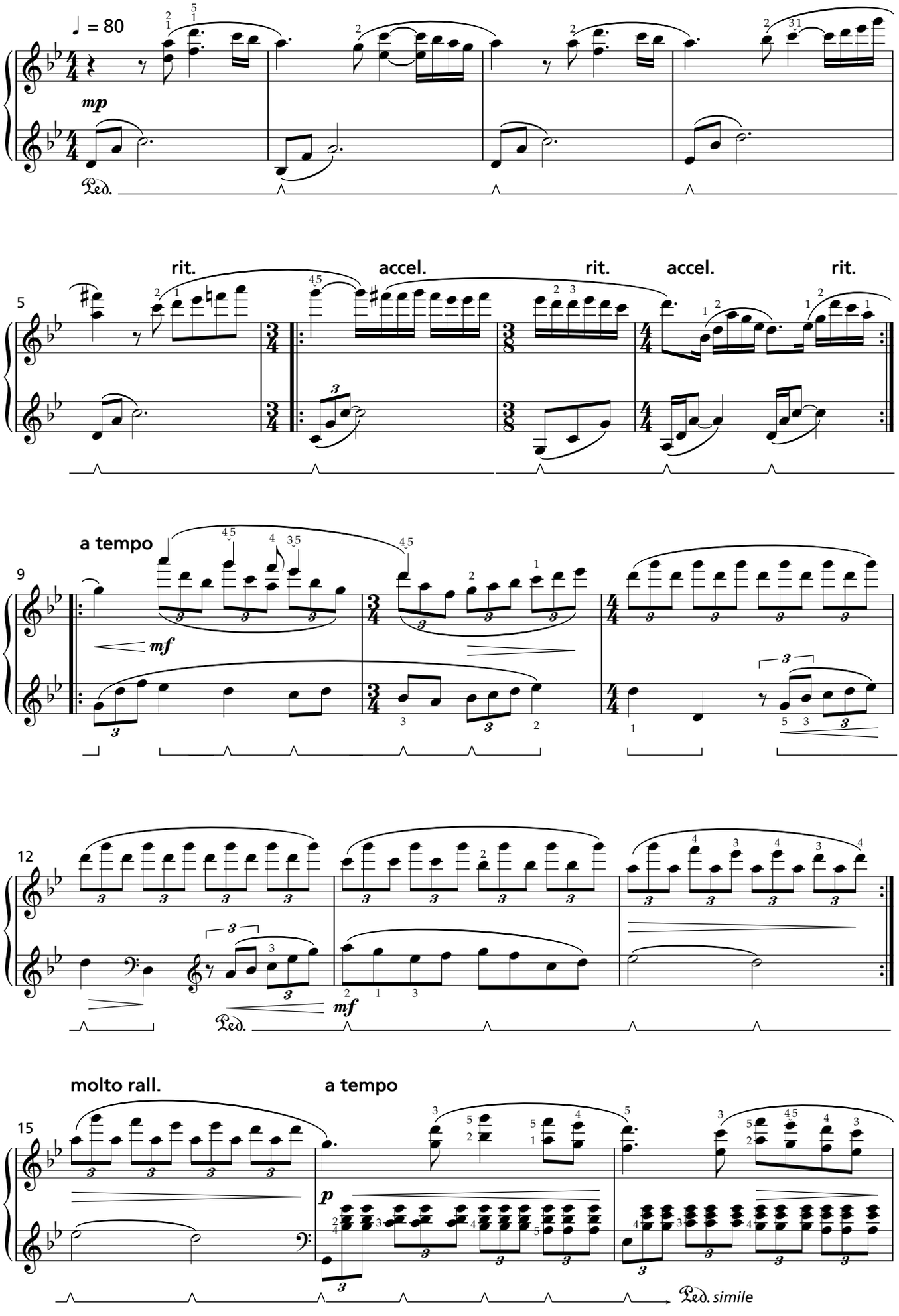For Adelaide (to Sylvia Rands)