

## SUBURB

### Lifestyle

featuring Kay Graham



#### THE ALCHEMIST

Kay Graham and her husband of 38 years, Conrad moved to the Suburb in 1970. At the time she was 9 months pregnant and he was about to complete his PhD. Conrad was an Educational Psychologist and Inspector of Schools for the ILEA whilst Kay taught Science, Maths and Chemistry at Holland Park School and then taught the same subjects at the Mount School in Mill Hill for 27 years where she became the Assistant Head. They have two children, Robert and Carolyn.

Conrad, to use Kay's words, had always been a 'bit of a collector'. He took the whole family to Post card fairs and Kay developed a particular fascination for collecting local cards – those of Golders Green, Hampstead, Hampstead Heath and the Garden Suburb. She has now accumulated over 100 Suburb post cards, the earliest of which dates back to 1909 and an early Suburb pageant. The most popular, pictorially were the churches in the Square and the old Club House in Willifield Way which was used as a Military Auxilliary Hospital during the First World War. Images of the wards and even the operating theatre were reproduced as post cards! Cards showing the Institute monitor its development over the years, and there are some which show

Suburb roads having remained virtually unchanged over time except for the saplings which are all now very tall trees. More recent cards include one illustrating the Proms at St Judes and she is still searching for older cards. Finding them is now increasingly difficult as they are somewhat rare.

Alongside collecting Suburb cards, Kay also makes her own chocolates. This all started through an ex-pupil of Kay's called Carolyn who, having become a pharmacist, then took up catering. She prepared the food for Conrad's 60th birthday party and produced a trayful of chocolates which she had made. Kay promised herself that she would learn this art, and sure enough 10 years later Carolyn taught her the skills of chocolate making. Kay now makes 15-20 varieties of sweets and chocolates, her busiest period being Christmas time, but she will also make a few truffles or chocolates with fillings for the end of a dinner party. As she intentionally does not make a note of which fillings are in which chocolates, the guests tastebuds are put to the test for identification purposes! For the last couple of years Kay has taught a small class how to make confectionery, with the 'fees' going to the North London Hospice.

As well as collecting and chocolate, Kay's third 'C' is crafts. At school she was told that she could not draw and was not artistic. Seven years ago Kay thought she would put this to the test when she enrolled at the Institute for classes in silver jewellery under the tutelage of Monica Stanshall (Kay still attends). She now designs and makes jewellery and this led to an interest in enamelling which she pursues at short courses and summer school at West Dean in West Sussex. She makes bowls and dishes and earlier this year started screen enamelling and glass fusion. As Kay says, "Chemistry, craftwork and cooking – it's all a question of mixing and heating. You are never quite sure of the outcome, pure alchemy!"

Incidentally, just in case you all think Kay is a bit of a 'slacker' she goes on walks with Barnet 'Fitness for Life' groups twice or three times a week, helps organise the weekly Fellowship driving rota, is an enthusiastic gardener, is a long standing member of the Garden Suburb Theatre, helping with productions on the stage and in the wood, makes continental biscuits and visited Japan earlier this year to meet up with over 60 Japanese 'old girls' whom she had taught at the Mount School.

I don't know about you, but just thinking about a day in the life of Kay Graham is pretty exhausting – hats off to her!

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### Recipes

featuring Kay Graham

#### CHOCOLATE COATED FRUIT, NUTS & CANDY

You can coat many different fruits, dried fruits or nuts with chocolate and they look, and taste, fantastic. I prefer dark chocolate but you could use milk or white chocolate instead. It is more difficult to melt milk or white chocolate.

##### Ingredients:

Waitrose Continental Plain Chocolate containing 72% cocoa solids

Any of the following: Strawberries, Physalis, Marzipan Shapes, Dried Apricots, Brazil Nuts, Peppermint Creams, Walnut Halves, Roasted Coffee Beans

##### Method:

Chocolate must be melted very carefully or you end up with a nasty lump and there is no way to rescue it. Break a small amount of chocolate into small pieces and put in a small glass bowl which fits over a saucepan of very hot (but not quite boiling) water. The bowl should not be in the water but just above it. Be patient. Stir the chocolate occasionally as it softens until it is free of lumps, stir until it is smooth and liquid. You must NOT let any water get into the chocolate. Remove from the heat and carefully dip the items in the chocolate and then put onto non-stick baking parchment to cool and harden. Use a toothpick for soft fruits. You can melt chocolate in a microwave but this needs great care. Never use full power and try 10-20 seconds at a time to make sure you do not overheat. Stir frequently but do not put the spoon in the microwave.



**Trust (trust) n.** reliance on and confidence in the truth. Custody, charge or care. (Sp in **Hampstead Garden Suburb** – up to 1250 members who elect half the **Trust Council** in whom is vested legal powers to preserve the character and amenities of the **Suburb**.)

## The Trust requests the pleasure of your company as a member

The terms of its constitution allow for 1250 members of the New Hampstead Garden Suburb Trust. The actual number in membership varies and is at present 775. The Trust Council would like to see more Suburb residents represented. The sole requirement for membership is to have lived continuously on the Suburb for three years. Membership provides an opportunity to take part in the management of the Suburb. Many residents come to live here because it is a unique environment and support the aims of the Trust in trying to preserve the Suburb's character and amenities. All residents who believe that the job we are trying to do is worthwhile should become members.



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