



# Mole Valley Quilters

[www.molevalleyquilters.org.uk](http://www.molevalleyquilters.org.uk)

December 2019

A very Happy Christmas and prosperous New Year to all our Members from your committee.

We hope you all enjoy our party tonight.

We had a very busy evening last month with our Two Corners and also Show and Tell.

Before we started on our Two Corners Mr Hugh Baker gave us a brief talk on Tools for Self Reliance. TFSR work with partners in Ghana, Malawi, Sierra Leone, Uganda and Zambia to provide both tools and high quality training, in order to provide people with a sustainable occupation.

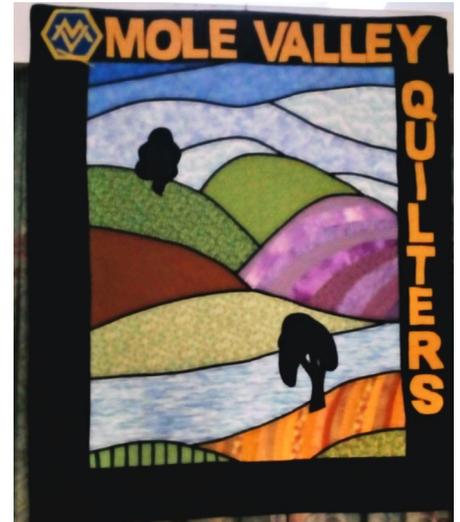
The Sutton group collects and refurbishes tools and sewing machines, (hand, treadle or electrified) as well as fund-raising for training, etc.

MVQ are supporting this charity and if when looking through your stash or haberdashery you have unwanted/unused items please bring them to the next meetings. Dressmaking material but not curtain fabric.

Thank you to Gill Penn for showing us her Manx log Cabin and to Jenny Morris and Eira for showing us how to make the folded butterfly broach. Also thank you to Katherine who is always there to help those who get lost! I do not think that there was time for all of us to try both projects so I apologise for that.

Thank you to all those members who brought their quilts for Show and Tell.

Please note that our next meeting on **9 January**—Show and Tell and suggestions for Future Meetings and Marie-Louise has very kindly agreed to show us how to pin quilts.



Members busy at our Two Corners Evening Show and Tell By Members

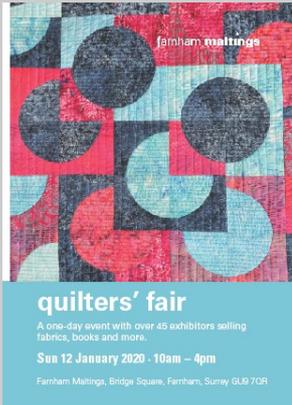
## Wadding

Mole Valley Quilters have purchased some more wadding. Unfortunately the price has increased to £9 a metre. Jane Whately is our keeper so if you require wadding please contact Jane and she will bring it to the next meeting or you can collect from Jane by arrangement.

## Coffee and Tea Rota

If you are able to help with coffee/tea could you please sign the list on the notice board. thank you

## Dates for your Diary



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## Spring Quilt Festival Ardingly

**24-26 January 2020**  
**10.00 am—4.00 pm**

Wonderful displays of quilts to see, plenty of shopping opportunities and experts to 'show you how'. Order your tickets and get more information [www.grosvenorshows.co.uk](http://www.grosvenorshows.co.uk)

## Discount for Members of Mole Valley Quilters at the Quilt Room Beare Green

From January 2020 the Quilt Room, Beare Green are giving all Members of MVQ a 10% discount on goods purchased. Please mention that you are a Member of MVQ. The Quilt Room are not issuing discount cards.

We have had a request from a young lady with two children and a full time job to make a quilt for her! I do not know any further details but if any member is able to help I will give you her details. I think she would consider a paid commission.

## Fruity Nutty Seedy Flapjacks

### Ingredients:

200g butter  
100g soft light brown sugar  
4 tbsp golden syrup  
340g rolled oats  
100g cashew nuts \*  
100g dried cranberries \*  
100g pumpkin seeds \*

### Method:

Pre-heat the oven to 160C (fan oven)  
Grease and line a traybake tin with baking parchment.  
Lightly toast the cashews in a dry frying pan until just coloured, then chop into chunky pieces.  
Roughly chop cranberries.  
Melt butter, sugar and syrup in a saucepan. When melted together stir in the oats.  
Add in the toasted nuts, cranberries and pumpkin seeds.  
Turn mixture into the tin; press into corners and flatten with a spoon.  
Bake for 25 – 30 mins until golden round the edges. Remove from the oven – the mixture will still be slightly soft.  
Leave to cool for 10 mins, then mark into squares (or fingers or triangles!) with a knife.  
Cool completely then turn out and cut fully with a sharp knife.

\* you could use cherries, raisins, sultanas, dried apricots, any nuts or seeds etc. Chocolate chips are a bad idea as they just melt!

With Many thanks to Karuna for this recipe –they are just fabulous.

