

Teacher/Leader Guide for:

## **Bubble & Squeak, Bangers and Toad-In-A-Hole, Oh My!**

**A trip through England's history, famous, places, and food**

October 2015

Developed by Anne Engen and Sally Wyffels

### Teacher Notes and Suggestions

- \*Points apply to leader/teacher for the lesson.
- Read through the lesson first and see the differences between leader and member packet.
- Options for visuals: have members bring photos, souvenirs from travels to England, or family items to share with group.
- For the King John scenario use \$1 bills/play money will work. A Burger King crown or make a crown for King John
- The Role Play of "What side to ride?" you will need two chairs, a pretend steering wheel and long, strip of white papers to represent the centerline.
- You may make copies of recipes only, depending on your audience and they are just interested in cooking.
- Make enough copies of the member packet for each unit member. Plus copies of the handouts: blank map of British Isles, "Money Quiz", and "British English vs American Words", for each of the members in study group.
- Find photos of famous and fascinating people of England plus pictures of sights of England.
- Included in the leader/teacher packet: Lesson text, recipes, handouts, and items to show/share with group.

## **Bubble & Squeak, Bangers and Toad-In-A-Hole, Oh My!** **A trip through England's history, famous people, places and food.**

Associated Country Women of the World was given life, purpose and its name in 1933. ACWW is the largest international organization advocating for rural women and is active in over 70 countries. Its aims are to help women raise their living standards with income-generating home businesses, education and the elimination of gender-based discrimination. ACWW is financed entirely by dues and your donations of Coins For Friendship. It receives no government money.

In 2016 our state president will be our representative at the ACWW Triennial in Coventry, England.

So, sit back and enjoy your quick visit to England. Be surprised by its size, why they drive on the other side of the road, their history full of invaders, fascinating people and places, a no-nonsense government and then taste a bit of English treats. Wait, wait, for no extra charge we will throw in the Magna Carta.

**\*Hand out map of the British Isles.** On the blank map identify the countries of British Isles. The capital of England is London as well as United Kingdom and Great Britain. How long is England??? England is over 300 miles long or the distance of driving Astoria, Oregon to Brookings, Oregon on US 101. What is the flag of England? I will show you five flags and can you guess the one? Number one is the flag of United Kingdom (Union Jack); two, England (St George's Cross); three, Northern Ireland (St Patrick); four, Scotland (St Andrew's cross), and five, Wales (St David).

**Coventry, England** is 86 miles or 138.Km northwest of London or as a travel guide will mention...2 hours driving. Coventry is an industrial center of 400,000 population. It is noted for its automobile production

### **"Did You Know" about Coventry, England**

Did you know that the first every British bicycle was made in Coventry? Built in 1870 is was called the **Ariel**: with a large front wheel and small rear wheel. The Range Rover Car Company its beginning from the family firm that made the **Ariel**.

Did you know that Coventry was the only British City to lose a Cathedral during the WWII during the bombing on November 14, 1940? The ruins of the old St Michael's now stand beside the new modern designed church.

Did you know that Lady Godiva did not ride nude through the streets of Coventry? Lady Godiva and her husband did found a Benedictine Abbey there in 1043. She did threaten to ride at ride to make her husband lower taxes on the Arts, but sorry, she didn't do the famous ride of lore.

### **Pounds, Notes, Quids, Pence...Money of England**

Answer the following questions on the handout "Money in England".

What does this symbol, "£", stand for?? Does it represent weight? No. To an Englishman it represents money...the British Pound Sterling. In British slang the term "Quid" means one British Pound Sterling, too.

Since decimalization in 1971, the pound (£) has been divided into 100 pence (p). Like the US dollar is split into 100 cents. The singular of pence is “penny”. If an English woman should ask for 50 pence, she actually asking for fifty pence.

The English have both coins and banknotes. Coins are 1 penny, 2 pence, 5 pence, 10 pence, 20 pence, 50 pence, 1 pound and 2 pounds. Current banknotes are £10 note, the £20 note, and the £50 note. As with US coins, the various British denominations are made of differing sizes and metals. 1p and 2p – copper; 5p, 10p and 50p – silver; £1 – gold; and £2 – gold and silver.

All the coins and banknotes bear HM The Queen’s head on one side. The other side will be portraits of famous historical persons (notes) and symbols of famous royal symbols (coins). Queen Elizabeth II is the first monarch to have her portrait printed on a bank note. It was first done in 1960 as a way of helping to prevent forgeries.

Euros are not used in England nor is US currency. As a visitor you will need to exchange your currency at a bank or Money Exchange. Current exchange rate of US dollar is equal to 2/3 of £1 or 67 cents US.

How did you do on the quiz...”Money in England”.

### **What Side of the Road to Drive?**

\*Teacher you can role play or read the following paragraph.

(Role play: Using two chairs, a pretend steering wheel, and long, narrow piece of white paper. Have the couple start in US with driver on the left and white centerline by the driver side. Instant change...they are now in England. The steering wheel is given to the passenger on the right and the long white piece of paper is moved to the right side of new driver. They pretend to drive up to a stop...what direction does the driver look first???? Stop, look to the right the direction the traffic is moving.)

Imagine a couple from the USA are beginning a driving tour of England. They pick up their rental car. They will be in a car with the steering wheel on the opposite side of the car and then driving on the “wrong” side of the road. The driver will be setting along the centerline...so no problem. Right? After they get relaxed they will probably have a few “incidents” which might be scary. Old habits will start to return. Eyes checking certain directions at intersections and merge points may cause the driver to revert to accustomed patterns. You are in the left hand and turning right...what direction to you look first? Hint “look right” the direction the traffic is moving.

**“The Sun never set on the British Empire because the British Empire is in the East and the sun sets in the West”.** Unknown young student.

At the height of the British Empire, 23% of the world’s land was controlled by the British. A world map of 1897 showed that the Empire had claims on all seven continents. Thus the statement...”The Sun Never sets on the British Empire”. \*(Show the 1897 map.)

Starting in the 9<sup>th</sup> Century to present, how many modern countries can you name that were once part or are still part of the British Empire? Most of these countries were claimed by England through exploration, settlements, war and/or treaties.

In the current *World Almanac* it recognizes 193 countries of the modern world. At one time 112 of those countries were once part of the Empire. The current Commonwealth of Nations (formerly known as the British Commonwealth) has 53 member countries. 16 members recognize the Queen as their monarch, 32 are republics and 5 have their own monarchs. \*(See list of 112 and Commonwealth countries.)

## England Had How Many Invaders?

Historians call the Stone Age natives who lived in England *Iberians*. They were short, with dark hair who left behind the most famous prehistoric monument in the world - Stonehenge. It is southwest of London and stands on the Salisbury Plain. The huge, rough-cut rectangle stones weighing an average of 28 tons were placed upright in a 100 foot circle in 2500 BC. How did they move some stones that were quarried about 300 miles away? At the summer and winter solstice the sun beams through a certain opening in Stonehenge's ring.

The first invaders were the **Celts** (*pronounced Kelts*) who for hundreds of years came in great waves from Europe. They were hardy, warlike people who pushed the *Iberians* to the edges of England. Celtic warriors painted their bodies with blue dye. The Celts worshiped nature gods and their priests were called *druids*.

In 56 BC **Roman Emperor Julius Caesar**, after conquering the Gauls in France, sailed across the English Channel, looked around England, subdued the Celtic chieftains and then went back to Rome. About a 100 years later **Roman Emperor Claudius** and his legions invaded England easily defeating the Celtic tribes. The busy, organized Romans built camps, cities, roads and walls. Hadrian's Wall built of stone meandered across the northern countryside for 73 miles running from sea to sea to keep out the wild Picts of Scotland. It became the border between England and Scotland. Londinium (London) was an active inland port. The Roman word for camp is *castra* the root of many English city names. The Fossdyke canal built by the Romans is still navigable today. The Romans measured in feet, which they divided into 12 inches. A pace was 5 feet, a 1000 paces became a mile in English. In the early AD 400's Roman soldiers were called back to Rome to defend it from barbarian invaders.

Without Roman protection here came the **Picts from Scotland**, and the **Scots from Ireland**. Plus the seafaring Germanic tribes **the Angles, the Saxons and the Jutes**. They raided villages and began making their own settlements. No one knows why the whole country became known as Angle-land. The Anglo-Saxons gave us *strata* for street, *vinum* for wine and *campus* for field.

Invaders number 8 and 9 were the **Danes and Vikings**. Cities that end in "t-o-n" or "t-u-n" got that from the Danish word for town.

The last invader arrived in 1066 from **France**. **William the Conqueror of Normandy** sailed across the channel to defeat newly appointed Harold at the battle of Hastings. The natives were allowed to keep their language and customs. But, for 300 years French was the official language of England. That is why the English language often has two names for something. A herd of swine, yet we eat pork. A flock of sheep, becomes mutton.

Every invader threw their words and expressions into England's Language Pot making it a rich stew of words. But by 1500 England had 3 distinct dialects - Northern, Midland and Southern - and one could not understand another. Geoffrey Chaucer famous English poet used Midland dialect to write and he was so popular that Midland won out uniting the people. We are grateful because it had the easiest grammatical forms.

### **Matching Game - How Well Do You Know the Queen's English? -**

Handout sheet of "British English versus American English" words. Go over and see how many the audience will get correctly. \*(Give the audience about 3 minutes and then correct. Answer sheet is included in leader/teacher packet.)

### **Famous Or Fascinating English Men and Women**

**King Henry VIII born in 1491.** His older brother was king, but when he died, Henry only 18 became King Henry VIII and married his brother's widow Catherine of Aragon. After 24 childless years he wished to divorce Catherine and marry lovely young Anne Boleyn. He sent letters to the Pope asking his permission to marry. The Pope denied Henry's pleas. Enraged at being told "NO" King Henry split the Church of England from Rome, made himself head of the church, burned all the monasteries in England and married Anne. Anne bore him a daughter, Elizabeth, and after three years with no sons, he had Anne beheaded. Henry VIII married four more times. After his death and a time of turmoil his unwanted daughter become Queen Elizabeth I, who defeated the Spanish Armada and saw the emergence of England as a global power. She learned one lesson from her father - she never married!

**William Shakespeare born in 1564.** Probably the most well-known writer and poet, whose works impacted language and literature around the world.. He wrote 37 plays, such as *Macbeth*, *Romeo and Juliet*, and *The Tempest*. In his time, all the parts were played by men and boys, as it would be unseemly for a woman to be an actor.

**Sir Isaac Newton born in 1642.** Widely considered the greatest scientist of all time. His scientific breakthroughs increased our understanding of gravity, optics and mathematics. (No, an apple did not fall on his head as he sat under an apple tree!)

**King George III born in 1738.** He had a learning disability, learned to read by age 11, became King at 23, suffered bouts of insanity, his mother picked out his wife who he met on their wedding day, had 15 children, waged war with France for 7 years causing major debt, and decided to raise taxes on his American colonies. The plan did not go as he expected! Later went deranged and could not rule.

**Jane Austen born in 1775.** Her novels include *Pride and Prejudice* and *Emma* are still popular today. She died at age 42.

**Who has heard of Charles Babbage born in 1791?** Best remembered for being the "father of computers" Although many of his early models were not finished, his work laid the foundation for later computers.

**Charles Darwin born in 1809.** Educated and curious about natural science, Charles Darwin at age 22 sailed aboard the HMS Beagle. For 5 years he studied and collected plants, birds, animals and geology along the coast of South American and the Galapagos Islands. He observed how the same species of birds had adapted and changed their nesting, or beaks from island to island to be able to survive. He returned in poor health which dogged him for the rest of his life. His most famous work "On The Origins of Species" created a storm of debate.

**Charles Dickens born in 1812.** Dickens endured an unhappy childhood. By age 10 he was working in a warehouse because his father was in debtor's prison. Young Charles had already picked out a house he wanted to own one day. In his stories Dickens attacked what he believed was serious abuses of the poor and the sufferings of children. It was common thinking to consider children as troublesome little beings who needed to be ignored or treated sternly. Dickens' stories - *Oliver Twist*, *Little Dorrit*, and *A Christmas Carol* - reflect his feelings and he had great influence in changing attitudes toward children.

Charles Dickens did buy his childhood dream house, and died there at age 58.

**Queen Victoria born in 1819.** Queen from age 18 until she died at 82. She and her beloved Albert had nine children. During her reign the British Empire spread across the globe. She lent her name to the time period - the Victorian Age.

**Florence Nightingale born in 1820.** Although born in Italy, she spent many years working in England helping to establish the nursing profession and better medical practices.

**Winston Churchill born in 1874.** His mother was born in America. Churchill was Prime Minister 1940 to 1945, successfully leading Great Britain against Nazi Germany. He was known for his stirring speeches, pithy sayings and in later life his beautiful paintings. Here are a few Churchill quotes.

"Success is not final, failure is not fatal. It is the courage to continue that counts."

"An appeaser is one who feeds a crocodile, hoping it will eat him last."

"If you're going through hell, keep going"

"All the great things are simple, and many can be expressed in a single word: freedom, justice, honor, duty, mercy, hope."

**Dorothy Hodgkin born in 1910.** She was awarded the Nobel Prize for chemistry for her work in developing x-ray crystallography (science of crystal structure). She also discovered the structure of both penicillin and later insulin.

**Stephen Hawking born in 1942.** Hawking is the most famous theoretical physicist. Despite suffering from motor neuron disease, Hawking has made many important scientific discoveries and helped to explain science to the general public. Did you watch the movie of his life - "The Theory of Everything"?

**Paul McCartney born in 1942.** Who could leave him out of the line-up of famous Englishmen? Paul wrote many of the Beetle hit singles with band mate John Lennon. He loves yah, yah, yah!

## **Government of England**

Picture this...a political campaign season is limited to 6 months, but usually lasts only 6 to 7 weeks. £2000 is the limited amount that can be spent by any candidate's campaign during the general election.

The general election is held at least once every 5 years. The new parliament is called by a decree of the Monarch on advice of the Prime Minister. Parliament is also dissolved on a no-vote of confidence (of the MP, Member of Parliament) of 2/3 of parliament. In 2014, \$19 million US dollars was spent in total on all the English governmental elections in comparison to the \$2.28 Billion dollars in the 2012 US Presidential election.

To be or run for Member of Parliament, he/she can't be a minor, prisoner, insane or a member of the House of Lords. He/she is not qualified to sit for the House of Commons if he/she should go bankrupt. In order to run for office he/she must pay \$500 – which is refunded if he/she gets 5% of the votes. The head of state is Queen Elizabeth II and the Prime Minister (2006-current) is David Cameron. On Wednesday, September 9, 2016, the Queen became the longest ruling English Monarch. She was 25 when she became queen in 1952. She has served over 63 years.

The Parliamentary System found in England is a bicameral Diet with a House of Commons and a House of Lords. There are 533 MPs from England out of a total of 650 members in the House of Commons. The House of Lords has 92 members decided by heredity.

The Prime Minister is elected from majority of 273 MPs in the House of Commons from a majority party or a coalition of parties. David Cameron is MP from the ruling Conservative Party. Today there are three major parties in England; Conservatives, Labour, and Liberal Democrats and many minor parties represented in the House. If there is no majority a coalition of parties decides the Prime Minister.

\*For teachers: (Using the governmental chart: The House of Commons has as its primary role to create/design laws and scrutinizes/approves laws. The House represents the will of the people. From the House HM (Her Majesty's) Government is formed and the primary role; puts forward laws and runs the government, and represents the Will of the Majority. The Crown—the Monarch is Head of State with little power, signs bills and represents ceremony/tradition.)

*\*(Teachers -Before sharing the Magna Carta story hand out bunches of dollar bills to 6 or 7 people in front. Have one teacher put on a crown. When talking about King John's greed, have "crowned" teacher grab back all the bunches of money while making appropriate greedy sounds. When he loses it all - your king throws all the money into the air and pouts.)*

**Magna Carta.** In the 1200's, King John inherited the throne of England after his heroic elder brother Richard the Lionheart was felled by a crossbow bolt. John was a legal whiz, knowing how to manipulate laws and be greedy. He was entitled to charge his nobles reasonable fees for inheriting lands, titles or getting married. Instead he charged mind-blowing sums - like 13,333 English pounds for permission to marry, which today would be \$17 million. You want justice in courts - pay up, get out of military duty - pay up. Wanting more, John seized church property and its vast wealth. **Then he lost it all** on a failed overseas military campaign. England was now on the brink of civil war.

A conference began on a lush damp meadow along the Thames River, with nobles and church bishops with their own military facing down a very reluctant King John. He threw tantrums behind the scenes. The Magna Carta (great charter in Latin) laid a foundation for lasting legal concepts -

"Ban on cruel and unusual punishment"

"Trial by jury of one's peers"

"Justice should not be sold or delayed"

The English church should be free  
A cap on taxes and fines on nobles

On June 15, 1215, 800 years ago, King John leaned over the parchment of dried, bleached sheep skin and pushed his royal seal into the blot of soft red wax. King John was restrained and the Magna Carta became the most famous constitutional document in the English-speaking world. It is the bases of English Common Law and our own Constitution.

Many copies were hand inscribed and circulated in England. Only four remain today. One spent WWII under guard at our Fort Knox in Tennessee.

### **Must-see of England, Oh, the places you'll see**

A quick sight-seeing tour of England and the many and varied places found in this small country. Let the trip begin...

#### **Bath**

Bath, famous for its beautiful baths, built by the Romans. It has more protected historic buildings per capita than any town in England

#### **Brighton**

Brash and flamboyant with a carnival flair is Brighton by the Sea. The city boasts a garish 19<sup>th</sup> Century Royal Pavilion. It is the favorite get away for a holiday for the blue-collar workers of London.

#### **Cambridge**

A city of 100,000 people and known for its world-famous University. Alums of the university include Wordsworth, Isaac Newton, Tennyson, Darwin and Prince Charles (1<sup>st</sup> in line to the royal throne). The locals also will direct you to sites where DNA was originally modeled, the atom was first split and electrons were discovered.

#### **Cotswold**

Hills dotted with enchanting villages, the present-day beauty of Cotswold is a fairy-tale region. It's the most pristine of English countryside decorated with time-passed villages, rich wool churches, tell-me-a-story stone fences, and "kissing gates", you wouldn't want to experience alone.

#### **Lake District**

In the pristine Lake District, William Wordsworth's poems still shiver in trees and ripple on ponds. Nature rules this land. There's a walking-stick charm about the way nature and culture mix here. Relax, recharge, take a cruise or a hike, and maybe even write a poem.

#### **Stonehenge**

Oooh, mystery, history. As old as the pyramids and older than the Acropolis and the Rome Coliseum, Stonehenge amazed Medieval Europeans, who thought it was built by a race of giants. Not the only circle in England and many more being discovered. Today it still retains an air of mystery and majesty partly because of the barriers to keep hordes of tourists from trampling all over the site. It actually is close to a busy highway.

#### **Windsor**

A compact and easy walking town, grew up around Windsor Castle, the royal residence of the Queen calls home. The Queen generally hangs her crown here on weekends to escape the workaday grind of Buckingham Palace in London.

#### **London**

Last, but not the least, of our quick tour of the various sights of England is the **MUST** city...**London**. London is the L.A., D.C. and N.Y.C of England—a living, breathing, thriving organism...a mighty capital and cosmopolitan city.



Blow through the city on a double-decker bus, take a pinch-me-I'm-in-London walk through Piccadilly Circus. Ogle the Crown Jewels at the Tower of London guarded by the "Beefeaters", hear the chimes of Big Ben, and see the Houses of Parliament in action. Cruise the Thames River, take a spin on the London Eye, or "Mind the Gap" on a fast ride on the tube (underground).

Enjoy Shakespeare in a replica of the Globe Theatre and marvel at a glitzy, fun musical at a modern day theatre.

Whisper across the Dome of St. Paul's Cathedral and see the stain glass window that Oregon donated to the church after World War II. Lastly, take a day to rummage through the best antique/tag sale held on Portobello Road in the Notting Hill neighborhood.

Phew that was fast...

We hope you enjoyed your brief visit to England. You can now identify England's flag (white with St George's bold red cross). You learned how to change an American car to be able to drive on English roads. You saw how an expanding British empire influenced so many countries. You met England's major invaders and heard mini biographies of famous and fascinating Englishmen. You kind of understand England's government. Who can forget King John's greed and loosing all "his" money which lead to the signing of the famous Magna Carta. You enjoyed photos of places you'd like to visit. Now let's taste some English treats.

# Traditional British Recipes (with American twists)

## Bubble and Squeak

Equal amounts of leftover mashed potatoes  
AND leftover cooked cabbage

two tablespoons butter  
salt and black pepper  
optional - diced carrot added to mashed potatoes

Mix cabbage with the mashed potatoes, season to taste with salt and pepper.

Heat butter in large frying pan. The English way is to make one large flat patty in the middle of the pan. Smooth it flat with a spatula.

It is way easier to make several smaller patties. Trust me.

Fry over medium heat for 8 to 10 minutes or until underside is brown and the Bubble and Squeak sizzles, bubbles and squeaks! Small patties can be turned over carefully.

If you make **one large patty**, to turn it over place a large plate over the pan and turn the pan and plate over so that the bubble and squeak is on the plate. Heat more butter in the pan and carefully slide the bubble and squeak back in the pan. Cook until other side is golden brown.

Cut large patty into wedges.

Serve Bubble and Squeak with eggs and bacon for breakfast, or bread and butter for a supper dish. Americans can splash it with catsup or add grated cheese. For more flavor cook the chopped cabbage with crushed caraway seeds.

Leftover roasted cubed potatoes and cooked cabbage can be mixed together and fried in a pan, stirring to brown the potatoes.

## Toad-In-The-Hole

1 pound sausages  
1 cup flour  
2 eggs  
1 cup milk  
salt  
pepper  
1 tablespoon drippings or vegetable oil

Preheat oven to 450. Pour drippings into 8x8 baking dish or pan. Place in hot oven. When the fat is hot, add sausages and turn them over to coat them. Place back in oven, cook for 10 minutes.

Make the Yorkshire pudding batter. Mix flour, salt & pepper together in a roomy mixing bowl. Make a hollow in the center and add the eggs, mixing them into the flour. Add milk gradually until mixture is smooth. Add any remaining milk and beat well with a whisk or hand held beater.

Take baking dish out of the oven (if there is too much fat in pan, take out all but 2 tablespoons) and very quickly pour the batter over the partly cooked sausages. Swirl around to make sure batter is into the corners of your baking dish.

Put dish back into the oven, bake for 30 minutes or until batter has puffed up and the sausages are sizzling and brown!

Cut in four quarters and serve straight away with hot onion gravy or Dijon mustard as the English do.

Options to add to your batter, 1/2 cup shredded cheese, 1/4 cup minced onion. (cheese is great)

My eight year old grandson's nickname is Toad. He helped make this dish & thought the name funny!

You can make Mini Toads by twisting a sausage in half or quarters and cutting through the twist. Bake 5 minutes at first time in oven, another 15 with the batter. Serve with ketchup .

## Mushy Peas

Prep time: 5 minutes

Ready in: 15 minute:

Cook time: 10 minutes

Servings: 4

### INGREDIENTS:

1 (10 ounce) package frozen green peas\*

½ teaspoon salt

¼ cup heavy cream

½ teaspoon ground black pepper

1 tablespoon

### DIRECTIONS:

1. Bring a shallow pot of lightly salted water to a boil over medium-high heat. Add frozen peas, and cook for 3 minutes, or until tender.
2. Drain peas, and transfer to a blender or large food processor. Add cream, butter, salt and pepper to peas, and process until blended, but still thick with small pieces of peas. Adjust seasonings to taste and serve immediately.

\*3 cups fresh...prefer frozen petite peas

## Basic Butter Biscuits

½ lb. butter

1 cup confectioner's sugar

½ teaspoon salt

1 egg plus 1 yolk

2 teaspoon vanilla extract

2 ½ cups all-purpose flour

Cream the butter, sugar, and salt until light and fluffy. Add the egg, yolk, and vanilla and mix thoroughly. Add the flour and beat just until the flour is incorporated, wrap in plastic and refrigerate for 1 hour. (The dough may be refrigerated for up to 3 days or frozen for up to 2 months.) Roll to a thickness of 1/8 inch on a floured surface and cut into desired shapes. Transfer to a lightly greased baking sheet – you may have to use a metal spatula to lift the cut dough from the work surface. Bake in a preheated 375F oven for 6 to 8 minutes, until evenly golden brown. Transfer immediately to a wire rack to cool. Makes from 5 to 8 dozen biscuits, depending on size.

### Variations of the Biscuits:

**Butterscotch Biscuits** – Substitute 1 cup packed brown sugar for the confectioner's sugar.

**Chinese Five-Spice Butter Biscuits** – Add 1 tsp Chinese five-spice powder to the flour.

### **Variations continued:**

**Chocolate Butter Biscuits** – Add 1 oz. (1 square) melted chocolate to the butter and substitute  $\frac{1}{4}$  cup of the flour with  $\frac{1}{4}$  cup cocoa.

**Cinnamon Butter Biscuits** – Add 1 tsp. ground cinnamon to the flour.

**Coconut Butter Biscuit** – Stir 1 cup toasted sweetened flaked coconut to the finished batter.

**Ginger Butter Biscuit** – Add 1 tsp. ground ginger to the flour and stir  $\frac{1}{4}$  cup finely chopped crystallized ginger into the finished dough.

**Lemon Butter Biscuit** – Add 2 tsp. grated lemon peel to the butter mixture.

**Lemon Poppy Seed Butter Biscuits** – Add 2 tsp. grated lemon peel to the butter mixture and 2 Tbsp. poppy seeds to the finished batter.

**Nutty Butter Biscuit** – Add 1 cup finely chopped walnuts, pecans, hazelnuts, or almonds to the butter mixture.

**Orange Butter Biscuit** – Add 1 tsp. grated orange peel to the butter mixture.

**Spice Butter Biscuit** – Add 1 tsp. ground cinnamon,  $\frac{1}{2}$  tsp. ground ginger, and  $\frac{1}{4}$  tsp. each of nutmeg and allspice, and a pinch of ground cloves to the flour.

### **Basic Tea Scones**

1 Tbsp. softened butter

2  $\frac{1}{2}$  cups self-rising flour

1 Tbsp. sugar

$\frac{1}{2}$  tsp. salt

3 Tbsp. butter, cut into  $\frac{1}{4}$  inch bits and thoroughly chilled

1 egg

$\frac{1}{2}$  cup milk

$\frac{1}{4}$  cup dried currants (optional)

Grease a large baking sheet with the butter and set aside. In a large chilled mixing bowl combine flour, sugar, salt, and butter. Rub the flour and butter together with your fingertips until the mixture looks like flakes of coarse meal. Beat the egg until it froths and set 1 Tbsp. of it aside in a small dish. Beat the milk into the remaining egg and add to the flour mixture (along with currants, if used). Mix gently until the dough can be made into a ball. On a lightly floured surface roll the dough handling it as little as possible, to  $\frac{1}{4}$  inch thickness. Using a cookie cutter or rim of a glass, cut into 2-inch rounds. Re-roll and do the same with the scraps. Place rounds about 1 inch apart on the baking sheet and brush lightly with the reserved beaten egg. Bake in the middle of a preheated 440F oven for 15 minutes, or until light golden brown. Best served immediately. Makes about 12 scones.

## Dried Cherry Scones

- 2 cups all-purpose flour
- 1/3 cup sugar
- 1 ½ tsp. baking powder
- ½ tsp. baking soda
- 6 Tbsp. chilled butter cut into small pieces
- 2/3 cup dried sour cherries
- ½ cup buttermilk
- 1 tsp. vanilla extract
- 1 egg

Sift the dry ingredients together into a large mixing bowl. Cut the butter into the flour mixture using a pastry blender until the mixture resembles coarse crumbs. Stir in the remaining ingredients to form a soft dough, mixing as little as possible. Pat the dough into an 8-inch circle on an ungreased baking sheet. Cut into 8 wedges using a serrated knife. Bake in a preheated 400F oven for 18 to 20 minutes, until a toothpick inserted in the center of one of the scones comes out clean. Cool slightly before serving. Makes 8 scones.

## Cheddar Cheese Scones

- 2 cups all-purpose flour
- 1 Tbsp. baking powder
- 1 Tbsp. sugar
- ½ tsp. salt
- ½ tsp. dry mustard
- 3 Tbsp. butter at room temperature, cut into small pieces
- 3 oz. sharp cheddar cheese, grated
- 1 egg
- ½ cup milk

Combine the dry ingredients in a mixing bowl and cut in the butter using a fork. Add the cheese, stirring just enough to incorporate. Beat the egg and milk together and add to the flour mixture, stirring as little as possible. Turn out onto a floured surface and pat down to a thickness of about 1 ½ inches. Cut into 2-inch rounds and place on a baking sheet. Bake in a preheated 425F oven for 13 to 15 minutes, until golden brown. Makes about 12 scones.

# The British Isles



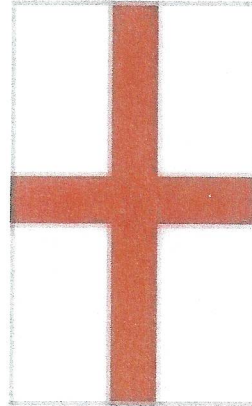
For more information,  
visit the website at  
[www.gcs.com](http://www.gcs.com)

# The British Isles





**United Kingdom of  
Great Britain and  
Northern Ireland**



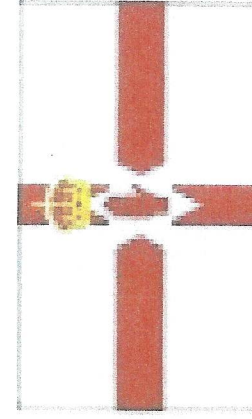
**England**



**Scotland**



**Wales**



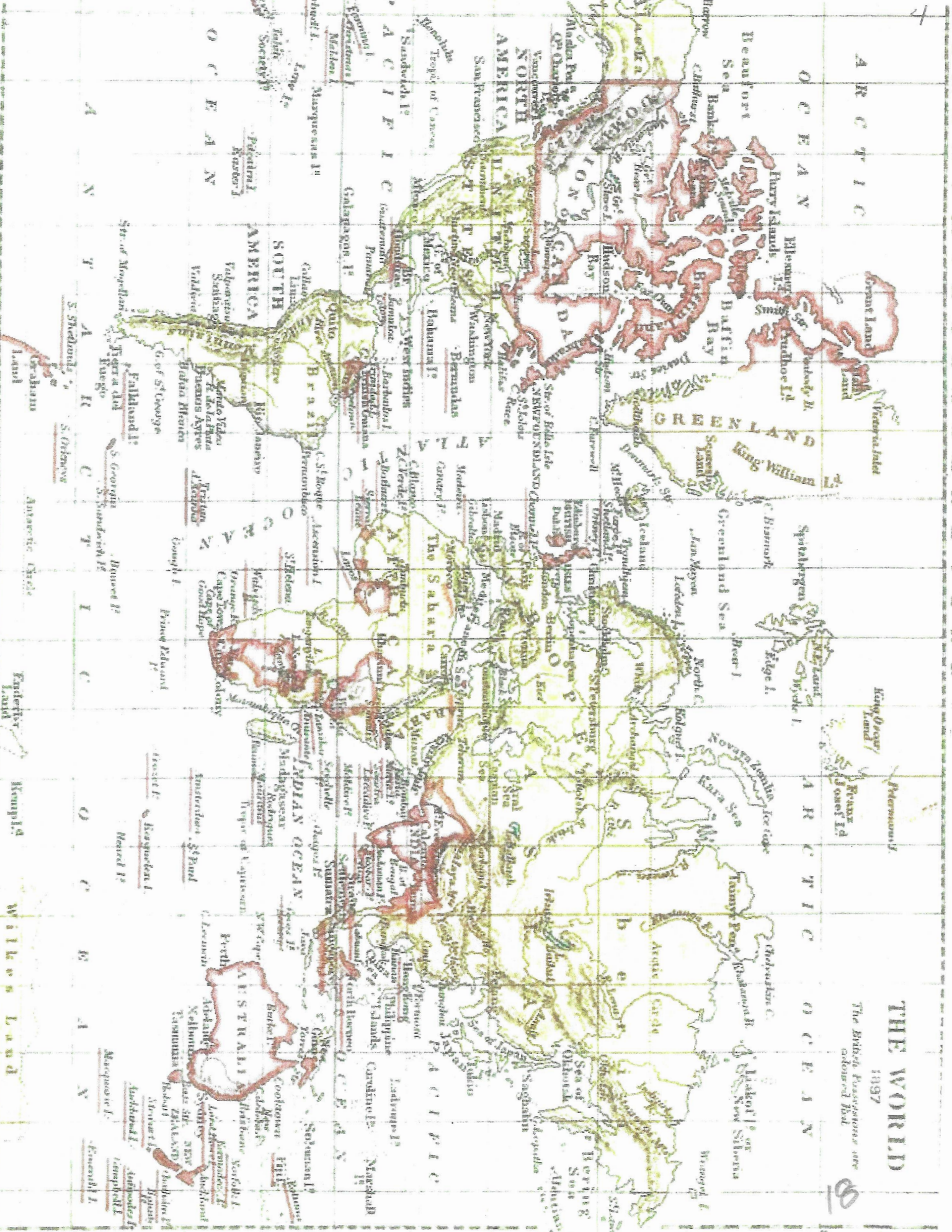
**Northern  
Ireland**

# THE WORLD

1897

The British Possessions are coloured Red

8



A R C T I C

O C E A N

Beaufort Sea

Barrow

Arctic Circle

Greenland

King William Id.

Svalbard

Jan Mayen

Greenland Sea

North Cape

Novaya Zembla

Kara Sea

Tommy Port

Arctic Circle

Sea of Okhotsk

Sea of Japan

Sea of Korea

Sea of China

Sea of Amur

Sea of Okhotsk

Sea of Japan

Sea of Korea

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Sea of Amur

Sea of Okhotsk

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Sea of Korea

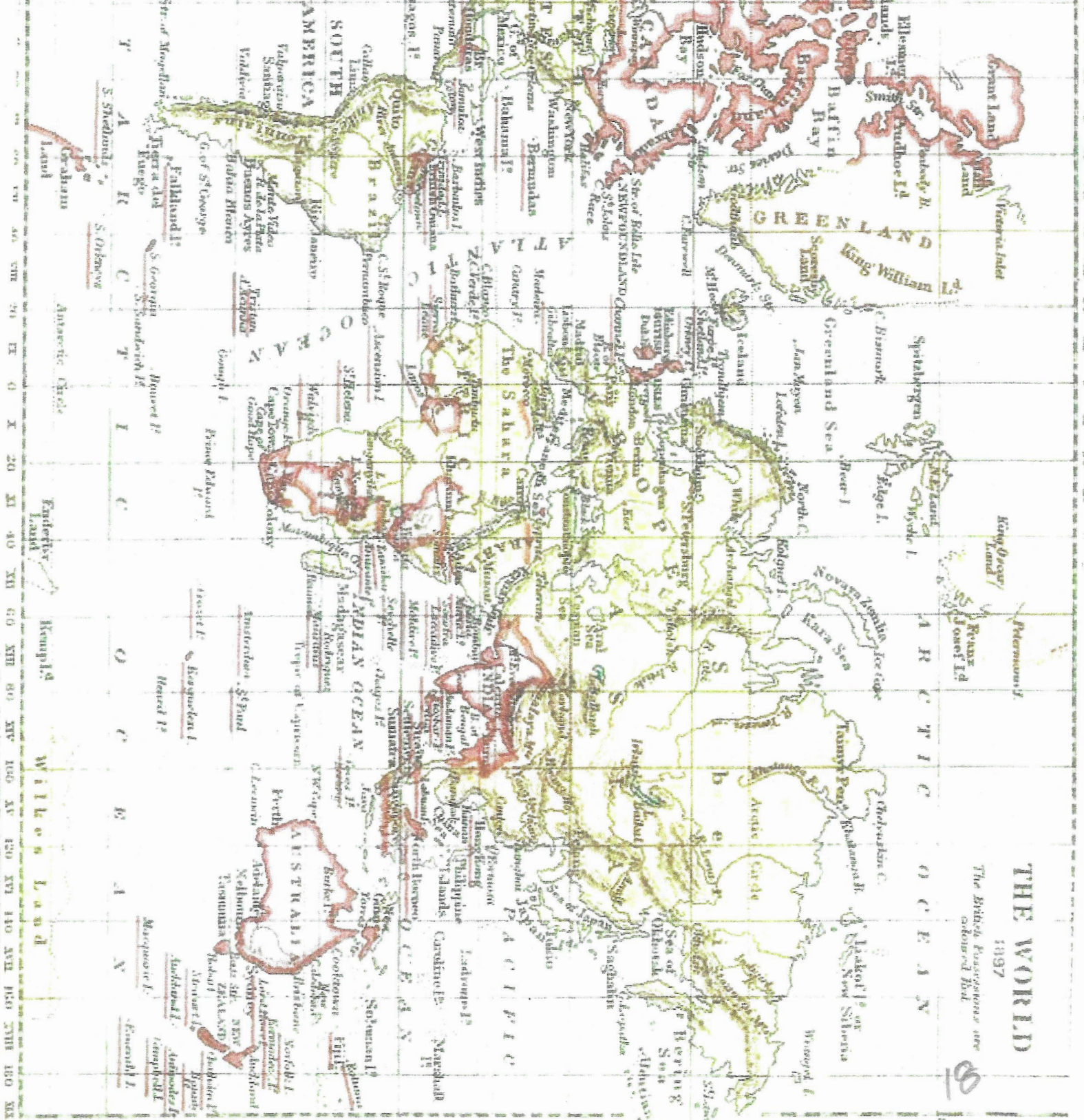
Sea of China

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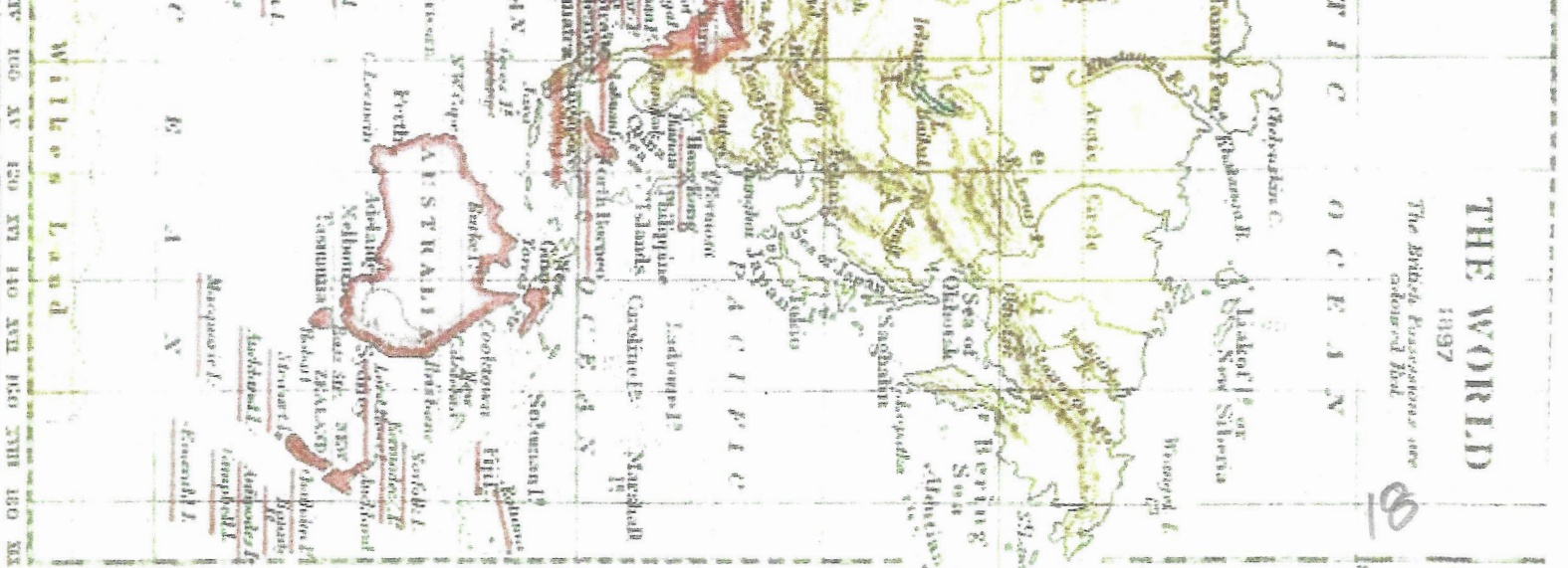
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Sea of Amur

Sea of Okhotsk

Sea of Japan

Sea of Korea

# Countries

that were or are

part of the

British Empire

at one time or

currently . . .

Years	Country	Explanation	Years	Country	Explanation
9thC-present	United Kingdom	England (c. 897- ); Northern Ireland (1171- ); Scotland (c. 858- ); Wales (1281- )	1813	Croatia	Fiume (1813)
			1813-1814	Montenegro	Kotor (1813-14)
			1816-1923	Nepal	-
			1819-1959	Singapore	-
1066-1816	France	Aquitane (1199-1294, 1303-24, 1360-1453); Brittany (1169-1206, 1212-21, 1429-53); Calais (1347-1558); Corsica (1794-96, 1814); Gascony (1152-1449); Guadeloupe (1759-63, 1794, 1810-16); Martinique (1762-63, 1793-1801, 1809-14); Normandy (1066-1204, 1346-60, 1415-53); Réunion (1810-15)	1823-1963	Kenya	Kenya (1888-1963); Mombasa (1823-26)
			1824-1948	Burma (Myanmar)	British Lower Burma (1824-1948); Burma (1885-1948)
1171-1921	Ireland	-	1827-1855	Equatorial Guinea	Fernando Poo (Port Clarence) (1827-1855)
					British Cameroons (1914-1954); Lagos (1861-1960); Nigeria (1914-1960); Northern Nigeria (1885-1914); Oil Rivers Protectorate (1827-1914); Southern Nigeria (1849-1914)
			1827-1960	Nigeria	
1497-1931	Canada	British Columbia (1858-71); Canada (1867-1931); Upper Canada (1759-1867); Lower Canada (1791-1867); New Brunswick (1784-1867); Newfoundland (1497-1949); North West Territories/Hudson's Bay (1670-1870); Nova Scotia (1621-32, 1654-70, 1690-91, 1710-1867); Prince Edward Island (1758-1870); Quebec (1629-32, 1759-1867); Vancouver Island (1849-1871)	1839-1880	Afghanistan	Afghanistan (1839-42, 1879-80)
			1839-1967	Yemen	Aden (1839-1967); Kamaran Island (1915-1967); Socotra (1876- 1967); South Arabia (1839-1967)
1513-1519	Belgium (Tournai)	-	1843-1947	Pakistan	Baluchistan (1877-1947); North-West Frontier Province (1901-1947); Punjab (1849-1947); Sind (1843-1947)
			1843-1966	Lesotho	Basutoland (1843-1966)
1603-1946	Indonesia	Banda Is. (1608, 1616-21, 1654-64, 1796-1800, 1810-17); Bantam (1603-82); Bencoolen (1685-1825); Dutch East Indies (1811-16, 1945-46); Moluccas (1796-1802, 1810-17)	1854-1971	Oman	Kuria Muria Islands (1854-1967); Muscat and Oman (1861-1971)
			1860-1962	Uganda	-
1607-1843	United States of America	Charlottiana (Illinois, Indiana, Michigan, Ohio & Wisconsin) (1763-1783); Connecticut (1639-1783); Crown Lands (Kentucky, Tennessee & West Virginia) (1769-1783); Dakota Territory (Minnesota, North & South Dakota) (1763-1818); Delaware (1664-1783); (East Florida (1763-83); West Florida (Alabama & Mississippi) (1763-83) Georgia (1732-83); Hawaii (1843); Maine (1622-1783); Maryland (1632-1783);	1865-1947	Bhutan	Bhutan (1865-1907 & 1910-1947)
			1868-1971	Qatar	-
			1871-1970	Fiji	-
			1872-1966	Botswana	Bechuanaland (1885-1966); Tati Concessions Lands (1872-1966)
			1874-1931	Namibia	Walvis Bay (1878-1931); South-West Africa (1914-1931)
			1878-1960	Cyprus	-

		Massachusetts (1620-1783); New Hampshire & Vermont (1623-1783); New Jersey (1665-1783); New York (1664-1783); North Carolina (1629-1783); Oregon Country (Idaho, Monatan, Oregon, Washington & Wyoming) (1810-1846); Pennsylvania (1681-1783); Rhode Island (1636-1783); South Carolina (1665-1783); Virginia (1607-1783)
1609-1974	Grenada	Grenada (1609, 1762-79, 1783-1974)
1612-1947	India	Andaman (1789-96, 1858-1947); Nicobar (1868-1947); Bengal (1681-1947); Bombay (1662-1947); Coorg (1834-1947); Laccadive Islands (1792, 1877-1947); Madras (1640-1947); Punjab (1849-1947); Sikkim (1817-1947); Surat (1612-1703);
1613-1875	Japan	Bonin Islands (1827-1875); Hirado (1613-23)
1620-1970	Guyana	Berbice, Demerara-Essequibo (1781-82, 1796-1802, 1803-1970); British Guiana (1831-1970); Qyapoc (1620)
1621-1960	Ghana	British Togoland (1914-56); Gold Coast (1621-1960)
1623-1983	St Kitts and Nevis	Nevis (1628-1983); Saint Christopher (1623-66, 1671-1983)
1625-1816	Netherlands	Aruba (1799-1815); Bonaire (1807-1815); Curaçao (1800-1803, 1807-1816); Saba (1665, 1672-82, 1781, 1801-03, 1810-16); Saint Eustatius (1625, 1665-68, 1672-82, 1781, 1801-02, 1810-16); Sint Maarten (1690-99, 1781, 1801-02, 1810-16)
1625-1966	Barbados	-
1627-1979	St Vincent and the Grenadines	St Vincent and the Grenadines (1627-36, 1672-73, 1762-79, 1783-1979)
1628-1689	Colombia	Santa Catalina (1628-41, 1670-89)
1628-1981	Antigua and Barbuda	Antigua (1632-1981); Barbuda (1628-1981); Redonda (1872-1981)
1631-1798	Haiti	Saint Domingue (1793-98); Tortuga (1631-35, 1639-41, 1656-59)
1632-1860	Honduras	Bay Islands (1632-50, 1742-82, 1852-60)
1648-1973	Bahamas	Bahamas (1648-57, 1670-1973)
1650-1812	Benin	Whydah (1650-1812)
1650-1816	Suriname	Dutch Guiana (1799-1802, 1804-16); Willoughby (1650-1667)
1658-1894	Nicaragua	Mosquito Coast (1658-1894)
1661-1970	Gambia	Gambia (1661-95, 1713-79, 1816-1970)
1662-1663	Cuba	-
1662-1684	Morocco	Tangier (1662-84)
1664-1979	St Lucia	St Lucia (1664-67, 1762-63, 1778-84, 1794-95, 1796-1802, 1803-1979)
1681-1947	Bangladesh	Bengal (1681-1947)
1693-1817	Senegal	Gorée (1663-64, 1692-93, 1758-63, 1779-83, 1800-17); Senegal (1693, 1758-79, 1809-17)
1698-1700	Panama	New Caledonia (Darién) (1698-1700)
1701-1946	Vietnam	Pulo Condore Island (1702-05); Southern Vietnam (1945-46)
1708-1814	Spain	Ceuta (1809-14); Minorca (1708-56, 1763-82, 1798-1802)
1749-1981	Belize	British Honduras (1749-1981)
1761-1978	Dominica	Dominica (1761-78, 1784-1978)
1762-1764	Philippines	-
1762-1962	Trinidad and Tobago	Tobago (1762-81, 1793-1802, 1803-1962); Trinidad (1797-1962)
1762-1963	Malaysia	Labuan (1846-1963); Sabah (1762-75, 1877-1963; Malacca (1795-1818, 1824-1957); Malaya (1874-1957); Penang (1786-1957); Sarawak (1888-1963)
1763-1857	Iran	Bushehr (1763-1857)
1765-1962	Jamaica	-
1769-1947	New Zealand	-
1770-1942	Australia	Australia (1900-1931); New South Wales (1770-1900); Norfolk Island (1788-1914); Northern Territory (1824-29, 1838-49, 1864-1900); Queensland (1824-1900); Tasmania (1803-1900); Victoria (1839-1900); Western Australia (1825-1900)
1776-1948	South Africa	Cape Colony (1795-1803, 1806-1910); Natal (1829-39, 1843-1910); Orange Free State (1845-54, 1900-10); Prince Edward Islands (1776-1948); South Africa (1910-1931); Transvaal (1877-80, 1900-10); Zululand (1879-1910)
1782-1948	Sri Lanka	Ceylon (1796-1948); Trincomalee (1782)
1787-1961	Sierra Leone	-
1794-1976	Seychelles	-

1880-1971	Bahrain	-
1883-1942	Papua New Guinea	Papua (1883-1942); North East New Guinea (1914-1942)
1884-1960	Somalia	British Somaliland (1884-1960); Italian Somaliland (1941-1950)
1887-1980	Vanuatu	New Hebrides (1887-1980)
1888-1979	Kiribati	Canton & Enderbury Islands (1889, 1936-79); Kiritimati (1888-1979); Gilbert and Ellice Islands (1892-1979); Ocean Island (1900-1979)
1888-1983	Brunei	-
1889-1964	Malawi	Federation of Rhodesia and Nyasaland (1953-63); Nyasaland (1889-1953, 1963-64)
1890-1963	Tanzania	Tanganyika (1916-1961); Zanzibar (1890-1963)
1892-1971	United Arab Emirates	Trucial States (1892-1971)
1892-1979	Tuvalu	Ellice Islands (1892-1979)
1893-1968	Swaziland	-
1893-1978	Solomon Islands	British Solomon Islands (1893-1978)
1898-1956	Sudan	Anglo-Egyptian Sudan (1898-1964)
1898-1956	South Sudan	Anglo-Egyptian Sudan (1898-1964)
1899-1961	Kuwait	-
1900-1964	Zambia	Federation of Rhodesia and Nyasaland (1953-63); Northern Rhodesia (1900-1953, 1963-64)
1900-1970	Tonga	-
1900-1980	Zimbabwe	Federation of Rhodesia and Nyasaland (1953-63); Southern Rhodesia (1900-53, 1963-65, 1979-80) Zimbabwe-Rhodesia (1979-80)
1914-1931	Samoa	-
1914-1946	Syria	Syria (1914-19, 1941-46)
1914-1954	Cameroon	British Cameroons (1914-1954)
1914-1968	Nauru	-
1916-2004	Iraq	Mesopotamia Mandate (1916-1935); Basra (2003-04)
1918-1948	Israel	-
1918-1948	Palestine	-
1921-1946	Jordan	Transjordan (1921-46)
1940-1941	Iceland	Occupation by BEF (1940-41)
1940-1946	Denmark	Faroe Islands (1940-46)
1941-1946	Lebanon	-
1941-1948	Ethiopia	Ogaden (1941-48)
1941-1952	Eritrea	-
1942-1943	Madagascar	Madagascar (1942-43)
1942-1946	Djibouti	French Somaliland (1942-46)
1942-1951	Libya	Cyrenaica (1942-51); Tripolitania (1942-51)
1945-1955	Austria	Austria British Zone (1945-55); Vienna British Zone (1945-55)
1841-1997	Hong Kong (Special Administrative Region of the People's Republic of China)	-
c.858-Present Day	Scotland (Constituent country of UK)	-

1796-1947	Italy	Elba (1796-97); Genoa (1800, 1814-15), Occupation (1943-47)
1796-1965	Maldives	-
1800-1964	Malta	-
1801-1814	Portugal	Madeira (1801-02, 1807-14)
1801-1956	Egypt	Egypt (1801-03, 1882-1922); Suez Canal Zone (1922-56)
1807-1990	Germany	Berlin British Zone (1945-90); Germany British Zone (1945-55); Heligoland (1807-90, 1945-52)
1808-1997	China	Hong Kong (1841-1997); Macao (1808); Tientsin Concession (1861-1941); Weihaiwei (1898-1930)
1809-1947	Greece	Ionian Islands (1809-1864); Parga (1814-1819); Rhodes & Dodecanese Islands (1945-47)
1809-1968	Mauritius	Mauritius (1810-1968), Rodrigues (1809-1968)

## Countries by region

- St Vincent and The Grenadines
- Trinidad and Tobago

### Africa

- Botswana
- Cameroon
- Ghana
- Kenya
- Lesotho
- Malawi
- Mauritius
- Mozambique
- Namibia
- Nigeria
- Rwanda
- Seychelles
- Sierra Leone
- South Africa
- Swaziland
- Uganda
- United Republic of Tanzania
- Zambia

### Europe

- Cyprus
- Malta
- United Kingdom

### Pacific

- Australia
- Fiji
- Kiribati
- Nauru
- New Zealand
- Papua New Guinea
- Samoa
- Solomon Islands
- Tonga
- Tuvalu
- Vanuatu

### Asia

- Bangladesh
- Brunei Darussalam
- India
- Malaysia
- Maldives
- Pakistan
- Singapore
- Sri Lanka

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### Caribbean and Americas

- Antigua and Barbuda
- Bahamas, The
- Barbados
- Belize
- Canada
- Dominica
- Grenada
- Guyana
- Jamaica
- Saint Lucia
- St Kitts and Nevis

## Money in England

(Circle the correct answer)

1. What is the currency of England?
  - a. Euro
  - b. Dollar
  - c. Pound Sterling
  - d. English
2. How much is a quid worth in England?
  - a. 50 pence
  - b. One pound
  - c. Fifty pounds
  - d. 10 pence
3. Whose picture is found on all banknotes and coins in England?
  - a. Henry VIII
  - b. Elizabeth I
  - c. Elizabeth II
  - d. Margaret Thatcher
4. How many pence in a pound?
  - a. 10
  - b. 1
  - c. 1000
  - d. 100
5. What colour (that is the English spelling of color) is one pound coin?
  - a. Gold
  - b. Blue
  - c. Silver
  - d. White



## American Words vs British Words

How Well Do You Know the Queen's English?

Write the "American" meaning to the following British terms?

Caravan \_\_\_\_\_

Chips \_\_\_\_\_

Chemist's \_\_\_\_\_

Boot \_\_\_\_\_

Bonnet \_\_\_\_\_

Biscuit \_\_\_\_\_

Nappy \_\_\_\_\_

Petrol \_\_\_\_\_

Queue \_\_\_\_\_

Sultana \_\_\_\_\_

Loo \_\_\_\_\_

Torch \_\_\_\_\_

Draughts \_\_\_\_\_

Dummy \_\_\_\_\_

Football \_\_\_\_\_

Hoover \_\_\_\_\_

Jacket Potato \_\_\_\_\_

Courgettes \_\_\_\_\_

First Floor \_\_\_\_\_

Spanner \_\_\_\_\_



Answers: To "American Words vs British Words"

Caravan – Trailer

Chips – French fries

Chemist's – Drugstore

Boot – Trunk

Bonnet – Car hood

Biscuit – Cookie

Nappy – Diaper

Petrol – Gasoline

Queue – Line up

Sultana – Raisin

Loo – Bathroom

Torch – Flashlight

Draughts – Checkers

Dummy – Pacifier

Football – Soccer

Hoover – Vacuum Cleaner

Jacket Potato – Baked Potato

Courgettes – Zucchini

First Floor – Second Floor

Spanner – Wrench

# UK Fusion/Separation of Powers

## Elected Legislature & The Executive

### The House of Commons



Primary Role  
Creates/Designs Laws  
Scrutinizes/Approves Laws  
Represents  
The Will of the People

The Largest  
Party  
then forms:

### HM Government



Primary Role  
Puts forward Laws  
Runs Government  
Represents  
The Will of the Majority

Prime  
Minister  
David Cameron



## The Crown

### The Monarch



Primary Role  
Represents the UK  
Signs Bills into Law  
Represents  
Ceremony/Tradition

## Appointed Legislature

### The House of Lords



Primary Role  
Scrutinizes/Approves Law  
Acts as a Safeguard  
Represents  
The Unwritten Constitution

## Judiciary

### The UK Courts of Law



Primary Role  
Upholds the Law  
Represents  
The Rule of Law



Queen  
Elizabeth II

## **Bubble & Squeak, Bangers and Toad-In-A-Hole, Oh My!** **A trip through England's history, famous people, places and food.**

Associated Country Women of the World was given life, purpose and its name in 1933. ACWW is the largest international organization advocating for rural women and is active in over 70 countries. Its aims are to help women raise their living standards with income -generating home businesses, education and the elimination of gender-based discrimination. ACWW is financed entirely by dues and your donations of Coins For Friendship. It receives no government money.

In 2016 our state president will be our representative at the ACWW Triennial in Coventry, England.

So, sit back and enjoy your quick visit to England. Be surprised by its size, why they drive on the other side of the road, their history full of invaders, fascinating people and places, a no-nonsense government and then taste a bit of English treats. Wait, wait, for no extra charge we will throw in the Magna Carta.

On the blank map identify the countries of **British Isles**. The capital of England is London as well as United Kingdom and Great Britain. How long is England??? England is over 300 miles long or the distance of driving Astoria, Oregon to Brookings, Oregon on US 101. What is the flag of England? I will show you five flags and can you guess the one? Number one is the flag of United Kingdom (Union Jack); two, England (St George's Cross); three, Northern Ireland (St Patrick); four, Scotland (St Andrew's cross), and five, Wales (St David).

**Coventry, England** is 86 miles or 138.Km northwest of London or as a travel guide will mention...2 hours driving. Coventry is an industrial center of 400,000 population. It is noted for its automobile production

### **“Did You Know” about Coventry, England**

Did you know that the first every British bicycle was made in Coventry? Built in 1870 is was called the **Ariel**: with a large front wheel and small rear wheel. The Range Rover Car Company its beginning from the family firm that made the **Ariel**.

Did you know that Coventry was the only British City to lose a Cathedral during the WWII during the bombing on November 14, 1940? The ruins of the old St Michael's now stand beside the new modern designed church.

Did you know that Lady Godiva did not ride nude through the streets of Coventry? Lady Godiva and her husband did found a Benedictine Abbey there in 1043. She did threaten to ride at ride to make her husband lower taxes on the Arts, but sorry, she didn't do the famous ride of lore.

### **Pounds, Notes, Quids, Pence...Money of England**

Answer the questions on the handout “Money in England”.

What does this symbol, “£”, stand for?? Does it represent weight? No. To an Englishman it represents money...the British Pound Sterling. In British slang the term “Quid” means one British Pound Sterling, too.

Since decimalization in 1971, the pound (£) has been divided into 100 pence (p). Like the US dollar is split into 100 cents. The singular of pence is "penny". If an English woman should ask for 50 pence, she actually asking for fifty pence.

The English have both coins and banknotes. Coins are 1 penny, 2 pence, 5 pence, 10 pence, 20 pence, 50 pence, 1 pound and 2 pounds. Current banknotes are £10 note, the £20 note, and the £50 note. As with US coins, the various British denominations are made of differing sizes and metals. 1p and 2p – copper; 5p, 10p and 50p – silver; £1 – gold; and £2 – gold and silver.

All the coins and banknotes bear HM The Queen's head on one side. The other side will be portraits of famous historical persons (notes) and symbols of famous royal symbols (coins). Queen Elizabeth II is the first monarch to have her portrait printed on a bank note. It was first done in 1960 as a way of helping to prevent forgeries.

Euros are not used in England nor is US currency. As a visitor you will need to exchange your currency at a bank or Money Exchange. Current exchange rate of US dollar is equal to 2/3 of £1 or 67 cents US.

How did you do on the quiz... "Money in England"?

### **What Side of the Road to Drive?**

Imagine a couple from the USA are beginning a driving tour of England. They pick up their rental car. They will be in a car with the steering wheel on the opposite side of the car and then driving on the "wrong" side of the road. The driver will be setting along the centerline...so no problem. Right? After they get relaxed they will probably have a few "incidents" which might be scary. Old habits will start to return. Eyes checking certain directions at intersections and merge points may cause the driver to revert to accustomed patterns. You are in the left hand and turning right...what direction to you look first? Hint "look right" the direction the traffic is moving.

**"The Sun never set on the British Empire because the British Empire is in the East and the sun sets in the West".** Unknown young student.

At the height of the British Empire, 23% of the world's land was controlled by the British. A world map of 1897 showed that the Empire had claims on all seven continents. Thus the statement..."The Sun Never sets on the British Empire". (See the 1897 map.)

Starting in the 9<sup>th</sup> Century to present, how many modern countries can you name that were once part or are still part of the British Empire? Most of these countries were claimed by England through exploration, settlements, war and/or treaties.

In the current *World Almanac* it recognizes 193 countries of the modern world. At one time 112 of those countries were once part of the Empire. The current Commonwealth of Nations (formerly known as the British Commonwealth) has 53 member countries. 16 members recognize the Queen as their monarch, 32 are republics and 5 have their own monarchs. (See list of 112 and Commonwealth countries.)

## England Had How Many Invaders?

Historians call the Stone Age natives who lived in England *Iberians*. They were short, with dark hair who left behind the most famous prehistoric monument in the world - Stonehenge. It is southwest of London and stands on the Salisbury Plain. The huge, rough-cut rectangle stones weighing an average of 28 tons were placed upright in a 100 foot circle in 2500 BC. How did they move some stones that were quarried about 300 miles away? At the summer and winter solstice the sun beams through a certain opening in Stonehenge's ring.

The first invaders were the **Celts** (*pronounced Kelts*) who for hundreds of years came in great waves from Europe. They were hardy, warlike people who pushed the *Iberians* to the edges of England. Celtic warriors painted their bodies with blue dye. The Celts worshiped nature gods and their priests were called *druids*.

In 56 BC **Roman Emperor Julius Caesar**, after conquering the Gauls in France, sailed across the English Channel, looked around England, subdued the Celtic chieftains and then went back to Rome. About a 100 years later **Roman Emperor Claudius** and his legions invaded England easily defeating the Celtic tribes. The busy, organized Romans built camps, cities, roads and walls. Hadrian's Wall built of stone meandered across the northern countryside for 73 miles running from sea to sea to keep out the wild Picts of Scotland. It became the border between England and Scotland. Londinium (London) was an active inland port. The Roman word for camp is *castra* the root of many English city names. The Fossdyke canal built by the Romans is still navigable today. The Romans measured in feet, which they divided into 12 inches. A pace was 5 feet, a 1000 paces became a mile in English. In the early AD 400's Roman soldiers were called back to Rome to defend it from barbarian invaders.

Without Roman protection here came the **Picts from Scotland**, and the **Scots from Ireland**. Plus the seafaring Germanic tribes **the Angles, the Saxons and the Jutes**. They raided villages and began making their own settlements. No one knows why the whole country became known as Angle-land. The Anglo-Saxons gave us *strata* for street, *vinum* for wine and *campus* for field.

Invaders number 8 and 9 were the **Danes and Vikings**. Cities that end in "t-o-n" or "t-u-n" got that from the Danish word for town.

The last invader arrived in 1066 from **France**. **William the Conqueror of Normandy** sailed across the channel to defeat newly appointed Harold at the battle of Hastings. The natives were allowed to keep their language and customs. But, for 300 years French was the official language of England. That is why the English language often has two names for something. A herd of swine, yet we eat pork. A flock of sheep, becomes mutton.

Every invader threw their words and expressions into England's Language Pot making it a rich stew of words. But by 1500 England had 3 distinct dialects - Northern, Midland and Southern - and one could not understand another. Geoffrey Chaucer famous English poet used Midland dialect to write and he was so popular that Midland won out uniting the people. We are grateful because it had the easiest grammatical forms.

### **Matching Game - How Well Do You Know the Queen's English? -**

On the handout sheet of "British English versus American English" words, how many do you know? Go over with the teacher's guide and see how well you did.

### **Famous Or Fascinating English Men and Women**

**King Henry VIII born in 1491.** His older brother was king, but when he died, Henry only 18 became King Henry VIII and married his brother's widow Catherine of Aragon. After 24 childless years he wished to divorce Catherine and marry lovely young Anne Boleyn. He sent letters to the Pope asking his permission to marry. The Pope denied Henry's pleas. Enraged at being told "NO" King Henry split the Church of England from Rome, made himself head of the church, burned all the monasteries in England and married Anne. Anne bore him a daughter, Elizabeth, and after three years with no sons, he had Anne beheaded. Henry VIII married four more times. After his death and a time of turmoil his unwanted daughter became Queen Elizabeth I, who defeated the Spanish Armada and saw the emergence of England as a global power. She learned one lesson from her father - she never married!

**William Shakespeare born in 1564.** Probably the most well-known writer and poet, whose works impacted language and literature around the world. He wrote 37 plays, such as *Macbeth*, *Romeo and Juliet*, and *The Tempest*. In his time, all the parts were played by men and boys, as it would be unseemly for a woman to be an actor.

**Sir Isaac Newton born in 1642.** Widely considered the greatest scientist of all time. His scientific breakthroughs increased our understanding of gravity, optics and mathematics. (No, an apple did not fall on his head as he sat under an apple tree!)

**King George III born in 1738.** He had a learning disability, learned to read by age 11, became King at 23, suffered bouts of insanity, his mother picked out his wife who he met on their wedding day, had 15 children, waged war with France for 7 years causing major debt, and decided to raise taxes on his American colonies. The plan did not go as he expected! Later went deranged and could not rule.

**Jane Austen born in 1775.** Her novels include *Pride and Prejudice* and *Emma* are still popular today. She died at age 42.

**Who has heard of Charles Babbage born in 1791?** Best remembered for being the "father of computers" Although many of his early models were not finished, his work laid the foundation for later computers.

**Charles Darwin born in 1809.** Educated and curious about natural science, Charles Darwin at age 22 sailed aboard the HMS Beagle. For 5 years he studied and collected plants, birds, animals and geology along the coast of South American and the Galapagos Islands. He observed how the same species of birds had adapted and changed their nesting, or beaks from island to island to be able to survive. He returned in poor health which dogged him for the rest of his life. His most famous work "On The Origins of Species" created a storm of debate.

**Charles Dickens born in 1812.** Dickens endured an unhappy childhood. By age 10 he was working in a warehouse because his father was in debtor's prison. Young Charles had already picked out a

house he wanted to own one day. In his stories Dickens attacked what he believed was serious abuses of the poor and the sufferings of children. It was common thinking to consider children as troublesome little beings who needed to be ignored or treated sternly. Dickens' stories - *Oliver Twist*, *Little Dorrit*, and *A Christmas Carol* - reflect his feelings and he had great influence in changing attitudes toward children.

Charles Dickens did buy his childhood dream house, and died there at age 58.

**Queen Victoria born in 1819.** Queen from age 18 until she died at 82. She and her beloved Albert had nine children. During her reign the British Empire spread across the globe. She lent her name to the time period - the Victorian Age.

**Florence Nightingale born in 1820.** Although born in Italy, she spent many years working in England helping to establish the nursing profession and better medical practices.

**Winston Churchill born in 1874.** His mother was born in America. Churchill was Prime Minister 1940 to 1945, successfully leading Great Britain against Nazi Germany. He was known for his stirring speeches, pithy sayings and in later life his beautiful paintings. Here are a few Churchill quotes.

"Success is not final, failure is not fatal. It is the courage to continue that counts."

"An appeaser is one who feeds a crocodile, hoping it will eat him last."

"If you're going through hell, keep going"

"All the great things are simple, and many can be expressed in a single word: freedom, justice, honor, duty, mercy, hope."

**Dorothy Hodgkin born in 1910.** She was awarded the Nobel Prize for chemistry for her work in developing x-ray crystallography (science of crystal structure). She also discovered the structure of both penicillin and later insulin.

**Stephen Hawking born in 1942.** Hawking is the most famous theoretical physicist. Despite suffering from motor neuron disease, Hawking has made many important scientific discoveries and helped to explain science to the general public. Did you watch the movie of his life - "The Theory of Everything"?

**Paul McCartney born in 1942.** Who could leave him out of the line-up of famous Englishmen? Paul wrote many of the Beetle hit singles with band mate John Lennon. He loves yah, yah, yah!

## **Government of England**

Picture this...a political campaign season is limited to 6 months, but usually lasts only 6 to 7 weeks. £2000 is the limited amount that can be spent by any candidate's campaign during the general election. The general election is held at least once every 5 years. The new parliament is called by a decree of the Monarch on advice of the Prime Minister. Parliament is also dissolved on a no-vote of confidence (of the MP, Member of Parliament) of 2/3 of parliament. In 2014, \$19 million US dollars was spent in total on all the English governmental elections in comparison to the \$2.28 Billion dollars in the 2012 US Presidential election.

To be or run for Member of Parliament, he/she can't be a minor, prisoner, insane or a member of the House of Lords. He/she is not qualified to sit for the House of Commons if he/she should go bankrupt. In order to run for office he/she must pay \$500 – which is refunded if he/she gets 5% of the votes.

The head of state is Queen Elizabeth II and the Prime Minister (2006-current) is David Cameron. On Wednesday, September 9, 2016, the Queen became the longest ruling English Monarch. She was 25 when she became queen in 1952. She has served over 63 years.

The Parliamentary System found in England is a bicameral Diet with a House of Commons and a House of Lords. There are 533 MPs from England out of a total of 650 members in the House of Commons. The House of Lords has 92 members decided by heredity.

The Prime Minister is elected from majority of 273 MPs in the House of Commons from a majority party or a coalition of parties. David Cameron is MP from the ruling Conservative Party. Today there are three major parties in England; Conservatives, Labour, and Liberal Democrats and many minor parties represented in the House. If there is no majority a coalition of parties decides the Prime Minister.

**Magna Carta.** In the 1200's, King John inherited the throne of England after his heroic elder brother Richard the Lionheart was felled by a crossbow bolt. John was a legal whiz, knowing how to manipulate laws and be greedy. He was entitled to charge his nobles reasonable fees for inheriting lands, titles or getting married. Instead he charged mind-blowing sums - like 13,333 English pounds for permission to marry, which today would be \$17 million. You want justice in courts - pay up, get out of military duty - pay up. Wanting more, John seized church property and its vast wealth. **Then he lost it all** on a failed overseas military campaign. England was now on the brink of civil war.

A conference began on a lush damp meadow along the Thames River, with nobles and church bishops with their own military facing down a very reluctant King John. He threw tantrums behind the scenes. The Magna Carta (great charter in Latin) laid a foundation for lasting legal concepts -

"Ban on cruel and unusual punishment"

"Trial by jury of one's peers"

"Justice should not be sold or delayed"

The English church should be free

A cap on taxes and fines on nobles

On June 15, 1215, 800 years ago, King John leaned over the parchment of dried, bleached sheep skin and pushed his royal seal into the blot of soft red wax. King John was restrained and the Magna Carta became the most famous constitutional document in the English-speaking world. It is the bases of English Common Law and our own Constitution.

Many copies were hand inscribed and circulated in England. Only four remain today. One spent WWII under guard at our Fort Knox in Tennessee.

### **Must-see of England, Oh, the places you'll see**

A quick sight-seeing tour of England and the many and varied places found in this small country. Let the trip begin...

#### **Bath**

Bath, famous for its beautiful baths, built by the Romans. It has more protected historic buildings per capita than any town in England

#### **Brighton**



Brash and flamboyant with a carnival flair is Brighton by the Sea. The city boasts a garish 19<sup>th</sup> Century Royal Pavilion. It is the favorite get away for a holiday for the blue-collar workers of London.

### **Cambridge**

A city of 100,000 people and known for its world-famous University. Alums of the university include Wordsworth, Isaac Newton, Tennyson, Darwin and Prince Charles (1<sup>st</sup> in line to the royal throne). The locals also will direct you to sites where DNA was originally modeled, the atom was first split and electrons were discovered.

### **Cotswold**

Hills dotted with enchanting villages, the present-day beauty of Cotswold is a fairy-tale region. It's the most pristine of English countryside decorated with time-passed villages, rich wool churches, tell-me-a-story stone fences, and "kissing gates", you wouldn't want to experience alone.

### **Lake District**

In the pristine Lake District, William Wordsworth's poems still shiver in trees and ripple on ponds. Nature rules this land. There's a walking-stick charm about the way nature and culture mix here. Relax, recharge, take a cruise or a hike, and maybe even write a poem.

### **Stonehenge**

Oooh, mystery, history. As old as the pyramids and older than the Acropolis and the Rome Coliseum, Stonehenge amazed Medieval Europeans, who thought it was built by a race of giants. Not the only circle in England and many more being discovered. Today it still retains an air of mystery and majesty partly because of the barriers to keep hordes of tourists from trampling all over the site. It actually is close to a busy highway.

### **Windsor**

A compact and easy walking town, grew up around Windsor Castle, the royal residence of the Queen calls home. The Queen generally hangs her crown here on weekends to escape the workaday grind of Buckingham Palace in London.

### **London**

Last, but not the least, of our quick tour of the various sights of England is the **MUST** city...**London**. London is the L.A., D.C. and N.Y.C of England—a living, breathing, thriving organism...a mighty capital and cosmopolitan city.

Blow through the city on a double-decker bus, take a pinch-me-I'm-in-London walk through Piccadilly Circus. Ogle the Crown Jewels at the Tower of London guarded by the "Beefeaters", hear the chimes of Big Ben, and see the Houses of Parliament in action. Cruise the Thames River, take a spin on the London Eye, or "Mind the Gap" on a fast ride on the tube (underground).

Enjoy Shakespeare in a replica of the Globe Theatre and marvel at a glitzy, fun musical at a modern day theatre.

Whisper across the Dome of St. Paul's Cathedral and see the stain glass window that Oregon donated to the church after World War II. Lastly, take a day to rummage through the best antique/tag sale held on Portobello Road in the Notting Hill neighborhood.

Phew that was fast...

We hope you enjoyed your brief visit to England. You can now identify England's flag (white with St George's bold red cross). You learned how to change an American car to be able to drive on English roads. You saw how an expanding British empire influenced so many countries. You met England's major invaders and heard mini biographies of famous and fascinating Englishmen. You kind of understand England's government. Who can forget King John's greed and loosing all "his" money which lead to the signing of the famous Magna Carta. You enjoyed photos of places you'd like to visit. Now let's taste some English treats.

# Traditional British Recipes (with American twists)

## Bubble and Squeak

Equal amounts of leftover mashed potatoes  
AND leftover cooked cabbage

two tablespoons butter  
salt and black pepper  
optional - diced carrot added to mashed potatoes

Mix cabbage with the mashed potatoes, season to taste with salt and pepper.

Heat butter in large frying pan. The English way is to make one large flat patty in the middle of the pan. Smooth it flat with a spatula.

It is way easier to make several smaller patties. Trust me.

Fry over medium heat for 8 to 10 minutes or until underside is brown and the Bubble and Squeak sizzles, bubbles and squeaks! Small patties can be turned over carefully.

If you make **one large patty**, to turn it over place a large plate over the pan and turn the pan and plate over so that the bubble and squeak is on the plate. Heat more butter in the pan and carefully slide the bubble and squeak back in the pan. Cook until other side is golden brown.

Cut large patty into wedges.

Serve Bubble and Squeak with eggs and bacon for breakfast, or bread and butter for a supper dish. Americans can splash it with catsup or add grated cheese. For more flavor cook the chopped cabbage with crushed caraway seeds.

Leftover roasted cubed potatoes and cooked cabbage can be mixed together and fried in a pan, stirring to brown the potatoes.

## Toad-In-The-Hole

1 pound sausages  
1 cup flour  
2 eggs  
1 cup milk  
salt  
pepper  
1 tablespoon drippings or vegetable oil

Preheat oven to 450. Pour drippings into 8x8 baking dish or pan. Place in hot oven. When the fat is hot, add sausages and turn them over to coat them. Place back in oven, cook for 10 minutes.

Make the Yorkshire pudding batter. Mix flour, salt & pepper together in a roomy mixing bowl. Make a hollow in the center and add the eggs, mixing them into the flour. Add milk gradually until mixture is smooth. Add any remaining milk and beat well with a whisk or hand held beater.

Take baking dish out of the oven (if there is too much fat in pan, take out all but 2 tablespoons) and very quickly pour the batter over the partly cooked sausages. Swirl around to make sure batter is into the corners of your baking dish.

Put dish back into the oven, bake for 30 minutes or until batter has puffed up and the sausages are sizzling and brown!

Cut in four quarters and serve straight away with hot onion gravy or Dijon mustard as the English do.

Options to add to your batter, 1/2 cup shredded cheese, 1/4 cup minced onion. (cheese is great)

My eight year old grandson's nickname is Toad. He helped make this dish & thought the name funny!

You can make Mini Toads by twisting a sausage in half or quarters and cutting through the twist. Bake 5 minutes at first time in oven, another 15 with the batter. Serve with ketchup.

## Mushy Peas

Prep time: 5 minutes

Ready in: 15 minute:

Cook time: 10 minutes

Servings: 4

### INGREDIENTS:

1 (10 ounce) package frozen green peas\*

½ teaspoon salt

¼ cup heavy cream

½ teaspoon ground black pepper

1 tablespoon

### DIRECTIONS:

1. Bring a shallow pot of lightly salted water to a boil over medium-high heat. Add frozen peas, and cook for 3 minutes, or until tender.
2. Drain peas, and transfer to a blender or large food processor. Add cream, butter, salt and pepper to peas, and process until blended, but still thick with small pieces of peas. Adjust seasonings to taste and serve immediately.

\*3 cups fresh...prefer frozen petite peas

## Basic Butter Biscuits

½ lb. butter

1 cup confectioner's sugar

½ teaspoon salt

1 egg plus 1 yolk

2 teaspoon vanilla extract

2 ½ cups all-purpose flour

Cream the butter, sugar, and salt until light and fluffy. Add the egg, yolk, and vanilla and mix thoroughly. Add the flour and beat just until the flour is incorporated, wrap in plastic and refrigerate for 1 hour. (The dough may be refrigerated for up to 3 days or frozen for up to 2 months.) Roll to a thickness of 1/8 inch on a floured surface and cut into desired shapes. Transfer to a lightly greased baking sheet – you may have to use a metal spatula to lift the cut dough from the work surface. Bake in a preheated 375F oven for 6 to 8 minutes, until evenly golden brown. Transfer immediately to a wire rack to cool. Makes from 5 to 8 dozen biscuits, depending on size.

### Variations of the Biscuits:

**Butterscotch Biscuits** – Substitute 1 cup packed brown sugar for the confectioner's sugar.

**Chinese Five-Spice Butter Biscuits** – Add 1 tsp Chinese five-spice powder to the flour.

### **Variations continued:**

**Chocolate Butter Biscuits** – Add 1 oz. (1 square) melted chocolate to the butter and substitute  $\frac{1}{4}$  cup of the flour with  $\frac{1}{4}$  cup cocoa.

**Cinnamon Butter Biscuits** – Add 1 tsp. ground cinnamon to the flour.

**Coconut Butter Biscuit** – Stir 1 cup toasted sweetened flaked coconut to the finished batter.

**Ginger Butter Biscuit** – Add 1 tsp. ground ginger to the flour and stir  $\frac{1}{4}$  cup finely chopped crystallized ginger into the finished dough.

**Lemon Butter Biscuit** – Add 2 tsp. grated lemon peel to the butter mixture.

**Lemon Poppy Seed Butter Biscuits** – Add 2 tsp. grated lemon peel to the butter mixture and 2 Tbsp. poppy seeds to the finished batter.

**Nutty Butter Biscuit** – Add 1 cup finely chopped walnuts, pecans, hazelnuts, or almonds to the butter mixture.

**Orange Butter Biscuit** – Add 1 tsp. grated orange peel to the butter mixture.

**Spice Butter Biscuit** – Add 1 tsp. ground cinnamon,  $\frac{1}{2}$  tsp. ground ginger, and  $\frac{1}{4}$  tsp. each of nutmeg and allspice, and a pinch of ground cloves to the flour.

### **Basic Tea Scones**

1 Tbsp. softened butter

2  $\frac{1}{2}$  cups self-rising flour

1 Tbsp. sugar

$\frac{1}{2}$  tsp. salt

3 Tbsp. butter, cut into  $\frac{1}{4}$  inch bits and thoroughly chilled

1 egg

$\frac{1}{2}$  cup milk

$\frac{1}{4}$  cup dried currants (optional)

Grease a large baking sheet with the butter and set aside. In a large chilled mixing bowl combine flour, sugar, salt, and butter. Rub the flour and butter together with your fingertips until the mixture looks like flakes of coarse meal. Beat the egg until it froths and set 1 Tbsp. of it aside in a small dish. Beat the milk into the remaining egg and add to the flour mixture (along with currants, if used). Mix gently until the dough can be made into a ball. On a lightly floured surface roll the dough handling it as little as possible, to  $\frac{1}{4}$  inch thickness. Using a cookie cutter or rim of a glass, cut into 2-inch rounds. Re-roll and do the same with the scraps. Place rounds about 1 inch apart on the baking sheet and brush lightly with the reserved beaten egg. Bake in the middle of a preheated 440F oven for 15 minutes, or until light golden brown. Best served immediately. Makes about 12 scones.

## Dried Cherry Scones

2 cups all-purpose flour  
1/3 cup sugar  
1 ½ tsp. baking powder  
½ tsp. baking soda  
6 Tbsp. chilled butter cut into small pieces  
2/3 cup dried sour cherries  
½ cup buttermilk  
1 tsp. vanilla extract  
1 egg

Sift the dry ingredients together into a large mixing bowl. Cut the butter into the flour mixture using a pastry blender until the mixture resembles coarse crumbs. Stir in the remaining ingredients to form a soft dough, mixing as little as possible. Pat the dough into an 8-inch circle on an ungreased baking sheet. Cut into 8 wedges using a serrated knife. Bake in a preheated 400F oven for 18 to 20 minutes, until a toothpick inserted in the center of one of the scones comes out clean. Cool slightly before serving. Makes 8 scones.

## Cheddar Cheese Scones

2 cups all-purpose flour  
1 Tbsp. baking powder  
1 Tbsp. sugar  
½ tsp. salt  
½ tsp. dry mustard  
3 Tbsp. butter at room temperature, cut into small pieces  
3 oz. sharp cheddar cheese, grated  
1 egg  
½ cup milk

Combine the dry ingredients in a mixing bowl and cut in the butter using a fork. Add the cheese, stirring just enough to incorporate. Beat the egg and milk together and add to the flour mixture, stirring as little as possible. Turn out onto a floured surface and pat down to a thickness of about 1 ½ inches. Cut into 2-inch rounds and place on a baking sheet. Bake in a preheated 425F oven for 13 to 15 minutes, until golden brown. Makes about 12 scones.