

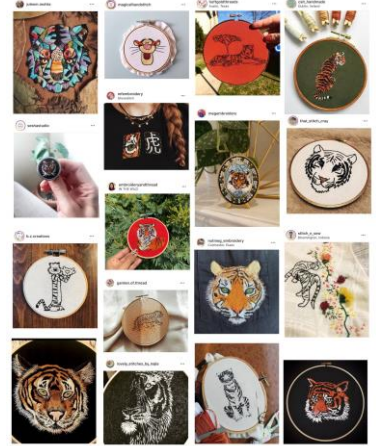
february news letter 2020

Rabbit hat
designs



www.rabbitthatdesigns.com

Welcome to Rabbit Hat Designs February News! It's been an exciting start to the year with the launch of the endangered animal stitching challenge! I was blown away by all the beautiful tigers that came to life as part of stitch a tiger month and fellow stitchers raising so much great awareness of tigers, the struggles they face and how we can help, even raising some money for World Wildlife Fund in the process! To see all the tigers on their original pages, you can find all the stitch artists listed on the post under the photo to the right on my Instagram. As its stitch a pangolin month I thought I'd write about these strange little creatures, after some quick updates. Don't forget to check out the 'how to' for chain stitching below the pangolin section...



updates



Beautiful Illustration by Nicole Anisgard Parra

2020 challenges are well underway; this month is stitch a pangolin month, find more info on my website under 2020 challenges. There are so many things I'm really stoked about this month! I'm excited to say I'll be featured in the February issue of the creative workbox magazine. It's been so great having time to reflect on my process, work so far and where I'm going next. For an awesome deal on this month's issue and a free backdated issue to boot use the link in the coupons section at the bottom of this newsletter. The magazine features all sorts of needlework artists and they always have a fun project included! Other great news is that my 18 inch peacock feather embroidery will be at the Woodlawn Needlework Show in VA alongside so many awesome needlework artists. In case you're local or passing through,

check out their website for more info www.woodlawnpopeleighey.org. It's so lovely to be celebrating this awesome art form! If you're based in NC you can now find some kits, pendants and embroideries at The Gregarious Goose, an awesome shop that features independent makers and artists. Finally coming up...if you're Denver based or nearby I'll be running a FREE Macro Nature Embroidery Workshop on March 16th as part of the Make Shift Monday series at Redline Art Center in the Rino Art District in Denver. You can find more info on the workshop and how to sign up on their website <https://www.redlineart.org/makeshift-monday>.

all about pangolins

There are eight species of pangolin in the world and they are all under threat from trafficking. They are small scale-covered creatures found in India, China, South-East Asia and parts of Africa. In Zimbabwe and elsewhere in Zimbabwe, in the local Jindwi dialect, pangolins are known as 'harakabvuka' which is also used as a word for something very rare. Finding a pangolin in Zimbabwe is seen as bringing good luck and to harm one brings bad luck (read more on news.mongabay.com). The pangolin genus name, Manis, related to 'manes' in Latin meaning 'ghost' or 'spirit of the dead' links to pangolins nocturnal habits and shyness (eia-international.org). The pangolins mythical history extends far beyond Zimbabwe. Pangolins in



<https://www.bornfree.org.uk/articles/memet-pangolin-family>

Tanzania are revered in Sangu Cosmology, where pangolins are believed to have fallen from the sky to Earth, sent by the Sangu's ancestors (pangolinsg.org). It was recorded that if one of these freshly arrived pangolins followed you home it had special spiritual significance. They are seen often as strange and sacred, which is part of their problem. Seen as a potential cure for various ailments and also as a status symbol, they are more at risk than ever, their meat and scales being highly valued in illegal trafficking markets. With our stitching of these awesome creatures I hope we can help them regenerate and build awareness!

how to chain stitch

Chain stitch is great for bordering embroideries, or creating a nice smooth line of stitches that link together in a pleasing way...



Start in the usual way by cutting about an arm's length of thread, tying a double knot about 1 inch from one end and guiding your needle up through your fabric where you want to start your line of stitching.

Return your needle through the hole in the fabric that your needle made when you came up. Don't pull your thread all the way through, leaving about a 1/2 inch sized loop of thread above your fabric.

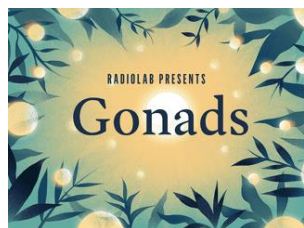
Come back up through your fabric a stitch-length ahead of your last stitch, guiding your needle up through the middle of the loop. And pull through, creating the first link in your chain.

Repeat this process, going back down through the last hole in the fabric where you came up. Your stitches will start to look almost like a wheat formation...

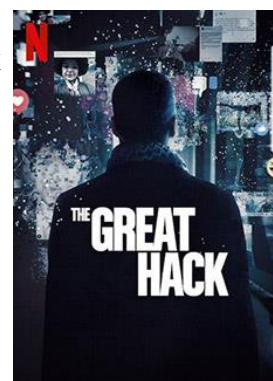


out and about

This month I watched some great documentaries, one being The Great Hack directed by Karim Amer about how Cambridge Analytica interfered with elections around the world through targeting individuals and swaying public opinion. It's a fascinating and scary documentary, but definitely worth a



watch, especially in light of the upcoming elections in the US. For listens, I love the Radiolab podcast 'Gonads' as a fascinating deep dive into reproductive organs and processes. It's amazing what bodies are up to! Fun fact; women have gonads too!



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Another listen I've loved this month has been the reading of Haruki Murakami's short story 'Barn Burning' on The New Yorker Fiction Podcast, a dark but intriguing story. A read I've enjoyed was 'Fit4You', a short story by Mona Awad.



thank you for reading