



# HOUSE OF ENGLAND

[www.houseofengland.org](http://www.houseofengland.org)



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Balboa Park, San Diego, CA

NEWSLETTER  
November 2011

**NEXT MEETING:** Tuesday November 1, 2011 at 6:30 PM at the Hall of Nations.

**LADIES' AUXILIARY LUNCHEON:** Wednesday November 9, 2011 - at 12:30PM in Hall of Nations for just \$3.00 each and will be hosted by the House of Philippines. There will be elections for the 2012 board at the meeting..

## MEMBER NEWS

**Announcement:** Evelyn Lloyd has been moved to: St. Paul's John A McColl Health Center, 235, Nutmeg St, Room 209, San Diego, CA 92103. Please send her a card.

**Election of 2012 Officers:** Come to the November meeting to vote. See page 3 for nominating committee report. Nominations can be made from the floor.

**Membership Renewals Time coming up:** Come to the November meeting to vote on proposed increase in annual renewal rate. Proposed increase can be found on page 3.

**Audit of Treasurer's records for 2010-2011 fiscal year:** Done! Committee met with Mel on October 14<sup>th</sup>.

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

**Food Handling classes:** If you do not have your certificate or the one you have is expiring, please attend the class on Nov 3<sup>rd</sup> or Nov 17<sup>th</sup> in Hall of Nations, from 6:30 to 9:30 PM.

**December Nights:** Diane has great plans in place. Come hear all about it at the meeting.

**Christmas Luncheon:** This will be at the Bali Hai Restaurant on Shelter Island on December 19<sup>th</sup> at 12:30 PM. Tickets are \$15 for members and \$20 for guests. Great menu lined up. Buy your tickets from Mel as soon as possible.

**HPR International Cottages 75 years booklet and Lapel Pins:** These are still available. See Delphine to purchase.

**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- still being reviewed.

## 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](mailto:lizbairdmurray@gmail.com).

Oct 2	Victoria Ross and Mel/Fran Weekley
Oct 4 meeting	Margaret Momparler and Annette York
Oct 9	Delphine Malone
Oct 16	Jean Harrison and Delphine Malone
Oct 23	Aileen Price and Delphine Malone
Oct 30	Terry Carpenter and Mel/Fran Weekley

Nov 1 meeting	Maggie Atterbury
Nov 6	Chris Beckstrom
Nov 13	Jim and Jing Sharratt
Nov 20	Roy and Eileen Ford
Nov 27	Pat Law and Meegan Gosseline

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:** 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. Also, please let Fran know if you notice any supplies need to be replenished.

### 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.

### Membership renewal from Hilda:

The renewal cut-off date is Jan 31, 2012. Please send you renewal checks made out to House of England to our membership chairperson, Hilda Branch, 7545 Hughes Street, Lemon Grove, CA 91945-4034. Telephone is 619-469-5807, or give to her at the meetings. If you would like your renewal card sent to you right away, please send a self- addressed, stamped envelope with your check. Otherwise, it will be sent with the following month's newsletter.

Thank you, Hilda Branch

**NOTE: Renewal amount will be decided at the November meeting.**

# HOUSE OF ENGLAND

## ELECTION OF OFFICERS FOR 2012

The nominating committee has presented the following nominations:

President	Fran Weekley
Vice President (Vote for 1)	Diane Roop Jean Harrison
2 <sup>nd</sup> Vice President	Sharon Boskovich
Secretary	Terry Carpenter
Treasurer	Mel Weekley
Trustee (Vote for 2)	Steve Gonzales Arya Zeighamnia
HPR Delegate (Vote for 1)	Delphine Malone Mel Weekley Sharon Boskovich



**Please come to the November 1<sup>st</sup> meeting to vote. (Hall of Nations, 6:30 PM)**

**Membership renewals are coming up. There is a proposal on the floor to increase dues to \$10 per month (\$12 for new members for the first year only).**

**Please come to the November meeting to vote.**



Enclosed are the House of England Bylaws and standing Rules. These were approved by the membership in November 2010, revised per HPR bylaws committee February 2011 and awaiting final approval by the HPR bylaws committee.

# Holiday eating 101

Oh, the joys of colder weather...jumpers, chestnuts, fires, hot choccie with whipped cream, mulled wine by the gallon.....10 lb weight gain and increased cholesterol levels!

What is a poor ex pat to do to remind them of home?

It sucks to have to think about being sensible over the hols but, with a little forethought and planning, one can still enjoy the season but avoid some of the negative effects.



1. Enjoy all your favourite foods but in moderation.....eat some of the good stuff but supplement with salad or raw veg. For example, have turkey, sweet potatoes and stuffing on half of your Thanksgiving plate and fill the rest up with spinach or romaine based salad with a little lemon juice as dressing.

2. That brings me to sweet potatoes....enjoy oven baked with the skin on (more fibre) and some garlic powder, white pepper and spray butter...no syrup or marshmallows.....

3. Pie.....pecan has the health benefits of nuts but is calorically dense and usually heavy on the butter. Pumpkin tends to be healthier, especially if you make it yourself and go easy on the sugar. Cinnamon and nutmeg are thought to help regulate blood sugars (no real scientific evidence as yet) but they certainly taste good and add no extra calories or sugar, so go ahead and be liberal with them!

4. Vegetables. We all know they're good for us but thanksgiving is usually associated with green bean casserole and cream laden spuds...all high in fat, salt and calories. Instead, try Brussels sprouts partially cooked in the microwave then halved and stir fried in a minuscule amount of olive oil until brown and somewhat crispy, or try my healthy mashed spud recipe

Mashed spuds with apples.

3 1/2 lbs Yukon gold spuds, halved  
1 cup low sodium chicken or veg stock  
1/2 cup half and half  
2 granny smith apples cored and finely diced.  
Salt,pepper and freshly grated nutmeg to taste.



Place spuds in a pan and cover by 1 inch with water.  
Bring to boil until tender then drain and place back in pan.  
Warm stock and half and half until hot in a small pan, pour into spuds.  
Mash roughly.  
Add apple, salt, pepper and nutmeg to taste.

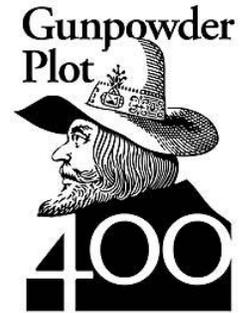
Serve 4-6 and enjoy!



Suzanne McLay MS RD CDE

## November 5<sup>th</sup>: Guy Fawkes Night:

Also known as "Firework Night" and "Bonfire Night," November 5th was designated by King James I (via an Act of Parliament) as a day of thanksgiving for "the joyful day of deliverance." This Act remained in force until 1859. On the very night of the thwarted Gunpowder Plot, it is said that the populace of London celebrated the defeat by lighting fires and engaging in street festivities. It would appear that similar celebrations took place on each anniversary and, over the years, became a tradition. In many areas, a holiday was observed, although it is not celebrated in Northern Ireland.



Apparently, it was illegal in England, until 1959, not to celebrate the anniversary of Guy Fawkes' arrest.

The tradition of children making a 'guy' and peddling in the streets for "A penny for the Guy" has gone and nowadays, Guy Fawkes' night in most parts of Great Britain is commemorated at large public fireworks displays or small family bonfires.

However, towns in Sussex and Kent hold huge gala events with fires, parades and festivals. The tradition has remained strong for more than a century becoming the highlight of the year for many towns and villages in the area. The Bonfire Societies use the events to collect money for local charities. Events are held from September into November,

In Lewes, Sussex, the celebrations mark both Guy Fawkes Night and the burning of 17 Protestant martyrs in Lewes' High Street from 1555 to 1557, during the reign of Mary Tudor. Seven separate societies organise events in the town and, on the fifth of November, the town hosts six separate bonfires.



Members of the Lewes Borough Bonfire Society  
On Bonfire Night in  
Lewes, Sussex.



Guy Fawkes Night in London



Local Celebrations

# “Living Architecture”

How we love the old buildings, churches, castles of England but things are changing in some places!

**The Balancing Barn** stands on the edge of a tranquil nature reserve a few miles inland from the Suffolk coast, near the historic towns of Walberswick and Aldeburgh. Clad in elegant silver tiles, the house dramatically cantilevers over the landscape, providing views from its huge panoramic windows over woods, ponds and meadows



**The Dune House** lies just to the south of the picturesque village of Thorpeness in Suffolk, on an idyllic spot on the very edge of the sea, nestled among rolling dunes. You can walk out from the living room directly onto the beach and enjoy extraordinary panoramic views over the sea from the terraces, bedrooms and bathrooms on the upper floor.



**The Long House** looks out on to the flat, almost prairie-like expanses of the Norfolk landscape and on the upper story, affords one views over the inlets, saltmarshes and creeks of the North Sea coast. The house is distinctive for its massive and traditionally crafted flint wall, which references the ancient churches and barns of the area. It is on the edge of the quiet village of Cockthorpe, between Wells-Next-the-Sea and Blakeney.

