



DECEMBER  
**2020**



LMQ Wedding Fayre  
Register your interest [here](#)



Memories of the LMQ  
Christmas Fayre 2019

# **LMQ** **NEWSLETTER**

## **SHOWCASING: PARIS**

**PARIS** Our capital city and just over 3 hours away from LMQ, it is a global centre not just for wonderful French gastronomy but also for art, fashion and culture. Its 19th-century cityscape is crisscrossed by wide boulevards and the River Seine.

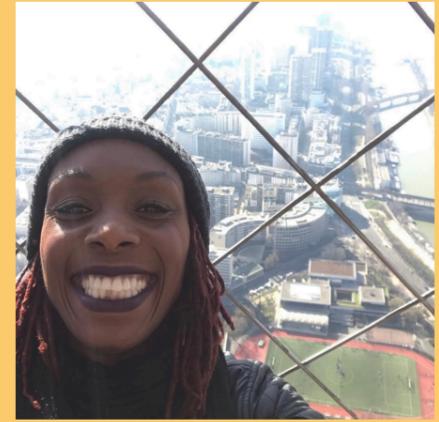
Notable for its landmarks and much lauded attractions including the Eiffel Tower, Notre Dame cathedral, Louvre, Arc de Triomphe on the Champs-Élysées and even its near neighbour, the Palace of Versailles with its dazzling hall of mirrors and opulent royal quarters. The Moulin Rouge cabaret revels in its place in this city of lights, its 100 performers adorned in feathers, sequins and rhinestones entertaining the millions of visitors landing at Paris' 2 international airports each year.

Sharing its birth year with the Moulin Rouge, the Eiffel Tower was built in 1889 to celebrate the 100th anniversary of the French Revolution and was commissioned to stand for a mere 20 years. Obviously proving its worth, it has stood the test of time being one of the most visited monuments in the world.

Another Parisian landmark of note, Notre Dame cathedral has survived its brush with destruction by fire in April 2019. Almost destroyed was almost 900 years of history combining its Roman, medieval and gothic origins; flying buttresses, the twin bell towers and grotesque gargoyles.

Paris has so much to discover; don't wait until the 2024 summer olympics before you pay it a visit 😊

Take a 6 minute virtual tour of Versailles [here](#) or a narrated virtual tour less than 4 minutes long [here](#)



I'm at the top of the Eiffel Tower



## LMQ LIFE 🏠

We haven't had much to celebrate this year so a lot of reminiscing of great events past has been going on here at LMQ. So, after much merriment over a few bottles of wine, we've decided to revisit our wonderfully successful Wedding Fayre of 2018.

We were really pleased because of all the work and effort it had taken to organise, the Wedding Fayre was really well attended - we actually ran out of standing room - so this time we're limiting attendee numbers and making it even better.

What you can expect:

- ▶ A welcome drink on arrival
- ▶ Variety of suppliers from : jewellers, florists, wedding car suppliers, caterers, wedding organisers, photographers/videographers, celebrants, entertainers, the list goes on...
- ▶ Designer catwalk show
- ▶ Goody bags

It's going to be a great event. We haven't set a date as yet but register your interest - [click here](#) - and you'll be one of the first to be guaranteed a place 😊

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## 📣 Shout out!



Giving thanks - good news for 2021; so far, guest bookings are looking ok with reservations in April, May, June, July and September.

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This time of the year reminds me of a Christmas we spent in La Petite Maison in 2008, way before we'd even started refurbishing the rest of LMQ.

Myself, the hubby, the two kiddies and my father-in-law took ourselves off to the local supermarket to get the ingredients for Christmas dinner. We gathered up pommes de terre, carottes, parsnips, oignon and ail (for the gravy), Unfortunately, none of us had any idea the French name for 'turkey' so we grabbed the biggest bird from the freezer section.

Come the big day, after defrosting, the bird was unwrapped for us to discover it was a goose! Ah well, there's a first time for everything and I rolled up my sleeves and cooked this monster of a bird. Three trays of melted goose fat later - who knew there was so much fat on this bird?? - I served up the most succulent roast we have ever eaten, yummy 🦃



La Petite Maison kitchen circa 2007

## DID YOU KNOW... 🤔

- The croissant, that iconic French breakfast staple, was invented in Austria. mon Dieu! and,
- Kilts originated in France (not Scotland as some of us would believe)!



## LOCKDOWN FATIGUE 😴

Had enough of the 'learn something new while we've all got a bit more at home time'? Let's take a different direction. Sit back with a cuppa and check out the following.

As much as it takes effort that we may not think we have, doing some fitness while gyms are closed (or if you just don't want to go to a gym), will help you to keep fit and healthy.

- Online fitness Classes : [Les Mills on demand](#) (free trial then monthly subscription) - a varied selection from cardio, strength training, dance workouts, yoga, etc or [Nike](#) - yoga, cardio and HIIT, strength training  
(*In my previous life, I was a fitness instructor for Les Mills...*)

Although I actually can't remember the last time I put on a full face of warpaint, watching some of the videos out there was great entertainment.

- Make-up application (with a fun factor) [James Charles](#); or [Full Coverage Glam](#) makeup tutorial

Or

Annette Seaward, a counsellor who specialise in personal development and life coaching counselling is currently running a free lockdown challenge to promote positive change and in December/January will run one focussed on achieving goals and so on. Click [here](#) for info.

Helen Elizabeth runs workshops where you can create your own soap and lip balm and bath bombs. Not sure when she'll be up and running so do check. Her details are [here](#)

Another great online find is [Skillshare](#) - a website where you can "explore new skills, deepen existing passions, and get lost in creativity. What you find just might surprise and inspire you".

☕ [time for an interval \(click the picture\)](#)

## NEWSLETTER WINNER 🏆

Congratulations to our November winner:

Louise Nosjean

Louise is the winner of our seasonal prize! Join our 🖱️ [Friends of Le Moulin Facebook](#) 🖱️ group to be in with a chance of winning our monthly goodie bag!!



# I'M BEGINNING TO SEE THE LIGHT

Hello!

First of all, huge thanks to Dorn for asking me for a small bio! I am so excited to be working with Dorn and the amazing team at the Brides in France Networking Group. They really are the most supporting networking team that I am part of!

I'd like to start off by introducing myself, my name is Samantha Cook and I am a UK based wedding and family portrait photographer. I live in Milton Keynes with my husband and our two children.



Samantha Cook, photographer

I've always had a camera! I've loved taking photos for as long as I can remember but I officially started out my photography journey about 3 years ago. It all started by capturing my friends little ones for Christmas minis and then our best friends got married in France in a Chateau in Beduer and they really wanted me to capture their big day. It all kind of spiralled from there.

I had my two children close together in age so as a result, I was off work for a couple of years so thought this was a fantastic time to make a real push for it once the children were settled in school and preschool.

My family and friends had been pushing for some time for me to get round to making this my career as they knew it was such a passion of mine. I cannot thank them enough for their love and support and the push they have given me. I couldn't be happier doing this job.

I absolutely love capturing couples big day. Wedding days are a real buzz. From the minute I enter the room it's a non stop, crazy day. And I wouldn't have it any other way. It's a such privilege to be involved in such a momentous time. I have travelled to France for a few weddings now, but I haven't had the luck of exploring the beautiful Le Moulin de le Quentiniere as yet. but I am hoping to visit for a styled shoot in the future!

When I am not photographing and being mummy/wife, I love to dance! I have been dancing since I was 2years old and I love nothing more than to hit a dance floor! I do rock and roll/Lindy hop and jive as well as freestyle. I also assisting teaching Adult beginners Rock and Roll. I have danced with the same dance school my entire life so it is like a second home for me. Take me back to the 40's/50's anytime!

To add further to the mayhem we have three border collies as well so when everything else isn't happening we compete in agility with them! They are all related and are all competitive in their field. Rocky is our oldest and he is Grade 5 agility. Yogi is my boy and he is Grade 5, Diggie is our youngest – he very much thinks he belongs to our daughter and he isn't competing as yet but is training, he is known as our pocket rocket. I also love to horse ride!

Thank you for taking the time to read this and I really hope our paths cross one day! For now take care!! Please Pop along to my Facebook Page – Samantha Cook photography MK and please take a look at my website:

<https://www.scookphotography.co.uk>



# COME AND COOK 🎁🌲

For those of you looking to be a bit creative in the kitchen, the recipes below are great to package up and give as presents.

## DIY cookie jars

(Makes about 20 cookies)

### Ingredients

115g	plain flour
0.5 tsp	baking powder
0.5 tsp	ground cinnamon
0.25 tsp	salt
150g	raisins
165g	rolled oats
125g	light brown sugar
1	vanilla pod

In a clean, dry 750ml jar, layer up the ingredients in order (as stated above). Tuck the vanilla pod inside or, after sealing the jar, tie it around the lid with a ribbon. Add a gift tag with the cooking method written on one side.

### Method

Preheat oven to 180°C / gas mark 4

Line a baking tray with baking parchment.

Spoon the sugar into a bowl with 115g softened butter.

Split the vanilla pod and scrape out the seeds.

Add the seeds to the bowl and beat it all together - use a wooden spoon or an electric hand whisk - until pale and fluffy.

Mix in a beaten egg.

Empty the rest of the contents of the jar into the bowl and mix everything together until combined.

Refrigerate for 30 minutes then using a tablespoon, transfer heaps onto the lined baking tray.

Flatten each one slightly, leaving room for each to spread.

Bake for 10-12 minutes until golden.

Leave on the baking tray for 5 minutes then transfer to a wire rack to cool.



## Candied Nuts

(makes 4 x 100g bags)

### Ingredients

200g	caster sugar
1 tsp	ground cinnamon
1 tsp	fine sea salt
2	egg whites
200g	mixed nuts (pecans, almonds, hazlenuts)

### Method

Preheat oven to 170°C / gas mark 3

Line a baking tray with baking parchment

Mix the caster sugar, cinnamon and salt together.

Using a hand mixer on medium speed, whisk the egg whites together with 2 tablespoons of cold water until you reach medium peaks.

Gently whisk in the cinnamon sugar in a few additions until well combined.

Fold the nuts through the mixture then spread out onto the baking tray in an even layer.

Bake for 45 minutes, giving the mixture a shake occasionally.

The egg white mixture will collapse during cooking and is ready when golden. It will be slightly sticky and will become crisp as it cools.

Pour the nuts onto a cool tray to prevent the sticking to the parchment. Leave to cool completely before putting into bags.

And now for those of you who just sometimes fancy a curry but would prefer to have a dry curry mix (as opposed to the freezable curry recipe I gave you in October). This is great to have handy to save a bit of time.

### Curry powder

2 tbsps ground coriander  
2 tbsps ground cumin  
1.5 tbsps ground turmeric  
2 tsp ground ginger  
1 tsp dry mustard  
0.5 tsp ground black pepper  
1 tsp ground cinnamon  
0.5 tsp ground cardamon  
0.5 tsp cayenne pepper or ground chillies

Mix together and store in an airtight jar until needed. Should last for about 3 months.

## Just for fun...

Jingle bells, jingle bells, jingle all the way 🎄

B H P W H G U O D R U O S

I A O U L E G T N E V D A

L B G I D Z A R Y E B H C

B A E U E D I T E L U Y H

E R E E D N I E R C W L R

R K W R I A F N I O A E I

T B R O W T T T G E D M S

O U L H U I S E T H S E T

C A R U N V S R N T T A M

R C O K A I B P S A P L A

O R B E E T L L A E C O S

L T R I E Y N E T R E E S

L C A R O L S G N W V E S

ADVENT  
CAROLS  
CHRISTMAS  
NATIVITY  
PUDDING  
REINDEER  
TURKEY  
TREE  
WREATH  
YULETIDE

## A Little Quiz ??

(challenge yourself to see how many you can answer without the help of your friendly search engine...)

1. What did the very first text message, sent in 1992, say?
2. Which fictional land never has a Christmas but it is always winter?
3. How many female French prime ministers, if any, have there been?
4. In the song 'The Twelve Days of Christmas' what did my true love give to me on the fifth day?
5. How many months have 28 days?
6. True or false: in the film 'Cleopatra', Elizabeth Taylor's 65 dresses were made from 24-carat gold cloth?
7. If someone said to you 'devenir chèvre' what would they mean?
8. What is a 'flâner'?
9. How many different chemicals does the human body use to create a scab?
10. What was Alain de Monéys, a French aristocrat in the Dordogne, famous for?

- answers will be announced live on Facebook on 1 December, 17h GMT / 18h CEST

## Ow, that hurts!

Arthritis means inflammation of the joints with symptoms including joint pain, stiffness, loss of movement, swelling and bone deformity. It can be due to a number of causes and it not only affects the elderly, but people of all ages including children.

With more than a 100 different types, two of the most common are osteoarthritis and rheumatoid arthritis.

Osteoarthritis can affect the knees, hips, spine and fingers. It occurs when cartilage that acts as a shock absorber between the joints wears away or becomes damaged through illness or injury. There can also be an hereditary factor.

Rheumatoid arthritis is an auto-immune disease that causes the body's immune system to attack its synovium - the soft tissue around joints that produces lubricating synovial fluid. Over time, this damages the joint. It can also lead to systemic symptoms such as generalised fatigue, loss of appetite and even anaemia.

Unfortunately, arthritis is not curable but there are treatments that can help to alleviate symptoms. Most treatments aim to reduce pain and swelling and help with movement. In the first instance, you should speak with your general practitioner (GP). A GP can check the condition of your joint(s) and range of movement and, if necessary, refer you to a specialist for assessment.

Targeted exercises that strengthen the muscles around the joint will help to alleviate the pressure and reduce the pain. Applying heat pads or ice packs can help to temporarily relieve pain and/or swelling. The most important thing is to keep the joint moving - although this may be the last thing you want to do - as this will be most advantageous in the long term.

Losing weight will also help as it reduces the pressure on the joints. You may also find that certain foods make your arthritis worse and avoiding fatty, processed and sugary foods can make a difference.

Trying to live with arthritis is not easy but there is a lot you can do to help yourself - hopefully without the need for your GP to recommend surgery - so it's worth doing your research and making some changes to your diet and lifestyle.

## FOOD, GLORIOUS FOOD 🍽️

Here's a little list of a few places locally that are open for takeaways. Make sure to check their opening times, if they do deliveries etc.

**Route 66** - Food Truck. Tel: 0780430444

Tuesdays: 17h-21h - Le Teillieu / Fridays: 17h-21h - Fougerolles du Plessis  
Orders in advance by telephone. Check their Facebook page for the menu.

**Jardin de Froulay** - Couesmes Vauce 53300 Tel: 0243009379

Takeaway service - Friday evenings and Sunday afternoon.

Orders in advance by telephone. Check their Facebook page for the menu.

**Renaissance Bar** - Herce. Tel: 0766511184;

Takeaway service available Friday evenings 17h-21h and Sunday afternoon until 15h.

Orders in advance by telephone. Check their Facebook page for the menu.

**Summers Indian Kitchen**, Passais 61350. Tel : 0636194902

Takeaway service - Friday, Saturday and Sunday 17h-21h

Orders in advance by telephone. Check their Facebook page for the menu

*(If you have or know of a local food takeaway service to include our list, send your details to me by email)*



*I hope you've enjoyed this newsletter; make merry this festive season and see you in 2021*

Sources: bbc food, parisinsidersguide.com, moneysavingexpert.com/ minimalistbaker.com/jamie.oliver.com, waitrose.com. localDirectory

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