



# HOUSE OF ENGLAND

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

House of Pacific Relations  
Balboa Park, San Diego, CA



President  
Diane Roop  
707-246-1999  
[diane@beveragecompliance.com](mailto:diane@beveragecompliance.com)  
[Solutions.com](http://Solutions.com)

Vice-President  
Fran Weekley  
619-262-5512  
[fweekle@cox.net](mailto:fweekle@cox.net)

2<sup>nd</sup> Vice-President  
Hosting co-ordinator  
Eileen Ford  
760-940-8835  
[refordcal@sbc.global.net](mailto:refordcal@sbc.global.net)

Secretary  
Hilary Lafoe  
858-703-4941  
[Hilary.rowe@taylorandfrancis.com](mailto:Hilary.rowe@taylorandfrancis.com)

Treasurer  
(Assistant Webmaster)  
Melvin Weekley  
619-262-5512  
[mlweekle@cox.net](mailto:mlweekle@cox.net)

Trustees  
Steve Gonzales  
619-260-8178

Arya Zeighamnia  
619-584-7555  
[deraryalowe@gmail.com](mailto:deraryalowe@gmail.com)

Membership  
Rachel Adams  
858-623-0114  
[Rachel@reallygoodjam.com](mailto:Rachel@reallygoodjam.com)

HPR Delegates  
Diane Roop  
Mel Weekley

HPR Alt. delegates  
Fran Weekley  
Linda Stolliker

Webmaster  
Richard Steadham  
[rstiddem@gmail.com](mailto:rstiddem@gmail.com)

Newsletter Editors  
Frances & Melvin Weekley

**NEWSLETTER**  
February 2013

**NEXT MEETING:** Tuesday February 5, 2013 at 6:30 in Hall of Nations. **British Invasion Catering will be feeding us another wonderful meal. \$6 a plate.**

**NEXT HPR MEETING:** Sunday February 3, 2013 at noon in the Hall of Nations.

**LADIES' AUXILIARY LUNCHEON:** Next luncheon will be Wednesday, February 13, 2013, in the Hall of Nations and hosted by House of USA. Cost is only \$4 each.

## **MEMBER NEWS**

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

**Membership renewals:** No newsletter next month if you have not renewed!  
**Get your renewal (\$10.00) or new member (\$12.00) checks to Rachel right away.**

**Birthdays for February:** Pat C, Terry, Beryl, Nancy, Mike

**December nights:** After paying required amounts to HPR, the net profit is \$1726.24. Great success and great PR exposure.

**Hall of Nations Kitchen renovation status:** ALMOST finished and looking amazing! Hopefully Diane can use for the February meal meeting.

**Display ideas for 2013:** Fran is planning a Jane Austen display in the near future. Shirley has offered to help with a spring flowers plan and Dr. Who really needs to make an appearance! Let Fran know of any suggestions and/or ideas you have for future displays. (Due to sickness, Fran was not able to get the Jane Austen display in place as planned. Jane will make her appearance in later months.).

**HOE Library:** Some books are distributed and being read and enjoyed. Call or email Fran if you would like to take out a book or video.

**Annual charity donation:** Come to the February meal meeting to vote on which charity or charities we should support.

**Installation of HPR delegates for 2013:** This took place on Jan 19th. Diane was sworn in and will attend a new president's informational meeting on Jan 24<sup>th</sup> to brush up on what HPR expects of every House and officer.

**Lawn Program Committee:** Mark your calendars for April 14<sup>th</sup>- to do all you can to help make the House of England Lawn program a great success. First meeting was held Jan 22<sup>nd</sup>. Come to the February meeting to hear what is being planned.

## HOSTING AND HOSTESSING AT THE COTTAGE

Thank you to our volunteers.

Call our hosting chairperson, Eileen Ford to volunteer for future dates. 760-940-8835

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.

(Cottage must have the doors open a minimum of 4 hours between 12:00 noon and 5:00pm)

Jan 6	Steve Gonzales
Jan 13	Anne, Meegan and Pat
Jan 20	Paul and Jennifer
Jan 27	Chris
Feb 3	Will and Hilary
Feb 10	OPEN- call Eileen to volunteer
Feb 17	Roy, Eileen and Maureen
Feb 24	Jean and Delphine



Paul with the thingie!



**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 that any supplies need to be replenished.

### Lapel Pins, 75th Anniversary Mugs and 75<sup>th</sup> Anniversary booklets

These things are on display at the cottage. If a visitor donates to obtain one, please let Mel know when turning in the donations money. (pins \$4, Mugs \$8, booklets \$5).

.....

### MEMBERSHIP RENEWAL (NOT LIFE MEMBERS!):

The renewal cut-off date is January 31, 2013. Please send your renewal check as soon as possible for \$10 made out to the House of England to membership chairperson, Rachel Adams, 8061 Caminito Gianna, La Jolla, CA 92037, or give to her at the February meeting. Her telephone number is 858-354-1871. Your renewal card will be mailed with the following month's newsletter unless you request it earlier. Thanks!

---

### JANE AUSTEN San Diego Reading Group - Jasna

NEXT MEETING - Feb 16th, at 11:00 a.m. - House of England, in Balboa Park, at the cottages. Since it is February, Valentines weekend - we will discuss the various 'romances' which are written by modern authors, about Austen characters - or those in love with Mr. Darcy, etc. We are not discussing 'one book' this time - - but the plethora of sequels and modern imagination.

### Special time at cottage to remember Evelyn Lloyd:

Shirley is heading up a special service to remember Evelyn Lloyd. It will be at the cottage on Friday afternoon, Jan 25<sup>th</sup>. One of Evelyn's sons will be there.

Please call Shirley and let her know if you can attend. (Shirley can confirm time frame).

## William and Kate Reveal Baby's Due Date – July

No, it won't be twins. But a "delighted" Duke and Duchess of Cambridge are expecting their baby in July, their office said this month.

"Their Royal Highnesses The Duke and Duchess of Cambridge are delighted to confirm they are expecting a baby in July," read the simple statement.

"The Duchess's condition continues to improve since her stay in hospital last month," the statement also said. Kate sought treatment in early December for severe morning sickness.



### **Queen Elizabeth: William & Kate's Daughter Will Be Called 'Princess'**

The Queen has spoken! Wanting to ensure that if [the Duke](#) and [Duchess of Cambridge](#) have a daughter, she will have a proper title, Her Majesty has issued a formal decree that the royal arrival would be known as a princess.

Up until now, following a century-old decree by George V, only the Prince of Wales's eldest son could have the title prince. That would have meant that any daughter born to William and Kate would have been called "lady."

The Queen made the decision on New Year's Eve. The decree covers all future children of the couple.

### **Kate's January Birthday – Acrobats Take Center Stage**

Flanked by [Prince William](#), her family and some of her closest friends, [the Duchess of Cambridge's](#) 31st birthday turned out to be quite the circus! The group had the best seats in the house as they took in the spectacular Cirque du Soleil's *Kooza* show at the Royal Albert Hall, close to Kate's London home at Kensington Palace.

With William, 30, beside her (wearing eyeglasses), she was spotted clapping and laughing at the show at the Royal Albert Hall, and an observer reports she was looking "happy and radiant."

# From the JASNA-San Diego Newsletter

We are so pleased that our San Diego JASNA Region is thriving and growing. We welcome your input and involvement.

## Celebrating Jane Austen's 237th Birthday



The rainy day did not deter our determined members from putting on a wonderful birthday party on December 15th at the Hall of Nations in Balboa Park. The variety of cakes and other treats, some from the "Jane Austen Cookbook," were delicious and beautifully displayed. We were so pleased to have Frances Weekley, outgoing president of the House of England international cottage at Balboa Park, help us set up and make tea. There is a natural connection between the Jane Austen Society and the House of England.

Attendees watched A&E's 2006 award-winning "Jane Austen Biography" while helping themselves to the delicious tea and cakes and chatting with others. The table decorations were delightful, too.

Many thanks to our many members who helped plan, set up, bake, coordinate, and clean up this very fun event. A special thank you to Carolyn Wheat for having a special banner made to celebrate Jane Austen. The banner is on loan to the House of England for their events and to promote Jane Austen and JASNA.

The region raised \$14 from the turnout would have



this event. No doubt been higher had the weather been finer!



## Upcoming February Meeting



Our next meeting is on Saturday, February 16 at 11:00 a.m. at the House of England (see below for more information). **Romance is the theme.** We will be reading sequels and spinoffs of *Pride and Prejudice*, especially those relating to Mr. Darcy. Please select one or more books to read from the following list (or add your own selection), and come prepared to discuss it:

*Bridget Jones's Diary*, Helen Fielding - Takes the plot of *P&P* and turns it into one of the original chick lit novels. Mark Darcy is based more on Colin Firth's Mr. Darcy than Jane Austen's, but it is still fun.

*Old Friends and New Fancies*, Sybil G. Brinton - Originally published in 1913. It's fun, as it brings together characters from all of the novels and weaves together a romance for Georgiana Darcy (and others).

*Mr. Darcy's Diary*, Amanda Grange - A recreation of *P&P* from Mr. Darcy's perspective.

*Mr. Darcy Takes a Wife: Pride & Prejudice Continues*, Linda Berdoll - How the Darcys lived happily ever after.

*Jane Austen in Boca*, Paula Marantz Cohen - The story of *P&P* has been updated and set in a retirement community in Boca Raton. Works surprisingly well.

*Mr. & Mrs. Fitzwilliam Darcy: Two Shall Become One*, Sharon Lathan - A prolific author of *P&P* Mr. Darcy sequels, "tailor made for the romantic at heart."

*Darcy's Passions: P&P Retold Through His Eyes*, Regina Jeffers - Another version of *P&P* told from Mr. Darcy's perspective.

**Bonus Spinoff Book:** *Jane Austen Ruined my Life*, Beth Patillo - Tells the story of English professor Emma Grant and her search for Jane Austen's lost letters. Fun chick lit -- would you make the same choice she does at the end of the book?

**If you have a favorite sequel or spinoff, let me know, and I'll get the word out to others before our meeting**

## Looking ahead to 2013

At our November meeting, it was decided to hold meetings every other month: February, April, June, etc. on the 3rd Saturday. The following programs for these meetings are as follows:

April 20 - Photo Tour and Discussion of JASNA Tours to England

June 15 - Regency Times, Trials, & Tribulations. Learn about the culture and history of the time.

August 17 - *Pride and Prejudice*: Celebrating the 200th anniversary of the publication of *Pride & Prejudice*

October 19 - Gothic Novels: *The Mysteries of Udolfo* and *The Romance of the Forest* by Ann Radcliffe, among others

The House of England international cottage in Balboa Park has graciously agreed to allow us to meet at the House of England for our meetings.

## **New Year, New You!** Submitted by Suzanne McLay MS RD CDE

Yes, it's January again and we thoroughly enjoyed all the mince pies, Crimbo pud, and trifle but now it's time to lose the spare tyre and get back on track with healthy eating.

However, a few tweaks here and there can really help lose those extra pounds, so you don't have to go mad and starve yourself.

Here are a few quick tips for being able to enjoy the foods you love while losing a couple of pounds.

**Pizza.** Yum! Who doesn't love pizza? It doesn't have to be off the healthy eating list. Try making it at home (skip the delivery boy) using ready-made dough and keeping the crust thin. Skip loads of cheese and salty meat and use lots of fresh veggies and a good quality parmesan.

**Fried Chicken.** Try skinless breasts, coat in Greek yogurt and herbs then use breadcrumbs or panko and shove in the oven to bake. Serve with salad greens for a healthy meal.

**Burgers.** Use extra lean turkey or lean ground beef, bulk up with bulgar wheat or farro (Trader Joe's or Sprouts sells these fiber rich grains). Don't handle these lean meats too much or they will toughen. If chips are needed, do oven baked wedges or sweet potatoes.

**Mexican.** Think beans (not refried) and lean meats as well as the health benefits of avocado and salsa! Go easy on the cheese and try baked homemade tortilla chips if you have the time and/or inclination!

**Ethnic food.** We love our curries and Thai take outs but, if eaten in a restaurant, there is nothing low fat or low cal about these dishes. So, make them at home using light coconut milk, low sodium soy sauce and leaner cuts of meat. Avoid heavy cream and butter and instead use fat free Greek yogurt for dips and sauces etc. Use less meat and load up on the veggies instead...broccoli, sugar snap peas, spinach, peas etc.

Check the scales in February!!



White Elephant Auction – Auctioneer and “Vanna”!



HPR Installation Dinner