our event sponsors. We would like to thank our platinum sponsor, Henry Schein and our other four sponsors, Millennial Financial Group, MNP, Kutner Law and Dental Corp for their support of the event. Another big thank-you goes out to all attendees of our event. We hope that everyone attending had an enjoyable experience. Finally, we would like to thank the organizers of the event, the formal committee members (Adam Tepperman, Alex Khozin, and Rebecca Allen) and the AO president, Willie Cygelfarb. We look forward to seeing everyone at the next AO formal and can't wait for another incredible year with Alpha Omega.

Written by Sharon Yoon, 2T4 and Willie Cygelfarb, 2T3



UPCOMING EVENTS

EVENING CONTINUING EDUCATION SEMINAR

Monday, May 1, 2023
Adath Israel Synagogue
37 Southbourne Avenue

SUNDAY MORNING BREAKFAST AND SPEAKER

Sunday, May 7, 2023
Adath Israel Synagogue
37 Southbourne Avenue

ANNUAL BUSINESS MEETING

Wednesday, May 17, 2023
Bistro Grande
1000 Eglinton Avenue West

ANNUAL FAMILY PICNIC

Sunday, June 4, 2023,
10:00am - 3:00pm.
The Toronto Zoo

AO REVIVAL SPEAKER SERIES

Wednesday, June 7, 2023
Drs. Young and Dolphin - Women's Mental Health
Adath Israel Synagogue
37 Southbourne Avenue

AO INTERNATIONAL CONVENTION

Wednesday, June 21 -
Monday, June 26, 2023
The Westin Harbour Castle Hotel
1 Harbour Square, Toronto

Just A Reminder...

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...1000 WORDS

The Sydney Harbour Bridge spans Sydney from the central business district to the North Shore. The bridge as well as the Sydney Opera House are widely regarded as iconic images of Sydney, and of Australia itself. There are two ways pedestrians can cross the bridge. One at road level and the second, the famous "Bridge Walk" to the summit. It takes three and a half hours, 1,332 steps of steely determination and past four ladders before the top is reached but the panoramic view from the summit, 134 meters above the Sydney Harbour, is breathtaking. Take a close look at the Australian flags flying at the summit. There are a few hardy people huddled at the top of the bridge. Now they have to get down!



ALPHA OMEGA TORONTO CHAPTER

2023

FAMILY PICNIC

AT THE TORONTO ZOO

**FREE FOR ALL AO
MEMBERS, SPOUSES
AND THEIR OWN
CHILDREN OR
GRANDCHILDREN (<18)**

**ADULT GUESTS \$30
SENIOR GUESTS \$25
CHILD GUESTS \$20**

**SUNDAY
JUNE 4**

10:00 AM - 3:00 PM

Kosher Cheese Pizza will be served at 12:00 PM.

Please bring snacks, more food, and drinks for your family!
AO members, children, grandchildren and guests welcome!
There will be a registration desk at the entrance to welcome our
AO Families and Friends. Includes ZOO admission, Zoomobile
tickets and a private animal encounter for our group.

We will be gathering at the Wildlife Marquee which is reserved for our group for the day. We will have a scavenger hunt, games, and schmoozing with AO friends and family. Enjoy the day with your family at our amazing Toronto Zoo!

REGISTRATION INFORMATION COMING SOON!

CONVENTION IS NEAR



Start planning for Convention!

Our Welcome dinner Wednesday evening will feature Canadian Entertainer of the year, magician and mentalist Mike D'Urzo. Mike will mesmerize you with walk around table magic as you mix, mingle and welcome our out of town guests.

Following breakfast Thursday morning, Dr David Chvartzaid, Chief of Dentistry at our AO Dental Clinic at Baycrest will present a CE programme dealing with Dental Care for the Frail and Elderly and include a virtual tour of our clinic. For our spouses, Dr Nicole Anderson, Associate Scientific Director, Kimel Family Centre for Brain Health and Wellness will present Brain Health and Aging, and how you can reduce your risk of dementia.

Have lunch and spend the afternoon at the Island Yacht Club. Swim, tennis, pickle ball, kayaking and sailing with our AO sailors will fill your afternoon.

Thursday evening enjoy our Foundation Dinner and Dance Harbour Cruise. Experience the best views of the Toronto skyline while

you have a blast on the Obsession111. Spend the evening at the Westin Harbour Castle Hotel and be ready for Friday programming which includes a keynote presentation given by UJA Senior Vice President Stephen Farber Countering Antisemitism and Hate, prior to the first business meeting where you will be part of our planning for the future. Our room rate of \$229 is the best deal in the city, and our limited room block is filling up. In fact, spend the evening in the hotel Wednesday evening as well and enjoy our evening Hospitality Suites before you retire. Why travel home at all? Immerse yourself and your family. Stay all weekend.

There is lots more. Shabbat at Beth Tzedec, a day trip to Niagara Falls, a Blue Jay game, a Power Hour CE programme presented by Dr Aviv Ouanounou, a walking tour of Jewish Toronto, our traditional Chapter Sunday Brunch and of course our Awards Gala, when Dr George Zarb will receive the prestigious Alpha Omega Achievement Medal, our highest recognition. Dr Zarb has affected virtually all of us, either directly or indirectly. Be there, and show your appreciation and respect at this deserved presentation to this deserved gentleman and friend.

Also, part of Convention, will be an Undergrad/Young Alumni Leadership Programme. There will be social and learning opportunities in addition to our regular programme tailored for your specific needs. You are our future and we need you as much as you need Alpha Omega.

A big thank you to our sponsors whom without your generous help, this extensive programme would not be possible.

Visit our Convention Website and join our Toronto Alpha Omega Convention Facebook page too. Keep abreast of late developments and see who is coming. Invite your friends!

This opportunity, to experience Convention in your own city will not happen for another long time.

Our Committee is excited. Register today!

Be Part of the Cheer

www.aotorontoconvention.com



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CONTRIBUTORS



MOULDY MARY



I was rummaging through a collection of oddities when I came upon this item.

In Aug. 2021, Governor JB Pritzker of the State of Illinois, signed into legislation a bill which designated *penicillium rubens* NRRL 1951, as the official state microbe.

Naming a distinctive flower, bird, mammal, or rock as a provincial symbol is not new. The beaver, *Castor canadensis*, our industrious rodent of creeks and ponds, is the national symbol of Canada and has upheld its position on the reverse side of our nickel since 1937. Ontario's flower is the white trillium, bird- the common loon, tree- the eastern white pine and mineral- the amethyst. Many provinces have included a mammal as well as a fish as one of their provincial symbols. The State of Illinois, apart from a microbe, has a state amphibian, a state dance, a state insect, and I kid you not, a state snack food- popcorn. Two questions come immediately to mind. Why *Penicillium rubens* and why Illinois? It didn't take much research to reveal a fascinating story.

In the late 18th century, microbiologists became aware that some bacteria growing in petri dishes didn't fare well when exposed to a variety of moulds. The mechanism and specificity of the interaction were unknown. In early Sept. 1928, Alexander Fleming, a Scottish microbiologist, returning to his lab at St. Mary's Hospital in London UK, after a vacation, noticed that a culture of *Staphylococcus aureus* which had previously

been open to the air was killed by a mould. The story is told that the petri dishes were set out on his open lab window-sill. By serendipity, the penicillium mould found its way to his bacterial culture and the world of medicine was forever changed. Well, as it turns out, Fleming never opened his lab windows. The sills were too cluttered. However, scientists working on another floor were growing penicillium moulds and the spores easily passed through the air-ducts and open hallways and settled on Fleming's cultures. Before the end of the month, Fleming had repeated the experiment and showed that *Penicillium notatum* inhibited the growth of *Staphylococcus aureus*. He published his results in the British Journal of Experimental Pathology, Vol 10, 1929. Some years later, Fleming was asked about his feelings when he had a chance to think about what he found. He said "When I woke up just after dawn on September 28, 1928, I certainly didn't plan to revolutionize all medicine by discovering the world's first antibiotic, or bacteria killer. But I suppose that was exactly what I did.

The road from an observation on a petri dish to mass production of an effective antibiotic was full of hurdles. It required a knowledge of chemistry beyond Fleming's skill. The fungus specie needed identification and a detailed understanding of its growth preferences had to be uncovered. The 'mould juice', later named by Fleming 'penicillin', had to be purified and the active component identified. The scientists had only minute quantities to experiment with as developing systems to grow the mould in large quantities was daunting. Attempts to treat individuals with the crude antibiotic were inconsistent as there was no understanding yet of susceptible bacterial types, dosing, and duration of treatment. For the next ten years, penicillin research and the attempt to identify the active component did not draw much attention. It was not until 1939, when the team of Chain, Florey, Heatly, Abraham, Jennings, and others with the help of a Rockefeller grant, working in the Pathology Department at the University of Oxford, cooperatively converted the crude brown powder into an effective drug. By 1941, they had purified and concentrated the

compound and had worked out its chemical formula. More importantly they proved the effectiveness of the purified concentrate both *in vitro* and *in vivo*. The major snag was that they could not produce the drug in large quantities.

In the midst of the war, the Oxford scientists were unable to convince the UK government to invest in mass production of a new drug. In June 1941, they decided to try both the US government and pharmaceutical companies. Early in July, agents for the National Research Council and US Department of Agriculture, suggested that they approach the Northern Regional Research Laboratory (NRRL) in Peoria Illinois, which had experience in large scale fermentation. It was apparent that the Americans saw the potential of an effective antibiotic, both for domestic and military use, and immediately began working with the mould brought to them by Florey and Heatley. However, the Fleming mould was just not efficient enough to produce penicillin in an industrial application and the search was on to find a more robust specie. The lab tried hundreds of moulds from soil and foods from around the world, but as it turned out the best fungus (*Penicillium chrysogenum*) was found on a cantaloupe sourced from a Peoria fruit market. Early work with this strain increased productivity 200% and after X-ray exposure to enhance mutations, efficiency was increased more than 1000%. Realizing that this drug would make a dramatic difference to the war effort and mankind, production was quickly ramped up and the manufacture of penicillin took on industrial proportions. Until penicillin was made synthetically, all penicillin variants were derived from *Penicillin chrysogenum*.

Who found the cantaloupe that yielded the mould, which not only played a significant role in the war, but saved and continues to save the lives of millions of humans and animals? Wikipedia suggests that a housewife from the community brought the mouldy cantaloupe to the lab. However, there appears to be another story. Mary Hunt (Stevens) was an employee of NRRL. She was born in 1910 in Eastern Europe, emigrated with her family to the US in 1913 and settled in Chicago. In interviews, Mary claimed she attended the University of Chicago and

University of Illinois Medical School where she studied public health and bacteriology. At that time there were less than 150 female bacteriologists in the US. Her technical work in the field of mould strain identification was recognized in a paper, 'Natural Variation and Penicillin Production in *Penicillium notatum* and Allied Species, published in the Journal of Bacteriology, 1944, and authored by her NRRL supervisors. It included these comments, "We are likewise indebted to Miss Mary Hunt for collecting samples of moldy material and for assisting in the isolation and preliminary testing of many strains." One of the authors was Robert D. Coghill, who for unknown reasons thirty years later, publicly dismissed Mary Hunt's contribution. Chris Farris, a Peorian librarian, who published a short biopic of Mary Hunt, noted that Mary died in 1991 and her death certificate listed her occupation as a naturopathic physician, and that she did not have any education beyond grade 12. To add to the mystery, Farris notes that a Mr. Scoutaris, owner of a fruit and vegetable shop in Peoria, remembers that Mary Hunt would search through the produce and ask him to set aside mouldy fruit. This was corroborated by other shoppers who mistakenly thought she was just a frugal housewife selecting the best produce. Several years later, Mary informed Mr. Scoutaris that a cantaloupe he provided was the source of the mould which eventually produced commercial penicillin.

So was Mary Hunt, Mouldy Mary? I think she was. The historic 1944 paper, written by her supervisors, gives testament to her work. Why they would misrepresent her technical input is hard to understand. The fact she scoured the markets of Peoria seems to have been well known. If Mary didn't find the mouldy cantaloupe, the mystery messenger has never been revealed. One would think that anyone who took part in finding the mould, which produced one of the greatest drugs of the 20th century, might have come forward. I might add, and this is just speculation, that at the turn of the century until the late 1900's, science was a man's game. Of course, there were some remarkable female scientists, but the control of labs and grants were in the hands of men. A photograph of a NRRL supervisors meeting

in 1944, shows more than two dozen men around a table with just one woman, seated in a back row against the wall. Perhaps in an effort to downplay the contribution of a female technician who discovered the significant strain, they designated the finder 'Mouldy Mary' in what seems to have been an off-hand gesture of recognition.

It is hard to ignore serendipity, but surely one cannot imagine a spore settling on a petri dish and a bacteriologist lab tech finding a cantaloupe, as planned events. Thankfully, both occurred, and the age of antibiotics began. The world was forever changed.

Ode to Mouldy Mary

(Forgive the spelling)

*Mary Hunt was a bright-eyed lass,
who strode the streets of Peoria.
She checked the bins for fruit and veg
long past their best before*

*One day she found a cantaloupe
all green with fuzz and goop
Back to the lab she took the thing
to have a better snoop*

*To the surprize of all,
the fungus grew
with vigour and great intention.
The science guys had what they needed
to test their new invention.*

*It wasn't long, with trial and error
and a lot of mixin and stirrin
They produced the stuff,
we know today, as the wonder drug
penicillin.*

SK

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Stan Kogon



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