

# 3126

**A guide to Community living**

**SPRING 2021**

**ACTIVITIES**

**EVENTS**

**COURSES**

**OUR LOCALS**

# 3126

## About the magazine

**3126** is an independent community magazine produced quarterly by a small team of local volunteers, supported by Canterbury Neighbourhood Centre (CNC).

The editorial team welcomes feature article ideas and suggestions, as well as more volunteers to assist with the publication.

The magazine is loyally distributed by a group of volunteers co-ordinated through the Canterbury Community Action Group (CCAG) [www.ccag.net.au](http://www.ccag.net.au)

## 3126 MAGAZINE

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**Cover image:** Toni Prime

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Spring is the season of renewal and growth.

The impact of lockdowns has brought an exhaustion that may linger for some time to come. Now more than ever turning our attention to our personal wellbeing and learning to nurture ourselves matters. With extra time at home and some warmth back in the sun, it's a great time to take care of you.

**Community connection is important to wellbeing also, so check in with your friends, family, and neighbours to see how they are doing.**

3126 has some great articles in this edition to inspire you to get moving, get out into the garden, and get some good food on your plate. We have a silver linings story of one family's lockdown experience, along with a little history. And **Canterbury Neighbourhood Centre continues to offer classes online, with our yoga and Pilates classes supporting both the mind and body, and our language and literature classes stimulating the brain.**



# Canterbury Neighbourhood Centre local short courses & activities

## The Arts

### **Nature in art**

Renowned botanical artist Terry Napier will guide you through watercolour techniques to illustrate the botanical world.

Monday 9.30am – 12pm OR

12.30pm – 3pm

Starts 11 October (8wks) \$225

### **Watercolour (beginners to advanced)**

Explore a range of mediums and techniques in this small class with our experienced and talented artist Deb Mawdsley.

Tuesday 9.30am – 11.30am OR

12.30pm – 2.30pm

Starts 5 October (8wks) \$230

### **Upholstery and soft furnishing**

Reinvigorate that tired piece of furniture or create a new cushion and accessories. Our professional upholsterer will guide you through the basics and give you the skills and confidence to tackle a range of projects. Suitable for all levels.

Tuesday 9.45am – 12.15pm OR

12.45pm – 3.15pm

Starts 5 October (9wks) \$275

Wednesday 9.45am – 12pm OR

12.15pm – 2.30pm

Starts 6 October (9wks) \$250 OR

Wednesday 6.45pm – 8.45pm

(via Zoom)

Starts 6 October (9wks) \$230

## Children

### Structured playgroup

Facilitated by an early childhood educator, toddlers and pre-schoolers learn new skills through play, games, stories and music. Parents, grandparents or carers are encouraged to join in. Children under 12 months free. Monday OR Tuesday 9.30am – 11.30am Starts 4 October OR 5 October (9wks) \$144

## Social

### Mahjong

A classic game of strategy and skill. New players welcome. Friday 10am – 12pm Starts 8 October

## Wellbeing

### Buff bones for osteoporosis\*

A Pilates-based full body workout for bone strengthening and balance, integrated with strength training and functional and rehabilitative exercises. Monday 9.30am – 10.30am Starts 4 October (9wks) \$158 Thursday 9.30am – 10.30am OR 10.45am – 11.45am Starts 7 October (10wks) \$175

### Tai Chi

Gentle integrated mind and body exercise with a focus on control of movements and breathing for overall wellbeing. Monday 1.15pm – 2.15pm OR 2.30pm – 3.30pm OR 3.45pm – 4.45pm Starts 4 October (9wks) \$158



## Wellbeing continued

### **Walking groups**

Get fit and make friends. Enjoy a walk through the streets and gardens of Canterbury, ending with a coffee at one of our local cafes.

Thursday 9.45am – 10.30am (fast pace)

OR 9.30am – 10.30am (gentle pace)

Starts 7 October (ongoing).

Free for CNC members

### **Yoga (beginners to experienced)\***

Hatha yoga uses stretching techniques to release tension, increase flexibility and create a sense of calm.

Tuesday 9.15am – 10.15am OR

10.30am – 11.30am

Starts 5 October (9wks) \$158

### **Yoga (gentle)**

A lighter version of traditional Hatha yoga ideal for anyone recovering from injury or looking for a slower paced yoga program.

Wednesday 10am – 11am

Starts 6 October (10wks) \$175

### **Yoga – chair based**

Strengthen and stretch your body while being comfortably supported by a chair.

This Hatha-based yoga class includes breath work, short meditations and seated relaxations. Suited to low mobility.

Monday 12pm – 1pm

Starts 4 October (9wks) \$158

## Language

### **French intermediate (2+ years' experience)\***

Tuesday 1pm – 3pm

Starts 5 October (9wks) \$210

### **French intermediate (3+ years' experience)\***

Monday 1pm – 3pm

Starts 4 October (9wks) \$210

### **French advanced (4+ years' experience)\***

Monday 10.30am – 12.30pm

Starts 4 October (9wks) \$210

### **Italian beginners (6 months experience)\***

Thursday 9.30pm – 11.30pm

Starts 7 October (9wks) \$210

### **Italian beginners/intermediate (2 years' experience)\***

Wednesday 3pm – 5pm

Starts 6 October (9wks) \$210

### **Italian intermediate/advanced (3 years+ experience)\***

Wednesday 12.30pm – 2.30pm

Starts 6 October (9wks) \$210

### **Italian advanced (via Zoom)**

Thursday 12pm – 2pm

Starts 7 October (9wks) \$210

### **Italian advanced – Language & Conversation (6 years+ experience)\***

Wednesday 9.30am – 11.30am

Starts 6 October (9wks) \$210

*Classes are delivered face-to-face unless specified as online. Classes marked with \* will shift to online mode via Zoom in the event of a Melbourne lockdown.*



## The Written Word

### **Writing life (ongoing)\***

Structured lessons to guide you in capturing and sharing your valuable memories and anecdotes from your life and family history.

Tuesday 10am – 12pm

Starts 5 October (9wks) \$210

### **The Written Word with Sue Braint (via Zoom)**

A history of words. Every word carries a history. Join us for a fascinating journey into the world of words.

Tuesday 10am – 11.30am

Starts 9 November (4wks) \$93

### **Book circles – Maling Rd**

Meet at a local coffee shop for lively discussions on books, films, community activities and events. Book circles with a real difference! Call CNC for further details. 2nd Tuesday of the month 10am – 12pm

### **To find out what's on at Canterbury Neighbourhood Centre**

#### **Visit our website:**

[www.canterburynh.org.au](http://www.canterburynh.org.au)

**Call us:** 9830 4214

#### **Send us an email:**

[office@canterburynh.org.au](mailto:office@canterburynh.org.au)

**Follow us:** [facebook.com/canterburynh](https://facebook.com/canterburynh)



**Canterbury  
Neighbourhood  
Centre**

### **Have you heard about the new Canterbury Precinct?**

*From 2022 workshops, courses and events will be held in our beautiful new home in Canterbury Gardens. Join our email list ([www.canterburynh.org.au](http://www.canterburynh.org.au)) to receive updates via email.*

# Silver linings in lockdown

**Toni Prime**

Toni Prime knows a little about the work-family juggle during lockdown. A graphic designer and photographer, Toni lives in Kew with her husband Simon and their four children: Brae (12), Jy (10), Quade (8) and Ivy (6), as well as two chickens, Bobbie and Waffles.



Managing remote learning with four children has been a challenge, but one that has brought some unexpected benefits. 'The older two self-manage their day and they are pretty comfortable getting all their work done and submitted with very little help,' says Toni, noting that they have learnt a great life skill through this independence. The younger two children require a little more guidance, but once she explains the task, they are usually happy to complete it on their own.

Toni and Simon have tried hard to keep their own frustrations in check: 'We don't focus on when lockdown will end, we just have the mindset that we take each day

at a time not looking too far ahead. Kids read your mood and reflect that so we try to keep enjoying the small tasks and not looking at what we are all missing.'

Some of their favourite activities have been making gifts for upcoming birthdays, designing Book Week costumes, baking a slice and leaving it on the neighbour's doorstep, and making postcards to send to friends.

With the kids' team sports on hold, Toni has found that it has been the little things that have brought the most joy over the past year. 'Our big project in the first lockdown was our pet chickens. We made a brooding box for inside while



they were tiny, and learnt about how to care for them at each growing stage. We bought a chicken coop which we painted and built, and watched them grow. They are very much loved and it's the kids' responsibility to put them away each night and open their coop first thing in the morning. They have brought a lot of love and entertainment.' The family has also enjoyed long walks along Glass Creek climbing rocks, looking for creatures and exploring the banks.

Lockdown has also brought new weekly activities, including Saturday morning baking sessions with their grandparents, who live in country Victoria. The whole family have enjoyed these online catch-ups, and often other family members and



it has been the little things that have brought the most joy... I will also remember it as a time that we got to slow down a little too.'

cousins will pop into the Zoom call just to say hi.

When asked what advice they would give to other families, Toni suggests letting go helps:

'Get messy and do craft, cooking and puzzles. Kids love it and no one's coming over to visit so it doesn't matter if the house is upside down. Don't be too hard on yourself if they spend way more time on screens and watching movies ... it's not a normal situation so don't try to enforce normal routines ... it will send you crazy.'

Looking back on the past year, Toni notes that there have been plenty of benefits. 'I think about how quickly time passes while they are little, and I think later we will appreciate having this extra time with them. I hope they remember the nights we spent watching TV shows together later than regular bedtime, movie nights on the trampoline, and cooking pancakes for lunch during the school week. I will remember it being challenging in terms of my own brain space, but I will also remember it as a time that we got to slow down a little too.'



Photography: Toni Prime

# Getting to the guts of food

**Marnie Nitschke,**  
accredited practising dietitian

If I had to name the hottest topic I get asked about these days, it would have to be... gut health. What does it mean to have a healthy gut? And how do you know if things are in order down there anyway?



Good gut health means different things to different people. But is usually associated with:

- Feeling we are digesting our food well and having regular, easy to pass bowel motions
- A calm gut without symptoms like bloating, feeling sick, pain or excessive gas

## **What's all the fuss about the gut microbiome?**

Our gut microbiome is the ecosystem of different microorganisms living in our gut and is an invisible but vital aspect of optimal gut health.

Research tells us that a diverse microbiome with lots of different bugs that all keep each other in check is super important. This has direct effects on energy levels, inflammation in our body and even our mental health.

## **What about probiotics?**

Probiotics may provide some health benefits, and may provide relief from some digestive symptoms, but there are currently no evidence-based guidelines for prescribing probiotics. Therefore, we don't all need to be taking probiotics to have good digestive health.

## **Lockdown and food fads**

Lockdown is hard enough without having to worry about your nutrition. What you don't need to be doing now is trying to lose weight, eat clean or cut out sugar. When it comes to food, let's look at what we can add in, rather than what we should take out. Let's ditch the judgements and think about all the ways that food nourishes us: through nutrients yes, but also through connections, community and comfort.

## 3 simple 'real food' suggestions for your best gut health.



Eating should be about nourishment and connection, not rules. I'm keeping it simple here because that's my philosophy when it comes to nutrition: Don't overcomplicate things.

### 1. Work on your dietary diversity

Studies are showing time and time again that diversity of plant foods in the diet is one of the most important factors in maintaining a healthy gut microbiome.

- Aim for at least 30 different plant foods each week. This includes fruits, vegetables, nuts, seeds and whole grains.

### 2. Make sure you're getting enough fibre

- Choose wholegrain breads & high fibre breakfast cereals like oats.
- Include nuts and seeds daily (e.g. linseed and pumpkin seeds in a smoothie).
- Eat more legumes (eg. chickpeas, lentils, kidney beans) and vegetarian meals.

### 3. Bolster your antioxidant intake

You can think of antioxidants as tiny, invisible wellness warriors that travel around our bodies repairing damage. They also nourish our good gut bacteria.

- Eat a rainbow of coloured fruits and vegetables like berries, broccoli, pumpkin, tomatoes and beetroot
- Tea, coffee, dark chocolate, herbs and spices, and extra virgin olive oil are also great sources of antioxidants.

At the end of the day, supporting your best gut health isn't about expensive products or strict dietary regimens. It's about a healthy lifestyle, self-care and dietary variety.

*Marnie Nitschke is a local accredited practising dietitian and a long-time Melbourne foodie who loves mucking around in the kitchen. Marnie is the founder of **Fork That Nutrition** – a nutrition consultancy which is all about helping people harness their best digestive health. To learn more, go to [forkthatnutrition.com](http://forkthatnutrition.com), and follow Marnie over on Instagram [@forkthatnutrition](https://www.instagram.com/forkthatnutrition) for recipes, myth-busting and straight-up gut health tips.*





# Canterbury Football Club celebrates 140 years of footy action

Jim Nicholas

**The founding of Canterbury Football Club 140 years ago preceded the suburban settlement of Canterbury: it was launched a year before the arrival of the railway and before the large estates started to be subdivided for suburban housing.**

It is proud to have survived so long and kept so much of its heritage: its monogram since 1881, its ground since 1906, its jumper since 1915 and the club song since 1964. It is a direct link to the earliest years of Canterbury as a suburb and has been part of its fabric ever since.

The club was formed in 1881 by Peter Williams, who owned the local equivalent of a taxi service, Canterbury Hansom Cabs. He played for the team, and was the secretary and treasurer of the club in its early years. Its original ground was shared with the cricket club in the area where Strathcona Girls Grammar is today. Some years later, William Malone, who built Malone's Club Hotel in 1889 and was a leading member of the club, persuaded the club to move to a sportsground which he built behind his hotel, between Maling



and Wattle Valley Roads. It will be no surprise to learn that all club lunches and dinners were then held at his hotel.

When the Council wanted to develop Maling Road into a shopping precinct, they purchased a local dairy farm and turned it into Canterbury Sports Ground, located just over Canterbury's current boundary with Surrey Hills. The football and cricket clubs moved there in 1906, and it has been their home ever since.

Many members of the football club served in the Australian Defence Forces during World War I, so to commemorate the



The Council purchased a local dairy farm and turned it into Canterbury Sports Ground. The football and cricket clubs moved there in 1906, and it has been their home ever since.

sacrifices of the ANZACs at Flanders in Belgium, the club decided to adopt the Belgian colours of red, yellow and black as the club colours at a ceremony in Canterbury Theatre in 1915.

This caused a problem a little later as these colours were almost a replica of the colours adopted by Germany for its flag after World War 2. So the colours were temporarily changed after the war to green with a gold vee. In 1949 as tensions eased, the colours were changed back but in a different sequence to those in the German flag, and those have remained the club colours ever since.

The period after the Second World War was a halcyon period for football, with crowds of 500-1000 people regularly attending Canterbury's home games. It won its first ever premiership in 1920 with a team comprising mainly local returned servicemen. It secured another premiership in 1926 but had to wait another 30 years to win its next. Many players who had their start with Canterbury would go on to be stars in AFL Premier League teams.

The club, which had been a powerhouse First Division club for most of its history, found itself in decline from the mid-1970s due to a changing and ageing population; the club dropped to the Second Division as a result. However, its performance has remained strong with premierships for its senior team in 1991, 2003 and 2015. Its women's reserves team won the 2019 premiership in their first season, two years after the women's team was established in 2017.

Whilst the club does not receive the same level of dedicated support that it might have attracted in its past, it is still pleasing to see so many locals turning out in club colours at our games. The club can only be competitive into the future with backing from its local community as supporters, members, sponsors, committee or helpers. All are welcome, and even if you are not a football supporter, join us on a Thursday evening or matchday for a drink in the social rooms.

***Jim Nicholas manages the Canterbury History, Today and Tomorrow Facebook site***

# Improving your overall health and wellbeing with exercise



Going to a gym is about more than losing weight or building muscle – it's about building a healthier lifestyle.

The most important factors in maintaining your long-term health are simple – good nutrition, exercise, quality sleep and reducing stress.

ALTA Fitness is a family-owned personal training studio located across the road from the beautiful Canterbury Gardens. We have been open for five years and love feeling a part of the local community, shopping locally and supporting the Canterbury Community Action Group. Our whole family are known to participate in the Canterbury Station Clean Up Days and helping to deliver 3126! And we do this

because not only do we want to serve our community, we want to be part of it.

Our area of expertise is our knowledge of a vast variety of different exercises; we have thousands of them to draw from in creating a personalised program for individuals. We also add conversations and information around nutrition, sleep, dealing with niggling pains or aches, and stress, and a friendly, earnest look at what supports you.

In our modern lives, making time for exercise is crucial, as our regular daily activity is no longer enough.

In our modern lives, making time for exercise is crucial, as our regular daily activity is no longer enough.

Cars, automated appliances, elevators and work based on computers all contribute to people sitting for longer periods. As we age, our metabolism naturally slows and we are more likely to develop metabolic disorders, for example Type 2 diabetes, where our body doesn't respond normally to insulin. High blood sugar levels directly affect your immune system and can cause inflammation and weight gain.

One of the best ways to offset ageing is to exercise via resistance training (lifting heavy stuff) and interval training (raising and lowering your heart rate). In fact, you get more bang for your buck by lifting heavy stuff one day a week, than lifting light stuff 3 days a week. By lifting heavy, you increase your muscle density, which in turn increases your metabolic efficiency, joint strength and stability, and bone mineral density. Interval training can look something like 20 seconds of intense work with 10 seconds of rest for a total of 10 repetitions – so why is this beneficial? It increases not only cardiovascular efficacy but also mitochondrial density (power plant of the cell). Mitochondria make up to 70% of your heart muscle and also regulate the activation of your immune cells. This is why resistance and interval training benefits are significant.

We love what we do. Life is about enjoyment, connecting with each other, our clients and our broader community. Pop in anytime and say hello.

**Jean-Claude, Linda and the ALTA Fitness team.**

## **ALTA Fitness Women's Health & Wellbeing Evening Friday 12 November**

**We are hosting a Jean Hailes Women's Health Week Fundraising event in the ALTA studio on Friday 12th November, from 7pm.**

Join us for an evening discussion on women's health and wellbeing. The panel includes Dr Betty Checuti (Psychologist), Dr Sara Whitburn (General Practitioner), Dr Sarah Martorella (Osteopath), Marissa Vassie (Dietician) and Katrina Gow (Nursing, occupational therapy).

Tickets are \$30 and bookings are essential. Price includes nibbles and a glass of bubbles on arrival, door prizes and a gift bag with goodies to take home with you! A gold coin donation will raise funds for the Jean Hailes Foundation.

**Contact Linda on 0410 544 759 to find out more.**



### **ALTA Fitness**

233 Canterbury Road, Canterbury 3126

Ph: 9077 8946

[www.altafitness.com.au](http://www.altafitness.com.au)

Mon, Tue, Wed: 6am to 8pm

Thu, Fri: 6am to 4pm

Sat: 6am to 12.30pm Sunday: Closed

# Call-out to descendants of Alfred Golding

Alfred Golding was a prominent early settler in Canterbury. He was famous for Goldings Hall and Boot Factory which after several moves found its home overlooking Canterbury Gardens on its west side. Built in 1897, it operated until the 1960s on the site currently occupied by Abingdon Apartments. The hall was popular with local church and community groups, and older residents of Canterbury still remember the factory siren.

A plaque has been donated to commemorate the site and the donor has asked the Canterbury History Group to get in touch with as many of Golding's descendants as possible to help organize and celebrate the unveiling,

If you are a descendant of Alfred Golding, or know someone who is, Canterbury History Group would love to hear from you. Contact us as follows:

Email: [canthist@gmail.com](mailto:canthist@gmail.com)

Neil Curry (President): 9830 5896 or

Libby Wilson (Secretary): 0400 221 836



Below left: *Alfred Golding and his family pre WW1* (Photo supplied by a great grandson)

Right: *An artists/designers impression of Goldings Hall and Boot factory, 190 Canterbury Road*

Photo from Boroondara library Collection



# Spring flowers at Canterbury station



Many members of the community have commented on the display of flowers adjacent to the walkways at Canterbury station, which have burst into bloom with the arrival of spring.

The display is the result of work by Canterbury Stationers over the past three years. They have been supported by members of the community who have donated many of the plants currently blooming.

Canterbury Stationers have also worked with Canterbury Friends to regenerate the elevated garden at the end of Theatre Place.

Interested in becoming involved? Both Canterbury Friends, who work under the Boroondara Council volunteer assistance

program, and Canterbury Stationers are always seeking more community members.

### **Canterbury Stationers**

John Constable

Email: [john@jjcgroup.com.au](mailto:john@jjcgroup.com.au)

Ph: 0407 553 663

### **Canterbury Stationers**

Wendy or Tim Wilkinson

Email: [wilkinsont414@gmail.com](mailto:wilkinsont414@gmail.com)

Ph: 0409 836 013 or 0409 360 237

*Above: A burst of spring – the floral display under Canterbury Station. Image: Ray Gruchy*

# Spring into gardening



Spring has sprung and there is no better time to get out into the garden. With many Victorians feeling the fatigue of ongoing lockdowns, gardening is a great distraction and something that the entire family can enjoy.

But did you know that gardening can help to improve your wellbeing? Gardening has several health benefits, including:

- Helping you stay fit and active
- Encouraging kids to eat their greens – kids who are picky eaters may be more likely to eat fruit/vegetables that they've grown themselves.
- Providing relaxation and meditation – there's nothing better than spending a spring afternoon in a beautiful garden!

If you already have an established garden, here are some key things you can be doing this spring to help your garden recover and prepare for summer:

...kids who are picky eaters may be more likely to eat fruit/vegetables that they've grown themselves.

Photography: Claire Takacs

## 1. Watering

Take a close look at your irrigation system to make sure it's fully functional. A thorough inspection and run-through of your irrigation system now will save time, money and headaches associated with hidden system malfunctions once the hot weather arrives.

## 2. Compost

Replenishing your topsoil with composted materials and organic fertilisers will refresh your soil with all the necessary nutrients that may have been stripped away during winter. You can even perform a soil test to see what nutrients your soil needs.

## 3. Lawns

Your grass needs to take off its winter coat as much as you do, so there is no better way to rejuvenate your lawn than by aerating the surface. Aerating your lawn will ensure the sun penetrates deep into the soil, and also allows excess water to soak in and break up any compacted areas.

## 4. Pruning

Now is the time to cut off dead, damaged or diseased branches. Without pruning, the new shoots could be suffocated by old foliage and any dead or diseased stems will attract insects that can potentially spread the disease to the rest of your garden.

## 5. Pests and Diseases

After being dormant in winter, many garden pests and bugs are on the move in spring. Here are some to be on the lookout for:

- Aphids are tiny insects that usually appear in massive numbers. They attack new growth and suck the life from it, creating mottled, distorted leaves.

Providing relaxation and meditation – there's nothing better than spending a spring afternoon in a beautiful garden!

- Black spot looks exactly as it sounds. Blackspots (ringed in yellow) appear on your plant leaves and eventually kill them, turning your beautiful, prize-winning roses into a landscape eyesore.
- Azalea lace bugs affect azaleas and rhododendrons. These tiny insects feed on the plant's sap, causing unsightly mottling.

If you are a little unsure, you can trust Ian Barker Gardens with your garden maintenance as we are passionate about gardens of all shapes, sizes, styles and maturities.



### Ian Barker Gardens

216 Canterbury Road Canterbury 3126  
P: 9836 3130 W: [www.landscape.net.au](http://www.landscape.net.au)  
Ian's blog: [www.landscape.net.au/blog/](http://www.landscape.net.au/blog/)



Women's health.  
Powerful stuff.



# ALTA Fitness Women's Health & Wellbeing Evening



Join us for an evening of  
discussion on Women's  
Health & Wellbeing

Friday 12th November 7-9.30pm

Location - ALTA Fitness Studio  
233 Canterbury Rd  
Canterbury 3126

Limited Tickets Available - \$30pp

To book go to

[www.altafitness.com.au](http://www.altafitness.com.au) or call Linda on 0410 544 759

Price includes: A panel discussion with  
some of our local health professionals,  
nibbles & a glass of bubbles on arrival,  
door prizes & gift bag

Gold coin donation to support the Jean Hailes  
Foundation on the night would be appreciated

