



HOUSE OF ENGLAND

www.houseofengland.org



President
Delphine Malone
619-435-3631

Vice-President &
Webmaster
Richard Steadham
rsteadham@mac.com

2nd Vice-President &
Hosting Coordinator
Aileen Price
619-427-1403
jwp369@nethere.com

Secretary &
Newsletter
Frances Weekley
619-262-5512
fweekle@cox.net

Treasurer
Melvin Weekley
619-262-5512
mweekle@cox.net

HPR Delegates
Delphine Malone
Aileen Price

HPR Alternate delegates
Richard Steadham
Arya Zeighamnia

Trustee
Steve Gonzales
619-260-8176

Trustee
Arya Zeighamnia
619-584-7555

Membership
Hilda Branch
619-469-5807
Twig1@cox.net

ExOfficio advisor
Bill Horlor
619-449-0265

House of Pacific Relations
Balboa Park, San Diego, CA

NEWSLETTER

September 2011

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

LADIES' AUXILIARY LUNCHEON: Wednesday September 14, 2011 - at 12:30PM in Hall of Nations for just \$3.00 each and will be hosted by the House of Panama. (The August Garden Tea Party was well attended, the food excellent, the Victorian costumes fascinating, the fellowship was fun and the weather was perfect!)

MEMBER NEWS

Audit of Treasurer's records for 2010-2011 fiscal year: This needs to be done in September. Please call Delphine if you are able to be on the audit committee.

August Picnic and Organ Concert went very well. The food was great and the concert was excellent. We had 15 members and 6 guests at the picnic. Maggie joined the 10 that stayed for the concert.

Nominating committee: Election of officers for 2012 is coming up in November. Delphine will be presenting her 3 person nominating committee at the Sept meeting. If you would like to be nominated for an office, please let the committee know.

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

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

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

Update on our change in organization status: Our Bylaws were resubmitted to Graham McGruer, head of the HPR Bylaws committee, in August for final approval.

House of England business cards: These are now available at the cottage and for members to carry for distribution to potential new members. Let's use this tool to grow our group!

Birthdays: Many happy returns to Delphine, Annette, Mirka and Fran for August and to Steve, Betty, Roy, Eliza, Richard and Nancy for September.

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.

Aug 7	Chris Beckstrom and Paul Harvey
Aug 14	Roy and Eileen Ford
Aug 21	Jean Harrison and Delphine Malone
Aug 28	Neil and Mary Aldridge
Sept 4	Steve Gonzales
Sept 6 meeting.....	open
Sept 11	Sharon Boskovich
Sept 18open
Sept 25	Doug and Hilda Branch

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.

Recap from 2010-2011 fiscal year end reports:

Profits made:

Beer garden –Dec 2010	1031.70
Lawn program- April 2011	360.17
Ethnic Fair- May 2011	315.52
Movie/Beer night-June 2011	-160.00

EASY WAYS TO LOSE WEIGHT WITHOUT DIETING

In many parts of the globe people are starving but here in the West our biggest worry is avoiding the ever expanding waistline that comes with living in a nation of plenty; that is plenty of cheap, often unhealthy, and easily available food.

Apparently, at any one time approximately 80% of women are actively trying to lose weight and, let's face it, it's an uphill struggle! Gimmicky diets fail in the long term and, as soon as you mention the word diet to yourself, you're pretty much guaranteed to sabotage your 2 days of the Cabbage Soup Diet (yuk)!

The secret to losing weight and keeping it off is to make small, lifestyle changes as opposed to extreme measures.

Here are some tips:

1. Eat slower. It takes about 20 minutes for the brain and the stomach to communicate that you are full, so the longer you take to eat your meal, the less food you should eat.
2. Pile on the veggies. They're mostly water and full of fiber, so they'll fill you up without adding a ton of extra calories to the mix. Avoid butter and cream based sauces though.
3. Eat soup. In studies, participants fed a broth based soup before a meal ate less calories than those who drank water. Maybe something to do with the hot liquid. Avoid cream based soups and opt for low sodium.
4. Use smaller plates and dishes. Automatic portion control.
5. To avoid snacking after meals, clean your teeth or chew gum, this will make any food you put in your mouth taste horrible.
6. Get moving. You don't have to run a marathon...clean the house, walk the dog, dance around the house....have fun with it and you'll stick to it!

Fulfilment: *by William Morris*

Now came fulfillment of the year's desire,
The tall wheat, coloured by the August fire,
Grew heavy-headed, dreading its decay,
And blacker grew the elm trees day by day.
About the edges of the yellow corn,
And o'er the gardens grown somewhat outworn
The bees went hurrying to fill up their store;
The apple-boughs bent over more and more;
With peach and apricot the garden wall
Was odorous, and the pears began to fall
From off the high tree with each freshening breeze.



Odds and Sods from Lucy

August 31st in English History

1422 - Henry VI becomes King of England at the age of 9 months.

1535 - Pope Paul II excommunicates King Henry VIII, who had been declared by an earlier pope as "Most Christian King" and "Defender of the Faith".

1888 - The body of Mary Ann 'Polly' Nichols, the first of Jack the Ripper's five victims, is found.

1959 - British PM Harold Macmillan and American president Dwight Eisenhower give an historic live television broadcast from Downing Street.

1989 - Buckingham Palace confirms that after 16 years of marriage Princess Anne and Captain Mark Phillips are to live apart.

1997 - Diana, Princess of Wales, is killed after her car crashes in a Paris underpass - the driver and her friend Dodi Fayed are also dead.

Hodgepodge of Links

I HAVE a hodgepodge of links for you this month. First up is a website that lists the towns in Britain with the most humorous names. WARNING: This link may contain smut, but please consider the poor people, such as Mrs. Smith from Backside and Mr. Jones from Upperthong, who have to live there.

<http://tiny.cc/ok4x3>

Next up I have a fun pub quiz for you to try if you are American, and to share with your American friends if you are not. See how much Americans REALLY know about our fair isle.

<http://tiny.cc/558yl>

Is England the best country in the world? It is according to an impartial study done by English people.

<http://tiny.cc/hlt3u>

And now for the funny video of the month, featuring Ronnie Corbett and Harry Enfield in "My Blackberry is not Working."

<http://tiny.cc/oy79b>

Until next month! Lucy x

Pearly Kings and Queens

Pearly Kings and Queens, known as pearlyies, are an organised charitable tradition of [working class](#) culture in [London](#), England.

The practice of wearing clothes decorated with pearl buttons originated in the 19th century. It is first associated with Henry Croft, an orphan [street sweeper](#) who collected money for charity. At the time, "[Costermongers](#)" (London Street traders) were in the habit of wearing pearl buttons along the seams of their trousers. Croft adapted this to create the 'pearly suit' to draw attention to himself and aid his fund-raising activities. In 1911 an organised pearly society was formed in [Finchley](#), north London.

Croft died in January 1930 and his funeral was attended by 400 followers from all over London, receiving national media coverage. In 1934 a memorial was unveiled to him in [St Pancras Cemetery](#) and at a speech to mark the occasion he was said to have raised £5,000 for those suffering in London's hospitals. The statue was later moved to the crypt of [St Martin-in-the-Fields](#), Westminster. The inscription reads:

In memory of Henry Croft who died January 1st 1930 aged 68 years. The original Pearly King.

The pearly organisation is now known as the *Original London Pearly Kings and Queens Association*. Following disagreements, a rival *London Pearly Kings and Queens Society* has also been set up and another called the *Pearly Guild*. Each group is associated with a church in central London and works to raise money for London-based charities.



Pearly King Jack Fowler
and Queen John Taylor Fowler



An eye-catching memorial in the St Martin In The Fields Crypt is this statue in honour of Henry Croft.

MAGNA CARTA: On June 19, 1215, a document was sealed that would set an early precedent for virtually every constitutional document that would be ratified in the centuries afterward: the Magna Carta. The paper was signed by King John of England at Runnymede in response to agitation by the barons of the kingdom. The Magna Carta's most significant constitutional influence was its placement of limitations on the power of the king; it stated that the king was equally beholden to the laws of the kingdom as the rest of his subjects.

The barons had reason to want to rein in King John's power. Although he did accomplish positive things during his reign, like the de facto creation of the English Royal Navy, John tended to abuse his role as king. He was already greatly disliked by some in England because of his attempts to usurp Richard I's crown when he was in the Holy Land on Crusade, and John's actions when he finally was made king rubbed many barons the wrong way. His deal with the Pope, agreeing to sort of "rent out" England and Ireland to the papacy in exchange for an annual sum of money, divided some of his vassals from him. The great majority rebelled, however, after John's army was defeated at the Battle of Bouvines. John lost nearly all of the land that England held on the continent, including Normandy, and his barons were seriously unhappy about it. He'd also had to raise taxes to pay for the army that was pummeled in France, and we all know how people feel about paying higher taxes.

The barons had had enough in 1215, and a committee of nobles got together to draft a document stating their demands to the king. These included the right of habeas corpus, fair trade, and trial by a judge, not sheriffs. The most radical section was Article 61, which allowed a group of 25 nobles to overrule any decree or law made by the king — sort of like overruling a presidential veto in the US today. Article 61 essentially stripped the king of all of his power, and immediately after signing the document, he loudly renounced it. Future versions of the Magna Carta left this part out.

John ended up weaseling his way out of the 1215 version of the charter — he told the Pope that he'd signed it under duress, and the Pope gave him the go ahead to ignore the whole thing. Not a great idea — this started the First Barons' War. It also prompted many of the barons to invite the king of France over to seize the English throne. While John was running away, he lost the crown jewels in a tidal accident, became depressed, got dysentery, and died. Unlike King John, the Magna Carta (in its various forms) lives on — the 1297 version is still on the books in England and Wales today.



When Englishmen left their homeland to establish colonies in the New World, they brought with them charters guaranteeing that they and their heirs would "have and enjoy all liberties and immunities of free and natural subjects."

Scant generations later, when these American colonists raised arms against their mother country, they were fighting, not for new freedoms but to preserve liberties that dated to the 13th century.

When representatives of the young republic of the United States gathered to draft a constitution, they turned to the legal system they knew and admired--English common law as evolved from Magna Carta.

The conceptual debt to the great charter is particularly obvious: the American Constitution is "the Supreme Law of the Land," just as the rights granted by Magna Carta were not to be arbitrarily canceled by subsequent English laws.

This heritage is most clearly apparent in our Bill of Rights. The fifth amendment guarantees

No person shall...be deprived of life, liberty, or property, without due process of law

Written 575 years earlier, Magna Carta declares

No freeman shall be taken, imprisoned, or in any other way destroyed...except by the lawful judgment of his peers, or by the law of the land. To no one will we sell, to none will we deny or delay, right or justice.

In 1957 the American Bar Association acknowledged the debt American law and constitutionalism had to Magna Carta and English common law by erecting a monument at Runnymede. Yet, as close as Magna Carta and American concepts of liberty are, they remain distinct. Magna Carta is a charter of ancient liberties guaranteed by a king to his subjects; the Constitution of the United States is the establishment of a government by and for "We the People."

Oranges and Lemons! London was a city of beautiful churches, and the bells in their spires, speaking to one another across the roofs, became a very popular children's nursery rhyme.

Oranges and lemons,
Say the bells of St. Clement's. (*St Clement Danes-near wharves where merchants landed citrus fruits*)

You owe me five farthings,
Say the bells of St. Martin's. (*St Martin Orgar or St Martin Lane- both in the city- where moneylenders used to live*)

When will you pay me?
Say the bells of Old Bailey. (*'St Sepulchre-without-Newgate'-opposite the old Bailey, near Fleet Prison where debtors were held*)

When I grow rich,
Say the bells of Shoreditch. (*'St Leonard's', Shoreditch- just outside the old city walls*)

When will that be?
Say the bells of Stepney. (*'St Dunstan's', Stepney- just outside the old city walls*)

I do not know,
Says the great bell of Bow. (*'St Mary-le-Bow', Cheapside- financial industry area*)

Here comes a candle to light you to bed,
And here comes a chopper to chop off your head!

The song is used in a children's singing game with the same name, in which the players file, in pairs, through an arch made by two of the players (made by having the players face each other, raise their arms over their head, and clasp their partners' hands). The challenge comes during the final lines:

On the last word, the children forming the arch drop their arms to catch the pair of children currently passing through, who are then "out" and must form another arch next to the existing one. In this way, the series of arches becomes a steadily lengthening tunnel through which each set of two players have to run faster and faster to escape in time.

The tune is reminiscent of change ringing, and the intonation of each line is said to correspond with the distinct sounds of each church's bells. Today, the bells of St. Clement Danes, ring out the tune of the rhyme.

St. Clement Danes, in the strand, was a lovely steeped church where Samuel Johnson worshipped. It was gutted by flames during the bombing of London and the bells melted in the fire.

Following an appeal for funds by the Royal Air Force, the church was completely restored and was re-consecrated in October 1958 to become the Central Church of the Royal Air Force.

Services are regularly held to commemorate prominent occasions of the RAF and its associated organizations. There are also features throughout and outside the building commemorating people and units of the RAF.

As part of the rebuilding, a Latin inscription was added over the main door of the church, translating as: *"Built by Christopher Wren 1682. Destroyed by the thunderbolts of air warfare 1941. Restored by the Royal Air Force 1958."*



Bombed in 1941



Beauty from ashes....



St.Clement Danes

St Martin-in-the-Fields is one of the most famous non-cathedral churches in London. Its ethos as the "Church of the Ever Open Door" (a title coined by Dick Sheppard, Vicar in the early 20th century when the work with homeless people was started) continues today, even though it is not possible for it literally to be the case. It is famous for its work with homeless people through The Connection at St Martin's which shares with The Vicar's Relief Fund the money raised each year by the BBC Radio 4 Appeal's Christmas appeal. The church is also known for its regular lunchtime and evening concerts: many ensembles perform there, including the Academy of St. Martin-in-the-Fields, which was co-founded by Sir Neville Marriner and John Churchill, a former Master of Music at St Martin's. (Wonderful music from this site is often aired on our local 104.9 XLNC radio channel). There is a popular café in the crypt, where jazz concerts are held. All profits from this go to the work of the church. The crypt is also home to the London Brass Rubbing Centre, an art gallery and a book and gift shop.

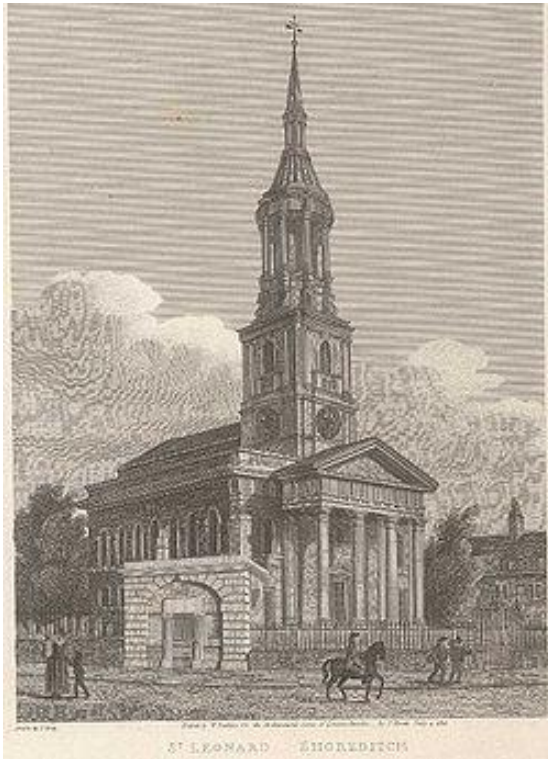


St Martin-in-the-fields

St. Sepulchre-without-Newgate is an Anglican church in the City of London, located on Holborn Viaduct, almost opposite the Old Bailey. In medieval times it stood just outside ("without") the now-demolished old city wall, near the Newgate (and Fleet prison).



St Leonard's Church, Shoreditch: Whilst the church has had bells for many centuries, the current ring of 12 bells, hung for change ringing, dates from 1994 when the bells were cast by John Taylor Bellfounders (now part of Taylors Eayre & Smith Ltd) of Loughborough.

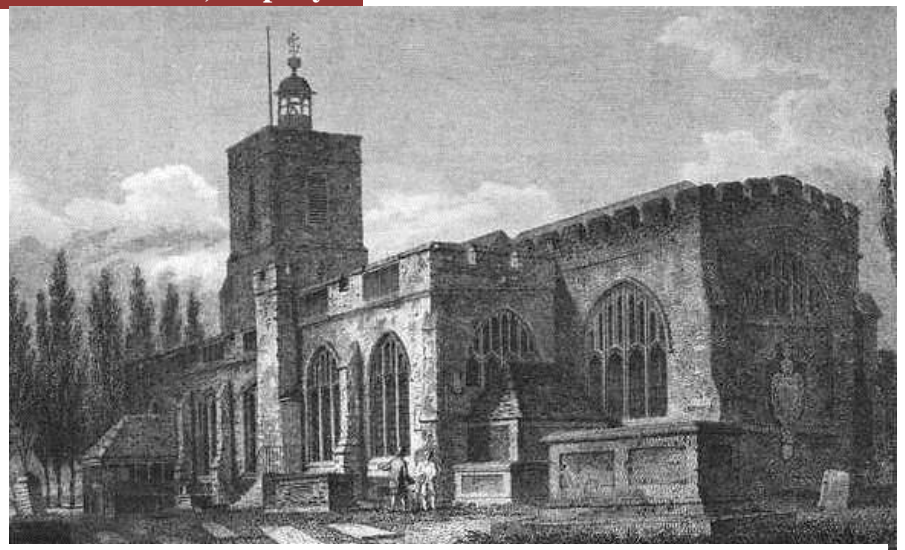


18th century print of St. Leonard's



St. Dunstan's , Stepney: The ring of ten bells, the heaviest weighing 28.3 Hundredweight, which hang in the belfry were cast at the local Whitechapel Bell Foundry and are tuned to C#. The seven oldest bells were recast by Thomas Mears and Son, Whitechapel, in 1806. Three were recast in 1952 when repairs were made to the tower.

St. Dunstan and All Saints, Stepney



Circa 1805 St. Dunstan's church, Stepney

St Mary-le-Bow is an historic church in the City of London, off Cheapside. According to tradition, a true Cockney must be born within earshot of the sound of the church's bells.

The sound of the bells of St Mary's are credited with having persuaded Dick Whittington to turn back from Highgate and remain in London to become Lord Mayor.

Traditionally, distances by road from London have been measured from the London Stone in Cannon Street, or the "Standard" in Cornhill, but, on the road from London to Lewes, the mileage is taken from the church door of St Mary-le-Bow. To emphasize the difference, mileposts along the way are marked with a cast-iron depiction of a bow and four bells.

Much of the current building was destroyed by a German bomb during the London Blitz on May 10, 1941, during which fire the bells crashed to the ground. Restoration under the direction of Laurence King was begun in 1956 and the bells rang again in 1961 to produce a new generation of Cockneys. In the churchyard is a statue of Captain John Smith, founder of Virginia and former parishioner of this church. St Mary-le-Bow ministers to the Financial Industry and livery companies of the City of London.



Interior of St Mary-le-Bow



Interior of St Mary-le-Bow

