



Ebor Ruggers

www.eborruggers.com

April 2016

April Meeting

A late start to the meeting due to a previous hall booking. Plenty of projects on the go and a flurry of preparations for the East Riding Country Show.

Your New Committee

Slight amendment to roles.

Chairman—Angela Gray

Treasurer—Elaine Shaw

Secretary— Liz Pert

Membership—Angela Gray

Library/Newsletter—Jackie Love

Facebook/Website—Anne Bush

Keeping those essential refreshments available—Pam Alford



Feeling Creative?

Latest idea from your committee— now that we all wear name badges, how about recreating yours in any textile medium and any size. No prizes—just a bit of fun!



Anyone know the origin of our logo?
Just curious!



May Meeting

Rug Chatter & Advice with Heather Richie

Free to members

Visitors welcome £5 (£2 visitor fee & £3 donation to Rugaid)



Beautiful Springtime Wreath

(apologies for not knowing who deserves the credit)

Yarndale 2016

Along with your newsletter is a booking form for the coach to Yarndale.

Sunday 25th September 2016

Cost £15 (includes entrance to show)

Deposit £5 (Balance £10 to be paid on or before 2nd July)

Thanks to Anne & Margaret for organising



Ebor Ruggers

Crafting is Great

We all have our hobbies, the things we like to do to de-stress after a long day, to unwind and indulge in something we really enjoy. If you've never tried knitting, the results of this study may just be enough to convince you to take up the habit.

Knitting therapist Betsan Corkhill surveyed 3,545 knitters, and more than half of them said they felt "very happy" after knitting. Many of them stated that they knitted specifically for relaxation and stress relief, and those who knitted more frequently reported more mental and emotional relief than those who did it less frequently - they reported feeling calmer, happier, less sad, less anxious and more confident.

Substitute 'Knitting' for 'Rag Rugging' and we can all relate to this! For more of this article go to www.davidwolfe.com/why-crafting-is-great-for-mental-health/ Thanks to Anne Bush for spotting it.

Bailiffgate Museum, Alnwick, Northumberland

Rag Rugging - A Celebration Saturday 10th September to Sunday 30th October

This is an "Open Exhibition", in which Ebor Ruggers has been asked to participate.

It is an opportunity to promote rag rugging and uniquely a good place to see many pieces and styles of rugging. Work will be from Alnwick Mat Makers, Tyne Valley Matters, Woodhorn Matters and many individuals as well as ourselves. You can show your work or put it up for sale.



The exhibition will take up the entire first floor of the Museum. Two years ago at the last exhibition there were more than 170 pieces displayed, quite something to see and if you need an excuse to have a day trip or a weekend in Alnwick or surrounding area this is it!

The organisers are Jane Jackson and Margaret Kenny, two very talented ruggers from the North East.

Further details will be posted on our new Notice Board which we plan to have at each meeting or see Angela.

Toolbag by Cynthia Milne



Next Meeting

The next meeting is on Saturday 7th May.

Rug Chatter & Advice with Heather Richie

Fund Raising for Rugaid

Donations for cakes to support this worthy cause have been very successful. We intend to continue over the coming year.

Other Events...

Jumble Sale— St Lukes

Wednesday 11th May & 8th June

6pm

Jackie Love eborrugsnews@btinternet.com