



HOUSE OF ENGLAND

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House of Pacific Relations
Balboa Park, San Diego, CA

NEWSLETTER JULY 2011

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

LADIES' AUXILIARY LUNCHEON: Wednesday July 13, 2011 - at 12:30PM in Hall of Nations. – Hosted by the House of China. Just \$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. State of California has accepted our Articles of Incorporation and we are now officially a California non-profit corporation. Mel is now working on the IRS forms and waiting for feedback from the FTB.

June 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).

HPR Lapel pins: Place your order fast for a commemorative pin. Cost is \$2.50 to members. Delphine only has a few left.

TV and DVD player in the cottage: Colour is excellent. Use the DVDs at the cottage (We have an excellent one of the royal wedding) or bring your own to show off England on the screen during the hosting hours! We have had lots of good feedback from visitors about the quality and content of the DVDs shown.

Monday evening Free Organ Concerts: First one was June 20th with House of Scotland's Pipe Band featured. It was excellent. Every Monday at 7:30PM through August 29th.

Movie Fundraiser: This was held June 17th in the Hall of Nations. Come to the meeting to hear from Delphine how much was raised for the HPR Kitchen project. (Delphine reported that there is beer left over and she is planning another get together).

HPR 75th Anniversary and Ethnic Fair events: Lots of fun and funds were raised. Richard will be posting pictures to the website very soon.

August Picnic and Organ Concert: Delphine will be announcing which Monday and details at the July meeting.

HPR International Cottages 75 years booklet: These are available at \$5 each. See Delphine to order.

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.

June 5	Steve Gonzales and Sharon Boskovich
June 7 meeting	Jean Harrison and Shirley Jobb
June 12	Bill and Kathleen Horlor with Suzanne McLay
June 19	Jim and Jing Sharratt
June 26	Natalie Santorelli, Deborah Pye and Neil Aldridge
July 3	Mel and Fran Weekley
July 5 meeting	***OPEN***
July 10	Annette York and Margaret Momparler
July 17	***OPEN***
July 24	Jeff and Becky Watkins
July 31	Shirley Jobb

Would you
like a nice
cuppa tea?



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.

Great to see Bill and Kathleen at the cottage!
Also Greg and Suzanne.



The Pros of Probiotics

I remember when we ate yogurt because it tasted good. Now we are targeted certain brands due to their digestive properties...one even promotes regularity in the bathroom department! You may be asking, “What are probiotics”, “where do I find them” and “why do I need them in my diet”?

Do not fear as the answers are here!

Probiotic foods contain live bacteria, which live in our digestive tract and help both our immune and digestive systems work at optimal levels. By eating these active minute critters we help break down fiber, manufacture Vitamin K (aids in blood thinning), perhaps ward off diarrhea and potentially reduce symptoms of lactose intolerance.

The most obvious source of gut friendly bacteria is yogurt (choose any one labeled as containing live and active cultures). However, unpasteurized sauerkraut, kimchi or non vinegar fermented pickles all contain good gut bacteria and so does sourdough bread, certain soft cheeses, and buttermilk.

So, once we've got some good, friendly bacteria in our intestinal system we need to feed them once in a while to keep them happy and these foods are called “prebiotics” and are found in asparagus, Jerusalem artichokes, bananas, oatmeal, red wine, honey, maple syrup, and legumes. Eat prebiotic foods on their own or with probiotic foods to perhaps give the probiotics a boost. Think red wine and cheese, yogurt with honey, oatmeal with banana and maple syrup.

Apparently, the secret to a happy life is having a happy digestive system so get some good bacteria in there by eating some probiotics. Yum!

July is the seventh month of the year according to the Gregorian calendar. It was the fifth month in the early calendar of the ancient Romans. The Romans called the month Quintilius, which means fifth. A Roman Senate renamed the month to Julius (July) in honour of Julius Caesar, who was born on 12 July. The Anglo-Saxon names for the month included *Heymonath* or *Maed monath*, referring respectively to haymaking and the flowering of meadows.

If the first of July be rainy weather,
It will rain, more or less, for four weeks together.
- John Ray, *English Proverbs*

In winter I get up at night
And dress by yellow candle-light.
In summer quite the other way,
I have to go to bed by day.

I have to go to bed and see
The birds still hopping on the tree,
Or hear the grown-up people's feet
Still going past me in the street.

And does it not seem hard to you,
When all the sky is clear and blue,
And I should like so much to play,
To have to go to bed by day?
- Robert Louis Stevenson, *Bed in Summer*



Runaway cow herd takes over a street in Tredegar



Udder chaos - the cows took over the front lawns in Peacehaven, Tredegar

A quiet street in Tredegar, Blaenau Gwent, was invaded by a herd of cows which trampled on gardens and peered into windows, say residents. The 20 cattle escaped from their nearby paddock and decided to feast on front lawns and flowers in Peacehaven. Residents are used to straying sheep but say the rogue cattle have become a nuisance.

Blaenau Gwent council says it is monitoring the situation.

Resident Sonya Gould, 70, said: "We are used to having pints of milk delivered to our doorstep but not the whole cow. They were everywhere. We are all treading cow muck into our carpets because it's all over our garden paths. We held a fund-raising event to plant flowers around the communal gardens but the cows have eaten them all."

The cows also raised frowns by leaving cowpats on garden paths and trampling over lawns in the incident at the end of last week.

Ann Ingram, who was woken up by the cows mooing, said: "It used to be sheep, and that's bad enough, but cows are a whole different kettle of fish."



Residents have alerted the council to the issue and it says it is monitoring the situation!

Free Tuesdays at the Museums in Balboa Park:

How many of you that live locally has taken advantage of this offer? I challenge you to visit them all this year. Mel and I are working on it and have discovered that there is something exciting and relevant to our English heritage at each place so far. (We take a picnic lunch and walk around the lovely gardens, trees and shrubbery afterwards- a lovely day out all the way round. The architecture of the buildings is worth viewing as well.)

See which museums are open on which Tuesdays of the month at:

www.sandiegosuperguide.com/attractions/balboa.html

Automotive Museum: Currently on exhibit are: Lagonda 1931 (“Poor man’s Bentley” - Staines, Middlesex), MG-TC 1949 (MG car company, Abingdon), Bentley 1925, (all English sports car- only 1628 built), Cricklewood, a Riley Nine 1932, Coventry. Also a London Taxi that was owned by Frank Sinatra and 3 Jaguars. There were several English motorcycles too from 1920s forward. There is one like my Dad owned -a Flying Scott nicknamed Flying Squirrel



Air and Space Museum: This has excellent sections on WW2 showing the RAF over the English Channel and how the RAF formed the Eagle Squadron from American volunteers. There is also a fascinating and frightening Horton 229. (National Geographic Channel documentary about the Horton brothers’ Jet engine flying wing that was designed to be undetected by radar). If Hitler had not been distracted from attacking England by the Russians in 1945 this bomber would have been in production and would have certainly changed the whole outcome of the war. - Check it out.



Replica at Air and Space Museum
http://en.wikipedia.org/wiki/Horten_Ho_229



Hall of Champions Sports Museum: Do you know how many local San Diegans have swam the English Channel over the years? You can find out here! One was Florence Chadwick who, in 1953, was the first woman to swim both directions.



Museum of Man: In the Special current exhibit called 'secret lives of games' it was interesting to learn that about half the games features originated in England. (We won't describe what we learned in the Mummies exhibit-yuk!)

BATTLESHIPS

The game "Battleships" is believed to have been created during World War I by British POWs in Germany, and first publicly marketed in 1931 as Salvo. The Milton Bradley Company published its version in 1943.

ROYAL GAME OF UR

The earliest known board game exists in the ancient Sumerian (now Iraqi) city of Ur. Two game boards were discovered in a tomb in 1925 by British archaeologist Sir Charles Leonard Woolley.

Clue
 U.S.A., 1950
 Parker Brothers, licensed from John Waddington in England
On loan from Dr. Wayne Saunders

Clue was invented in 1944 by a solicitor's clerk named Anthony Pratt. It was marketed in England as Cluedo, a play on ludo, the British form of Parcheesi. The board was designed by Pratt's wife who was an amateur painter. The object of the game is to gather clues about where a murder took place, what weapon was used in the murder, and who was the perpetrator. Clue enjoyed such popularity in the United States that Paramount Pictures created the film "Clue" starring Eileen Brennan and Tim Curry in 1985.

BUNCO

Bunco, a dice game in 18th century England was later imported to San Francisco as a gambling activity in 1855, where it gave its name to gambling parlors, or "Bunco Parlors". During the 1920s and Prohibition, Bunco was re-popularized in speakeasys. Law-enforcement groups raiding these parlors came to be known as "Bunco Squads".

SORRY

Sorry!, a variant on the game Parcheesi has been an American classic since it first hit US shores in 1934. Sorry! was originally published in England before coming to the US. The Korean game Nyout, as well as games from medieval Europe and the American Indians, may be viewed as predecessors.

Museum of Art: A plaque commemorates the visit of Queen Elizabeth II in 1983. We found paintings by Rubens, Frans Hals and Sir Anthony van Dyck of great interest.



Ruben's painting at the Museum of Art in Balboa Park

Veterans Museum and memorial Center.

_Great exhibit showing the B-24 Liberators- built in San Diego and used from airfields in England. There is a framed tea towel that shows many of the airfields in East Anglia during WW2.



Veterans Memorial Garden: This has three individual gardens honoring veterans- air, land, and sea. The air garden has a bronze statue of a B24 liberator. It is a beautiful and quiet place to reflect on our appreciation for all the men and women of the armed services over the years that have kept America free- and helped England during WW2.



International Cottages: Pop in on Ernie Hughes at the House of England on the 4th Tuesdays to encourage him and learn about Genealogy.

