



HOUSE OF ENGLAND

www.houseofengland.org



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Balboa Park, San Diego, CA

NEWSLETTER
MAY 2011

NEXT MEETING: Tuesday May 3, 2011 at 6:30 PM at the Hall of Nations.

William and Catherine Wedding Celebration: Come to the Hall of Nations at 6PM on Friday April 29th with some snack foods and enjoy an evening of fun and viewing of the wedding at 7PM.

LADIES' AUXILIARY LUNCHEON: Wednesday May 11, 2011 - at 12:30PM in Hall of Nations. - It is a catered event this month and reservations are required. Cost is \$9.00 each. Call Delphine or Aileen to make reservations.

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. State of California has accepted our Articles of Incorporation and we are now officially a California non-profit corporation. Thank you Mel for your persistence with the bureaucracy!

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

Membership: Julie Shelton visited us last month and has rejoined (She used to be a member in the 1990s). Welcome back Julie.

HPR events coming up: 75th Anniversary Celebration is May 28th and the Ethnic Fair is May 29th. Plan to be in Balboa Park for the celebration and to help with food for the Ethnic Fair. There are several other ventures coming up with HPR- check the minutes and the website for details.

HPR Lapel pins: Place your order fast for a commemorative pin. Only 30 ordered. Cost is \$2.50 to members.

Padres Game Multi-Cultural day at Petco Park: Want discount tickets to a game? Come to the next meeting and sign up to help with a booth in the festival and see the game on June 4th. More details to come.

TV and DVD player in the cottage: Many thanks to Mel and friend Tom who installed the TV in the cottage and set it up for DVD viewing for visitors. Thank you to Neil for donating the DVD player.

Food Handler Safety Training: Please sign up for the training offered by HPR (See flyer attached to April minutes) or at the County Health Dept. The HPR wants all hosts and hostesses to get the certificate in order to serve at the cottage.

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

April 3 Jeff and Becky Watkins
April 5 meeting Delphine
April 10 Margaret Momparler and Victoria Ross
April 17 Neil & Mary Aldridge
April 24 LAWN PROGRAM- 26 people helped!

May 1 open
May 3 meeting Delphine
May 8 Roy and Eileen Ford
May 15 Suzanne McLay with Aileen
May 22 Betty Sinton and Dorothy Hoffman



May 28 Sat @the park open

May 29 Ethnic Food Fair ALL HANDS ON DECK

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.

Lawn Program: This was held on April 24th and was a great success. Many thanks to Delphine and Hilda for putting together the program, and to all who worked so hard with the food booth. Richard did a great job with photographs but did not appear in an Easter bunny suit! Check out pictures on the House of England website.

Latest William and Kate (oops, Catherine) news:

Watch the wedding on BBC America- a commercial free simulcast of what the main BBC network is showing

Westminster Abbey will be awash with a sea of seasonal British flowers and foliage when [Prince William](#) and [Kate Middleton](#) say "I do" this Friday. The [royal wedding](#) venue will be decked out with an avenue of trees (some of which will be up to 20 ft. tall!) lining the aisle leading to the altar. And much of the greenery is coming straight from the royal estates. [Prince William](#) enjoyed Easter Sunday with his future in-laws, far from the pre-wedding craze that has taken over London. William, 28, who is very close to fiancée [Kate Middleton](#)'s family, didn't feel the pull of joining Queen Elizabeth and the extended royals at Windsor Castle. Instead, he opted to join the Middletons at church in Berkshire, and then had lunch at their home in Bucklebury.

House of England Nutrition Column

Suzanne McLay MS RD

We've all heard the saying, "bigger is better" but when it comes to food and portions, that is usually not the case. However, there is good news in the food department that eating "low energy-density foods" or lots of food for only a few calories is the key to losing weight and keeping it off.

In a 2011 Journal of Nutrition study, British researchers fed mice one of two diets. One group received a low calorie diet while the other ate food supplemented with fiber (bulk without calories). All mice could eat as much food as they wanted. At the end of the study, all the mice ate more food overall but those that ate the fiber-rich food lost nearly 4% of their body weight.

The take home message from this study is that with a lower calorie diet one can eat a greater mass of food for the same number of calories and eating a greater volume of food can help you feel more satisfied. So, why eat a few small squares of chocolate for 300 calories when you can eat a spinach, feta and strawberry salad as a whole meal?

Spinach, feta cheese and strawberry salad. Serves 2

3 cups ready washed baby spinach
2 oz crumbled feta cheese
1 cup sliced fresh strawberries
¼ finely chopped walnuts (optional)

Place all ingredients in a bowl or individual plates and dress with a little drizzle of balsamic vinegar and olive oil. Add chicken to make a full meal if wanted.

BRITS IN AMERICA

A MAJOR CABLE NETWORK & WORLD OF WONDER PRODUCTIONS IS NOW CASTING NATIVE BRITS WHO'VE SETTLED AND OPENED A BUSINESS IN AMERICA FOR A NEW TV SHOW.

SEEKING A LARGER-THAN-LIFE BRITISH FAMILY THAT RUN A BUSINESS TOGETHER. THIS LUCKY FAMILY OR EXPERT WILL ULTIMATELY HAVE THEIR OWN DOCU-SERIES ABOUT THE INS AND OUTS OF THEIR DAILY LIFE AS THEY FACE THE CHALLENGES OF RUNNING A FAMILY BUSINESS. WE ARE ALSO ON THE LOOKOUT FOR A BRITISH EXPERT AS WELL.

To Submit, send an email to:

BRITSinAMERICATVshow@gmail.com

Send a bio on your family, what brought you to the US, and the family business. What challenges do you face juggling business and family? What's it like being British in America? What are the pros and cons? Describe the different personalities that make up your family and workplace and what makes them unique. Lastly, attach photos of the business and your family and a phone number where you can be reached.

**WORLD
WONDER**

April showers bring forth May flowers. This saying is just not correct for England this year! I have just returned from a month in East Anglia and witnessed "summer in spring". It only rained twice in day time hours and the gardens, hedgerows, woods and fields were budding, blooming, growing and glorious. (The farmers had to irrigate the fields so they were not so happy with the lack of rain and 70 degree temperatures).

In the woods and countryside I saw flowers from violets, primroses, forget-me-nots, daffodils, coltsfoot, cowslips, daisies, ling, gorse, marsh marigold to bluebells all bloom within the month (March /April). The blackthorn shrubs were in full bloom when I arrived and 'snowed' on the ground as the flowers died. The magnolia trees displayed their glory but that only lasted two weeks. Then the fruit trees blossomed and most wonderfully the cherry blossoms. The copper beech leaves were spectacular and before I left, the horse chestnut trees and clematis were blooming!

The sounds of the birds were a joy to hear. A robin chatted with me every day in my brother's garden and the blue tits were early at their nest building in the bird box. I saw many birds including gold finches, thrush, blackbirds, woodpeckers, magpies, even a kingfisher, doves and lots of pigeons. In the fields I saw hares, squirrels, lots of young pheasants and even a band of deer one day. The sheep and pigs had their young and could be seen in the fields all over the countryside. It was a wonderful time to be in England.



See the robin!