



HOUSE OF ENGLAND

www.houseofengland.org



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NEWSLETTER
APRIL 2011

NEXT MEETING: Tuesday April 5, 2011 at 6:30 PM at the Hall of Nations.

NOTE: Meet at the cottage at 6:00 PM, before the meeting, to help decide where we should place the TV. It has been purchased and is ready to be installed.

LADIES' AUXILIARY LUNCHEON: Wednesday April 13, 2011 - at 12:30PM in Hall of Nations.- hosted by the House of Palestine. Cost is \$3.00 each.

MEMBER NEWS

Update on our change in organization status: No word yet from Graham McGruer if the HPR Bylaws committee has approved our Bylaws that were submitted on Feb 5th.

March meeting minutes: These have been mailed with your newsletter to save time at the next meeting. Please read so that they can be approved (with any corrections needed).

Membership: Michael Thomason and Suzie Ditmars have joined bringing our membership total to 58 for this year (84 individuals). Welcome to Michael and Suzie.

Audit of Treasurer's books: This was conducted at the cottage on March 3rd by the committee of five assembled by Delphine. The period covered was from Jan 1, 2009 to June 30, 2010. The next audit will be in July 2011 for the period July 1, 2010 to June 30, 2011.

Inventory: When Mary was informed that she had to have both trustees present to inventory the cottage contents she had to withdraw her kind offer, due to work hours conflicts. Dorothy Hoffman conducted an inventory on March 3rd with Arya present. Thank you Dorothy.

75th Anniversary Mugs: Has anyone sold any mugs since September and forgot to tell the treasurer? The money could have been turned in with the donation money and Mel not informed that part of it was a mug sale. Of the 72 mugs purchased, we have sold 24, given 7 for presentations and have 38 on hand. This means we are missing 3!

Farewell to Laura: Delphine presented Laura with a mug in appreciation for all the recruiting work she did for the cottage during her short time with us. We will miss you Laura.

HPR events coming up: Lots of new ventures are coming up with HPR- check the minutes and the website for details:

Lawn Program: Mark your calendar to be at the cottage on April 24th with donations for the food stall and an Easter hat to wear on the stage for the program!

HOSTING AND HOSTESSING AT THE COTTAGE

Thank you to our volunteers.

Call our hosting chairperson, Aileen Price to volunteer for future dates. 619-427-1403

Commitment is from 12 noon to 4PM, providing light refreshments and milk (teabags and sugar are provided) and chatting with the visitors. Donations are accepted for upkeep of the cottage.

NOTE: Rosie Lee Restaurant (Good English food) will give a discount to anyone purchasing food items for serving at the cottage. Phone Lizzie Murray or email her at lizbairdmurray@gmail.com

Mar 1 meeting	Delphine and Aileen
Mar 6	Antony Trupans and Alexi Siglin
Mar 13	Aileen and Victoria and Mel/Fran
Mar 20	Pat Law and Meegan Gosseline
Mar 27	Delphine and Jean
April 3	Jeff and Becky Watkins
April 5 meeting	Delphine
April 10	Margaret Momparler and Steve Gonzales
April 17	Neil and Mary Aldridge
April 24	ALL HANDS ON DECK - LAWN PROGRAM



NEW: See Delphine for a list of County Health Dept requirements for serving in the cottage. They will be inspecting each week and we need to be in compliance.

Reminders from Delphine: When leaving the cottage, please make sure the surge protector red light is on and the refrigerator is plugged in. Only plug one kettle into the surge protector bar. It is acceptable to take \$6 per host from the donations towards cost of milk and food- just let the Treasurer know for accounting purposes.

UPDATE ON 75th ANNIVERSARY MUGS

There are mugs on display at the cottage. If a visitor donates to obtain one, please let Mel know when turning in the donations money. You can also pick one up at the Tuesday meeting. All members are encouraged to purchase some for themselves also. They are \$8.00 each.

SPECIAL BIRTHDAY GREETINGS TO OUR GOLD CARD MEMBERS:

Tony Hayward (97) and Evelyn Lloyd (96) were our gold card members for March. Congratulations to them.

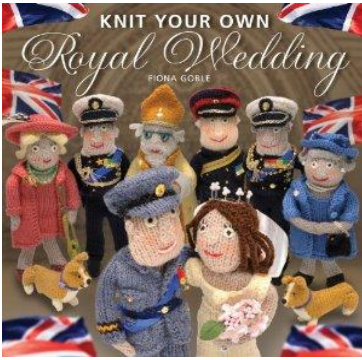
For April, we welcome into the gold card membership our dear Pat Law. Congratulations on her 91st birthday in April 16th

Latest William and Kate (oops, Catherine) news:

London - Britain has launched a commemorative coin worth 5 pounds (8 dollars) to mark the forthcoming wedding between Prince William and Kate Middleton.

The coins, ranging from standard to silver, gold and platinum, show the couple facing each other in a double profile, an image described by the Royal Mint as being 'unusual' in British coinage. They have the familiar image of Queen Elizabeth II on the reverse. The Royal Mint said it expected to sell more than 250,000 coins worldwide. A statement stressed that the design by sculptor Mark Richards had received the couple's 'full approval.'

Buyers and collectors can choose between the standard edition, which will set them back 9.99 pounds, silver proof for 55 pounds per piece, gold plated for 85 pounds, gold proof for 1,550 pounds and platinum for 5,450 pounds.



Lucy's corner:

This month we have, of course, the big Royal wedding. For those of us that are not able to make it, no fear; for only \$10.95 you can knit your own! Amazon.com is selling the popular book *Knit Your Own Royal Wedding*, by Fiona Goble, which shows you how to knit members of the Royal family, including the betrothed themselves. Get your copy now so your creations can be finished by April 29th, the date of the big wedding, then you can send them down your own homemade aisle!

<http://tiny.cc/wkf32>

We are fast approaching Easter, with Easter Sunday being on April 24th this year. For those of you wishing to send Easter eggs and other goodies back to family in England, you can do so by ordering online from Thorntons.co.uk. By doing this, you only need to pay local U.K. shipping.

<http://tinyurl.com/4jeg3kx>

Sainsbury's website is full of fantastic British Easter recipes, such as Hot Cross Buns, the traditional Simnel cake and Easter bunny biscuits for the little'uns. <http://tinyurl.com/4vixjbm>

YOUTUBE VIDEO OF THE MONTH: One of the great sketches from this year's Comic Relief, starring James Corden and George Michael. <http://tinyurl.com/4qouu9h>

And finally, good news for Doctor Who fans; the new series begins on April 23rd on BBC America. Until next month! ... Lucy x

House of England Nutrition Column

Suzanne McLay MS RD CDE

The Power of Cauliflower!

I know most of us cringe when we think of cauliflower... memories of smelly, grey and soggy school dinners come to mind... but put those thoughts aside

Cauli doesn't need to be overcooked and grey and it, along with other cruciferous veggies such as broccoli, cabbage and Brussels sprouts, is extremely good for you. These nutritional powerhouses contain sulphur based compounds (hence the smell when overcooked) that help the liver remove toxins from the body and they also protect against certain cancers. Cauli contains as much Vitamin C, weight for weight, as oranges so go ahead and try it again!

Here's a recipe to get you started...

Warm Cauli Salad (Adapted from BBC Good Food) Serves 4

- 1 medium cauli, broken into florets
- 2 tbsp olive oil
- 1 red onion (thinly sliced)
- 3 tbsp sherry or balsamic vinegar
- 1.5 tbsp honey or agave nectar
- 3 tbsp raisins (or dried cranberries)
- 3 tbsp toasted flaked almonds (I've also used pine nuts before)
- 2 handfuls or more of baby spinach

Heat oven to 420F. Toss the cauli with the oil and salt and pepper to your liking. Roast for 15 mins then add the onion and roast until tender..about another 15 mins or so.

Mix vinegar, honey, raisins together and when the cauli is done, stir it in along with the almonds and spinach.

Serve with some snipped fresh herbs on top and serve on a platter.

206 kcals per serving. 8g protein, 19g carbs, 4g fiber, 11g fat (1g sat)

Special days in April:

1st-APRIL FOOLS DAY: The closest point in time that can be identified as the beginning of this tradition was in 1582, in France. Prior to that year, the new year was celebrated for eight days, beginning on March 25. The celebration culminated on April 1. With the reform of the calendar under Charles IX, the Gregorian Calendar was introduced, and New Year's Day was moved to January 1. Some chose to simply ignore the change and some merely forgot. These people were considered "fools" and were subjected to some ridicule, and were often sent on "fools errands" or were made the butt of other practical jokes. This harassment evolved, over time, into a tradition of prank-playing on the first day of April. The tradition eventually spread to England and Scotland in the eighteenth century. It was later introduced to the American colonies of both the English and French. April Fool's Day thus developed into an international fun fest, so to speak, with different nationalities specializing in their own brand of humor at the expense of their friends and families.

Pranks performed on April Fool's Day range from the simple, (such as saying, "Your shoe's untied, or I accidentally stepped on your glasses!"), to the elaborate. Setting a roommate's alarm clock back an hour is a common gag. Whatever the prank, the trickster usually ends it by yelling to his victim, "April Fool!"

3rd-Mothering Sunday or Mother's day.



3rd-Daffodil Sunday: Traditionally this is the first Sunday in April and people pick daffodils from their homes and surrounding fields to take to the hospitals in London.



19th-Primrose Day: When Benjamin Disraeli died on April 19, 1881 Queen Victoria sent two floral wreaths to be placed on his coffin. England's Primrose Day sprang from this simple gesture. For many years to follow, the English celebrated by decorating their homes with the flower and gentlemen wore the petals on their lapels.



Mid April-Cuckoo Day: The song of the cuckoo has been the sign of spring in England and other parts of Europe for centuries. Many stories and songs have been written about the cuckoo, and its call is imitated by cuckoo clocks.

21st- Queen's birthday: ("Official" day is in June!)



23rd: St. George's day (Patron Saint of England)

It is the church festival of St. George, regarded as England's national day (although not an official bank holiday). On this day some patriotic English people wear a rose pinned to their jackets.



24th this year is EASTER: Hot Cross Buns are marked with a cinnamon flavored white cross. Chocolate eggs are exchanged.

The Easter Parade at Battersea Park in London is one of the most popular. As with all Easter parades, many Easter Bonnets are worn by the ladies.

29th-this year is the royal wedding of Prince William and Catherine.