network news

a guide to inspiring events in north wales

fukushima today ~ wylfa tomorrow ~ exploring quantum entanglement on losing dogs, finding my heart & the creative wales awards ~ dowsing

exhibitions ~ workshops ~ festivals ~ groups
March 2018

Articles

Fukushima Today
Dr Carl Iwan Clowes 4

On Losing Dogs, Finding My Heart & The Creative Wales Awards
Sophie McKeand 6

Earthquake At Wylfa
Ted Townsend 33

Why I Am A Dowser
Chris Quartermaine 34

Our Quantum Entanglement
CC 36

Regular Features

Noticeboard 9

March Calendar 11

Workshops In April & May 27

Exhibitions 31

Full Moon Meditation Network 37

Advertisers Index 38

Network News Outlets Inside Back Cover

Front Cover Illustration by Femke van Gent
www.femkevangent.nl

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Welcome to the March Network News. Fem’s cover shows the decommissioned Wylfa Nuclear Power Station on Anglesey as we hope it may look in 50 years. If the industry had never been hand-in-glove with the production of nuclear weapons, and had not been nurtured by the mad scientists of the 50s & 60s who believed they had cracked all the secrets of creation… then nuclear development might have followed a healthier and saner course. These “supernerds” just focussed on the output, all those “cheap” megawatts pouring out to run all the new gadgets their classmates were designing to fill our homes. They were never looking back at the ever-growing stockpile of lethal waste, or coming up with a credible plan to deal with it. There is now around 250,000 tons of high level radioactive waste that must be kept away from all living beings for up to 100,000 years. It is almost all in “interim” storage. Interim! Yes, on its way somewhere else, but no-one knows where! At least Finland has taken it seriously with their waste repository at Onkalo, explored in the unsettling documentary Into Eternity.

The ancient principle that underpins all bioethics is: Primum non nocere, First, do no harm. “It may be better not to do something, or even do nothing, than risk causing more harm than good.” Nuclear technology in its present form does not pass the harmlessness test. There is abundant energy from sun, wind, tides and more. Now these options are being taken seriously, we can expect some extraordinary breakthroughs. It may even be that the promise of cheap energy - that does no harm - will be realised sooner than later. On that day, the windfarm some folk moaned about can be harmlessly dismantled. But nuclear waste must remain entombed and under guard for 3,000 generations. Wylfa B? No Thanks! (See Page 4)

Blessings to all beings
I first visited Fukushima four years ago. My son Cian, a band member with the Super Furry Animals, had toured Japan on several occasions and introduced me to many of the organisations and lawyers campaigning against nuclear power, seeking redress in the aftermath of the explosions at the Daiichi reactors in 2011.

I visited on a second occasion three years ago with Green Cross, a Swiss-based body established by former President Gorbachev. On this occasion we met many of the 168,000 evacuees who had fled their homes. Many left the region and even the country and large numbers were living in temporary accommodation provided by the government in the Fukushima prefecture where they remain to this day. I find it interesting how many politicians from Wales, local and national, have visited Japan at the invitation of the Hitachi Corporation and didn’t take the time to travel the 1.5 hrs on the bullet train to witness at first hand the traumas suffered by so many people. Hardly an objective view of the industry on which to base their life-changing decisions for thousands of our population at home.

Shortly after my second visit, Naoto Kan the Prime Minister of Japan at the time of the incident in 2011, visited Wales, addressing a gathering at the Senedd before flying to Ynys Môn to meet the local council. He warned of the dangers, citing his previous support for nuclear power prior to 2011. He referred to his moral dilemma when the Daiichi reactors exploded having to ‘force’ key personnel back into the power plant to try and control the situation – “I came within a quarter of an hour of having to evacuate the whole of Tokyo – some 35 million people” he explained. He now campaigns tirelessly worldwide against nuclear power.

One of the most cynical, and worrying, stances is that by Shinzo Abe, the current Prime Minister of Japan. In making the case for the 2020 Olympics to go to Japan he persuaded the International Olympic Committee that Japan would be safe for them.

"There are no health-related problems until now, nor will there be in the future. I make the statement to you in the most emphatic and unequivocal way."

The reality is somewhat different. In the period 2011-2015, for young people under 18, the cancer rate in Fukushima was 37.3 per 100,000. This compares with a rate of 0.54 per 100,000 in the USA for the same period.

Similarly today, Abe’s cynical response to the situation knows no bounds. The maximum permitted non-occupational dose of radiation to a citizen is 1 millisievert per year, as recommended by the International Commission on Radiological Protection (ICRP). Abe on the other hand has raised the threshold dose deemed to be safe for the population to 20 millisieverts per year in an attempt to encourage citizens to return to their homes. He believes this will create an atmosphere of ‘normality’ to the outside world. The people have not responded kindly to his scornful ploy.

The UK and Welsh Governments are gung-ho about new nuclear, choosing to ignore issues around the radioactive toxic waste which will need to be stored for tens of thousands of years. BUT it wasn’t always thus!

The following is from a letter sent by the Environment Minister’s Office in 2009
when Rhodri Morgan was First Minister:

“The Welsh Government`s long held view on new nuclear power stations is that with the level of interest in renewables.......Wales will have no need for new nuclear build in its energy future.”

“Wales electricity consumption is around 24TWhr per year. Welsh Government believes with the right Government framework, Wales could produce 33TWhr per year from renewable sources.”

With the efficiency of many goods today we actually consume less electricity and, with developments in renewable energies, can easily surpass the figure quoted in 2009. In other words, the gap is even wider between what Wales consumes and what we can provide. So, given that the profits for Hitachi`s proposed reactors at Wylfa will go to the shareholders in Japan, is it right that we take the risks? It`s worth noting that whilst Japan is ready – as part of the country`s economic development plan – to export its nuclear technology, the industry is not allowed to develop new nuclear at home.

One of the arguments most often deployed by politicians and the Unions is that we need the employment. But, as the following official statistics show there are boundless opportunities in the renewable energy sector.

The International Renewable Energy Association reports that there were 115,000 people employed in the sector in the UK in May 2017. This compares with 65,000 employed in the UK`s civic nuclear industry recorded by the Nuclear Industry Association in 2016. Why are the elected few, hand-in-hand with the unions, so fearful of changing course?

All was revealed in the Public Accounts Committee in the House of Commons last autumn. Here, under questioning by the committee Chair, Stephen Lovegrove former Permanent Secretary at the Department for Climate Change admitted the relationship between civil and military nuclear challenges.

“I was in regular discussion with Jon Thompson, former Permanent Secretary at the Ministry of Defence” he said.

“We have at some point to renew the warheads, so there is very definitely an opportunity here for the nation to grasp in terms of building up its nuclear skills.”

“I do not think that that is going to happen by accident; we are speaking to colleagues at BEIS (Business, Energy and Industrial Strategy) regularly about it……”

In the same hearing, Rolls Royce acknowledged for the first time in a major public statement, that there exists a deep interlinkage between British civil and military nuclear industrial capabilities stating that “expansion of a nuclear-capable skilled workforce through a civil nuclear UK programme would relieve the Ministry of Defence of the burden of developing and retaining skills and capability. This would free up valuable resources for other investments.” In other words, a cross-subsidy from our electricity bills to the military machine. I wonder what Mrs Jones, Sarn Mellteyrn has to say about that! (See Page 10)

Dr Carl Iwan Clowes is a board member of Public Health Wales, a member of PAWB, Founder of Nant Gwrtheyrn National Language Centre and Wales Honorary Consul for Lesotho.

stop-wylfa.org
One of our family went missing in an unfamiliar forest recently. It was a traumatic experience because he's always come back. We called and whistled but he was gone. After nearly an hour we began the return journey to the van without him and planned to stay in the area for as long as it took to find him. Soon after that he called to me. Quite clearly. A squeeze in the chest. *I’ll be back where we parted.* By now we were a few miles away but I turned back. *I’m coming.* Two hours after he first disappeared to chase squirrels or rabbit or deer, we found each other, in the exact spot we’d left.

This isn’t the first time we’ve shared non-verbal communication. But it was the most obvious. The first time Kit spoke was the first day we met. He said quite clearly *am I coming with you?* He was bored and underwalked in his current place, hardly eating and being too boisterous for the household he was in. He knew he didn’t fit there, it had happened to him numerous times before. It was such a sharp feeling; a question pushed into the mind by his strong emotional need.

It’s difficult to articulate how hard it is to write this because for a long time I didn’t think dogs could communicate (other than the obvious). More than that, I didn’t believe anything in the natural world could communicate except in the ways we are familiar and comfortable with.

I’ve begun talking and writing more about the ways in which the trees communicate because this was something they asked of me a long time ago, but I wasn’t ready to help them then; I was too tied up in cynicism and self-doubt. And it wasn’t simply that I didn’t think it possible to talk to trees, over the years I’ve read Plant Spirit Medicine by Eliot Cowan; 52 Flowers that Shook my World by Charlotte Du Cann; explored hypothesise by Daniel Pinchbeck and Graham Hancock; visited Pip Waller, a Plant Spirit Medicine healer, for healing; attended a Plant Consciousness weekend conference; and undertaken numerous shamanic journeys with practitioners. But nothing anybody else said or did could convince me that what I was experiencing was a profound and deep connection with the earth and the animals that cohabit with her because no matter how many people I met who believed it possible, I still didn’t believe it was possible. Or to put it more clearly, I believed that other people might have certain abilities in that area, but I didn’t believe it was *something I could do.*

How did I know that all of these voices where not simply a psychotic manifestation? What proof could I gather? Was I just going mad? I felt restless. I needed to ‘go walkabout’, to roam the landscape until I could understand the truth but the only time I’d read of this was in Aboriginal culture, and that is a rite of passage for the young men. Years later working with the Gypsy, Roma, Traveller community I learned that it’s okay for people to ‘go off’ – just wander away for a while, but I had no way of doing that. Where could I, as a western woman with a
child, go? Family had to take precedent. This is when I realised that the universe is not unkind, only people are unkind when we are starved of the love and support needed.

I realised I had to stay where I was and set off on a different kind of life-changing journey. For over a decade I rooted into the community tree-like so as to better understand these thoughts, words and connections I was experiencing so viscerally; to see myself in relation to other people; to try to understand how individuals and our societies are dreamed into being – how we support, or undermine each other; to give as much of myself as possible to working with people from all walks of life whilst trying to figure out if the words, images and emotions were being generated by me, or if they were genuinely part of something else, something bigger.

Looking back over this time, this landscape traversed, the internal spaces mapped through poetry and performance, and the obstacles overcome, I can write that I know my own mind. That I’m more (but not totally) aware of how she works: the tricks and unconscious behaviour, the truths and love. I’ve had to learn empathy and grow emotional intelligence as I realised I was lacking in these areas. I discovered that creativity aids spiritual and emotional evolution, and tried to share these revelations in my community: that creativity is the root of all change, that we are all Creators of our worlds, our destinies, and that this begins with the Imagination.

Over a decade later, after working with numerous organisations and communities in north Wales and then, as the Young People’s Laureate Wales, across our beautiful country, I felt something was still missing. That creativity and community need a third element if they are to enact positive change in the world, and this is when I returned to the trees and mountains, the rivers, lakes and seas of Cymru. I now understand that a deep connection to the land is needed. That I can no longer allow her conversations with my soul to simply run ignored like a film playing in black and white in another room, but that I need to embrace this truth that has been waiting so patiently for me to acknowledge. I have to dive in and become the ocean. Instead of closing ears, mind and heart to the sounds and voices of nature I have to listen. To truly listen, as Pauline Oliveros said, I will walk so silently that the bottoms of (my) feet become ears.

So I put forward an ambitious plan to Arts Council Wales in the hopes that I might be considered for their Creative Wales awards. I wanted to undertake a shamanic exploration of Deep Listening. I made connections with practitioners who will each bring their own expert element to this year of creative evolution and growth: Writer, psychologist, and mythologist Sharon Blackie and I will explore listening and creating through myth whilst traversing the Irish landscape; community activist, plant spirit medicine worker Mark Watson and I will work with the voices and spirits of plants over in east England; Welsh producer and musician Gorwel Owen will mentor me on various aspects of field recordings and sound production; the project will finish in November when I will revisit the Bengal region of India to work with Moushumi Bhowmik from the Travelling Archive (she will visit Wales a few months earlier) as we collaborate and share listenings across borders as well as weaving together the various elements discovered from this epic creative journey. I hope to finish on a silence retreat in India so that time can be taken to fully meditate upon everything
discovered in the months leading up to that point.

I hope that this year of travelling will aid the exploration of new ways of being in the world; new ways of connecting with the earth, and with communities; new ways of creating. Still, poetry remains at the very core of everything I am and do.

When I was weaving this project in the mind, and in dreams, I searched for a mentor who might have time for, and understanding of, all of the disparate elements, but to no avail. This is when the trees spoke again and said they will be my mentor, my shamanic guide. That is a terrifying thing to write as I fear people’s judgement. But I believe it to be true. I believe that the trees will mentor and support anybody who asks if they do so with an honest heart and good intentions.

When the trees produce fruit, fat and juicy or hard and gnarled, or when they provide shelter, it is not a conditional offer. It is what the elements and circumstances create. In this same fashion I’ll write about the journey on my blog. This is the nature of giving. This is their only request.

I could not go walkabout when the land called all those years ago but, after staying rooted so that I might grow, my dreams are now filled with ocean waves and hawks and trees in foreign places and a deep desire to truly listen to the land; along with the knowledge that I have to be brave and follow my heart in order to continue evolving.

I am deeply grateful to Arts Council Wales Creative Wales Awards and the land of Cymru for making this creative exploration possible.

Sophie McKeand is an award-winning poet and the current Young People’s Laureate Wales.

www.sophiemckeand.com

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**WOODLAND SKILLS CENTRE**

We have 50 acres of woodland with permanent Forest School sites, heated meeting rooms, covered workshops, wildflower meadow, apiary, heritage orchard, tree nursery, allotments and vineyard in the heart of the Clwydian Range AONB near to the village of Bodfari.

We run a wide range of courses in traditional crafts including coppice and greenwood crafts, basket making, timber frame building, making shave-horse and pole-lathe, stool and chair making, Gypsy crafts, charcoal burning, coracles, woodland management, home chain-saw and hedge laying. We run bushcraft courses and hold family days, weekends and weeks in the woods. We do special events such as birthday parties. We run level 3 courses in Social Forestry and Mindfulness. People on courses can have free camping with access to w.c and shower.

01745 710626
enquiries@woodlandskillscentre.co.uk
www.woodlandskillscentre.uk

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**Trigonos**

Connected Drawing 20 - 24 May
A mindfulness approach to drawing with local artist Dr Maria Hayes, to retrain your eye and hand to work together in a new, connected way.

ReWilding The Mind (new course) 24 - 27 May
with Claire Thompson and Jonathan Stacey. While Spring is in full flow in the wildwoods and mountains of Snowdonia, we will take inner and outer journeys through the practice of mindfulness and meditation.

Weaving with Colours 24 - 27 May
with Eta Ingham Lawrie. This popular weaving course is suitable for beginners or experienced weavers. Eta will guide you in the practice of freeform weaving, working on an upright loom.

www.trigonos.org
01286 882 388

Trigonos is a not-for-profit social business located in the Nantlle Valley adjoining Llyn Nantlle.
60 FACES OF CND
2018 is the 60th anniversary of the Campaign for Nuclear Disarmament. Founded in 1958 at the height of the Cold War, CND has been a powerful collective voice against the dangers of nuclear weapons. CND’s greatest strength has always been its members. Incredible people have shaped our history, our present and will continue to inspire in the future. Here we take a look at 60 Faces of CND, 60 people who represent all the millions of people who have campaigned for nuclear disarmament over the decades and have made our organisation so remarkable. See www.cnduk.org

PLACE ... A SENSE OF SPACE Creative writing course on 16th - 18th March. Plas Tan Y Bwlch, Maentwrog. Remy 01766 772600, remydean.blogspot.co.uk

CHOUK BWA Haiti music and culture comes to Pontio, Bangor see Calendar 9th

HOW IS PORTHMADOG RESPONDING TO CLIMATE CHANGE 8th March; meeting arranged with the Porthmadog Quakers. See Calendar.

EXPOSURE BETHESDA BBC 3 presenter Verity Sharp showcases local musicians working in alternative and experimental genres. To be broadcast 29 March. Neuadd Ogwen, Bethesda. See Calendar 14th

WILDFLOWER WISDOM NWWT invites everyone to their Spring event in Colwyn Bay, see Calendar 9th

VINCENT VAN GOGH: A New Way of Seeing The film comes to the RCA, Conwy, see Calendar 20th

LEVIATHAN ~ SHEZAD DAWOOD An exhibition in Mostyn, Llandudno. A ten-part film cycle that will unfold over the next three years, the work draws connections between human activity and marine ecology. See Exhibitions

CAE MABON SPRING PARTY Book your place now for April 4th - 8th. Priority given to those who can stay the whole time. Visit caemabon.co.uk

CHESTER INTERNATIONAL FILM FESTIVAL Held in Storyhouse, Chester. See 1st - 7th Calendar

DENBIGHSHIRE ARTISAN & CRAFTS Fair 25th, see Calendar

INTERNATIONAL WOMEN’S DAY 8th March. Celebrating the social, economic, cultural and political achievements of women. This year’s campaign theme is #PressforProgress. Info: internationalwomensday.com See Calendar 3rd & 8th

Do you run workshops or events for a bright, positive world?
To have your events listed in NN contact:
07777 688440, www.network-news.org

See pages 27 - 30 for forthcoming Workshops in April and May

Meditation in March
1st Bethesda
3rd Denbigh
4th Chester
6th Rhosesmor/Wrexham
9th – 18th Corwen
9th – 23rd Bangor
10th Llandudno & Crickieth
12th Wrexham
12th – 15th Llanberis
20th Wrexham
21st Rhos on Sea
22nd Bala
24th Colwyn Bay
26th Wrexham

SURFERS AGAINST SEWAGE - ANGLESEY Now there is a plastic-free Lligwy Beach Cafe on Anglesey! Whahay!! Facebook: of the same name

SPRING EQUINOX - DEFOD ALBAN EILIR RITUAL 20th March. Come and join Anglesey Druid for a welcoming into Spring See Calendar 18th
11 March 2011: 7 years on and far from over

REMEMBER FUKUSHIMA

1: VIGIL
Friday 9 March 2018
outside Japanese Embassy
101 Piccadilly, London W1
17:30 - 19:30

2: MARCH on PARLIAMENT
Sunday 11 March 2018
assemble outside
Japanese Embassy
101 Piccadilly, London W1
12:00 for start at 12:30
followed by a RALLY
Old Palace Yard
opposite Parliament
14:00

3: PARLIAMENTARY PUBLIC MEETING
Wednesday 14 March
Portcullis House
Westminster,
London SW1
19:00 - 21:00

It’s time to move beyond nuclear.

more info: www.rememberfukushima.org
March Calendar

1st THURSDAY

St. David’s Day CADW is offering free entry to many historic places. There are parades in many local towns: Colwyn Bay 10 - 12pm. Denbigh Celebrations - stalls etc throughout the day. You can also download a dragon, flag and daffodil template to make: visitwales.com Also see 3rd.

Weaving for Health & Wellbeing Evening 1st Thu/month. Learn Japanese SAORI freestyle hand weaving. No experience is necessary, guidance given. 6.30 - 8.30pm, £25 per class plus materials. Please book/maximum of six. 6 Swifts Buildings, off High Street, Bangor LL57 1DQ (by traffic lights below the train station). 01248 345353, saorimor.co.uk

NW Arthritis and Chronic Pain Support Group 1st Thurs/month. Helping people living with pain. 6.30 - 8.30pm. Mold Community Hospital, Ash Grove, Mold CH7 1XG. Angela 0844 887 2618, nwcpsg@gmail.com

Dru Meditation 1st Thurs/month, 8.30 - 9pm, Snowdonia Mountain Lodge, Nant Ffrancon, Bethesda. Christiane 01248 602900, christiane@druworldwide.com

Tai Chi Workshop This workshop is suitable for beginners, and being based at RSPB Conwy will focus on various Tai Chi bird forms. You just need to come along enthusiastic in comfortable clothing and wearing flat shoes. Henry Shallcross will be leading the workshop, 10 - 11am, £5. RSPB Conwy LL31 9XZ. Contact Henry 07563 085945.

Birds and Beyond A chance to look at which birds are in residence alongside other seasonal flora and fauna that can be found on the reserve. Bring lunch and binoculars. 11am - 3pm, donations welcome. Ynys Hir RSPB Nature Reserve, Dyfi Estuary: meet at entrance carpark, SY20 8TB. NWWT Janet Baker 01341 423988, 07812 659593, jemmole@hotmail.com

Better Wildlife Roadside Verges: Update Roadside verges are important habitats for wild flowers and pollinators. Jane Rees describes the Wildlife Trust’s programme to improve their management, with special reference to the verge reserves on Anglesey. 2 - 4.30pm, £2, includes refreshments. St Cyngar’s Church Hall, Llangefni, Anglesey LL77 7EA. NWWT Penny Radford 01248 713022, radfords713@btinternet.com

Loveless (15) Film. A Russian couple go through divorce but then their son disappears. English subtitles. 8.15pm, £7.50, £6 60s+, £5.50 student, £5 child. Pontio, Bangor 01248 382828, pontio.co.uk

Gwynedd Astronomy Society 1st Thurs/month, 7.30pm. Arts and Drama Rehearsal Room, Bangor University. Parking is available directly outside the main entrance. Davyth Fear 01286 672882.

Llangollen Friends of the Earth 1st Thurs/month; venue varies so call or text 07525 016504, info@llangollenfoe.org.uk

Sing Out Your Song! Harmony Singing Group - Drop-in group, 7 - 9pm, £8, £6, £4. 1st & 3rd Thurs/month. Bishop Lloyd’s Palace, 51 Watergate St., Chester CH1 2LE. Ella 07922 620503, ellaspeirs@hotmail.com

Gone Walking Join us for a St David’s Day networking celebration. Designed for anyone who would like to make new contacts and network with business people. It is important that you register if you are planning to attend as we have to consider ratios for the walk as well as making sure we have enough refreshments for everyone. £10, 9.30am - 12.30pm. Meet Moel Siabod Cafe, Capel Curig, Betws y Coed LL24 0EL. More info/to book: breeseadvventures.co.uk

Lleuwen Singer songwriter with influences from Jazz, Blues and Welsh Hymns. With support from Gwilym Bowen Rhys. 8pm, £25. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Ferocious Dog ~ “The Enemy Within” Folk-punk band. 7 - 11pm, £15. The Tivoli, Brunswick Rd., Buckley, Flintshire, CH7 2EF. 01244 546201, tivolivenu.com

1st THURSDAY - 3rd SATURDAY

Great Expectations A theatrical telling of Dicken’s masterpiece. 7.30pm, £10. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

1st THURSDAY - 7th WEDNESDAY

The 32nd Chester International Film Festival A global selection of recent films that share stories and experiences from an array of countries. All screenings will be preceded by two short films as part of the International Animation Festival. Tickets: £9.50; £8.50 for pre-5pm films; under 26 £7, £6; Chester Film members £5. Held at Storyhouse, Chester. Visit their website for full programme details: storyhouse.com

2nd FRIDAY

Full Moon in Pisces 12:51am

Soup & Circus 1st Fri/month, 5 - 7pm in Rhiwlas Village Hall. Circus skills, music and soup to share - come and join. Donations welcome. Lucy 07900 637333.

Move, Flow Connect The frantic pace of modern life fragments us and leaves us feeling scattered and stretched. This is a day of turning in and coming back together. It is designed to be a day to come back to yourself, some space and time to let go of what is no longer needed and reconnect to your deeper self - leaving you feeling centred and more whole. 7.30pm, £30. Source Yoga Studio, 294 Conway Rd, Mochdre, CH7 2EF. 01244 546201, souceyoga.com

Grosvenor Museum Quiet Afternoon For those who need a quieter time in the museum, including those with autism, their families and carers. Dim lights where possible and recorded sounds turned down. Hands-on activities to engage. 3 - 4.30pm, free drop-in. Grosvenor Museum, Chester CH1 2DD. 01244 972197.

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Classic Eryri Scramble: Tryfan and Glyderau Join celebrated alpinist Rob Collister for a spectacular grade 1 scramble up Tryfan and the Glyderau mountains, in the rocky heart of Snowdonia. 9.45am - 5.30pm approx. Bring packed lunch, appropriate clothing/boots. Limited places. Snowdonia Society. Claire 01286 685498, snowdonia-society.org.uk
What’s That Raptor? A talk with Keith Offord. Raptors are some of our most exciting birds, but often some of the most challenging to identify. This talk takes a close look at the identification of raptors in real settings, where subtle differences in wing length, wing-beat, speed, stance and jizz provide the necessary identification clues. 7.30pm, £1 members, £2 non-members. Pensychnant Centre, Conwy. Contact Geoff Gibbs 01248 681936.

Book Launch: The Crossing Place by Karen Ankers. An evening of celebration with local author Karen Ankers and her first novel. 7.30pm, Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

The Goat Roper Rodeo Band An evening of cosmic country blues. Opens 7 for 7.30pm start, £7, £8 door. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

Twin Town (18) Film. Life in the seaside town of Swansea. 8pm, £5. Neuadd Ogwen, Bethesda contact: post@neuaddogwen.com

Martin Simpson Fine acoustic guitar playing and slide guitar. 7.30pm doors open. £16, tickets available from Palas Print Caernarfon, Mudshark Records Bangor. The Vic, Menai Bridge, Anglesey LL59 5DR, 01248 712309, vicmenai.com

2nd FRIDAY - 4th SUNDAY

Llanberis Mountain Film Festival Films, outdoor skills workshops, family activities, speakers, exhibition and master classes, plus the party on Sunday eve with live music from CEG. Venues include: Electric Mountain, Beacon Climbing Centre and Caban Brynrefail. Visit website for updates: www.llamff.co.uk

Blue Sky God: Evolution of Science and Christianity This course with Don MacGregor looks at some of the big questions around how we think about God and Jesus. Consider quantum consciousness, the power of the intentional mind, morphic resonance and other new scientific theories. £125, non-residential £90. Gladstone’s Library, Hawarden, nr Chester CH5 3DF, 01244 532350, www.gladstoneslibrary.org

2nd FRIDAY - 5th MONDAY

Yoga & Detox Weekend Detoxing dynamic, flowing yoga sessions with calming meditations. Pampering massage treatments from our in-house therapists. Delicious meals; bracing coastal walks. £415 - £570. Plas Cadnant, Menai Bridge, LL59 5NH. Laura Bell, 07989 512859, thezestlife.co.uk

Marine Mammal Conference 2nd Annual Bangor University Conference offers a chance to listen to some talks and promote your own marine mammal research plus meet other cetacean enthusiasts. £10 students, £15 staff and public. More info to come; visit marinemammalconference2018.info

Woodland Footpath Maintenance We have been asked by the Woodland Trust to help maintain the footpaths and access to this woodland for people to be able to freely enjoy this beautiful area. The day’s activities will include repairing a footbridge as well as refurbishing footpath steps. 10am, booking essential. Snowdonia Society 01286 685498, owain@snowdonia-society.org.uk

St David’s Celebration A free ride on the Bala Lake Railway to all residents of North Wales – just bring proof of address. Llanuwchllyn Station, Bala LL23 7DD. 01678 540666, bala-lake-railway.co.uk

2nd FRIDAY - 8th THURSDAY

The Shape of Water (15) Film. Blending whimsical fairy tale with a fresh spin on classic monster movies. 5th - subtitled screening. 5.30pm, £7, £6, £3.50. Galeri, Caernarfon 01286, galericaecarnarfon.com

3rd SATURDAY

Pregnancy Yoga After a beautifully natural water home birth... I am keen to share some of my mind strengthening and yoga secrets in this pregnancy yoga class. 10 - 11am, £5. High St., Llanberis. Abi 07747 500282, archetypal.medicine@therapist.net

Crafty Mamas Continuation and Catch Up. Bring along something you are working on. Now afternoons only, 1 - 4pm, The Vestry, Porthmadog. See Facebook: Crafty Mamas

Yoga Chakra Experience 2 - Swadisthana Your yoga posture work will focus on the fundamental energy centres – the Chakras – and mindfulness meditation, pranayama/breath work, and mantra will also be incorporated into each workshop. Each individual workshop can be enjoyed as a one off or you can benefit from taking part in the series as a whole. Suitable for all abilities and ages. 10.30am - 1pm, £25. Trefnant Village Hall, Denbigh. Bookings: thezestlife.co.uk

Twin Town
Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

Introduction to Willow Work Tutor Helen Waterfield will explain how to source, treat and work with willow. You will learn how to make willow rings, willow stars, sunflowers and candle-holders. £60, deposit £30. Woodland Skills Centre, Bodfari, LL16 4DT. 01745 710626, woodlandskillscentre.co.uk
Reiki Level 1 Training You will be taught the history of Reiki and how it came into being, the precepts, have practical tuition of the hand positions, an attunement with full Reiki lineage, a manual and CD, plus full certification. Bring packed lunch, light refreshments will be available. 11 am - 4 pm, Namaste Wales Holistics, Unit 3, Castle Street, High St., Llangollen LL20 8NY, 01978 860564.

Yogarama A healing space to rebalance and restore. Through yoga asana, pranayama, meditation and aromatherapy we will look at how using a few beautiful blends of essential oils in various ways as inhalation and application combined with our yoga practice we can enhance our well being, reduce stress, increase energy and much more! 2 - 4.30pm, £22.50. Source Yoga Conwy Rd., Mochdre, Colwyn Bay LL28 5DS. Sam : buddhasam@talk21.com

Spring Fair Join us at our Spring Fair with plenty of stalls of all varieties, with all proceeds going to the hospice. 11am - 2pm. St Asaph Cathedral, St Asaph LL17 0RD. If you are a stallholder and would be interested in trading at the fair – please call the fundraising team on 01745 536022 or email laura.parry@stkenstigernhospice.org.uk

Introduction to Navigation Our one day course is designed for everyone who wants to have more confidence in the outdoors and will help in planning your own routes and having a better understanding of your surroundings. 9am - 5pm, meet Moel Siabod Cafe, Capel Curig, Betws y Coed. Contact Breese Adventures 07525 625375, breeceadventures.co.uk Also 10th, 17th, 31st

Mindful Woodland Management Learn some of the basic techniques of traditional woodland management and coppice craft in a mindful, calm and clear environment. 10am - 4.30pm, £45 waged, £35 concs. CAT, Machynlleth 01654 705959, www.cat.org.uk

Micro Plastics Beach Clean We'll be concentrating on the mini bits in this beach clean as part of Keep Wales Tidy’s Spring Clean Cymru weekend. Tweezers at the ready - we're timing some of the clean and sieving part of the strandline to see just how much is made up of tiny pieces of plastics and nurdles and we’ll sort as much as we can. 2 - 4pm, free. Meet Porth Trecastell, Anglesey. NWWT Dawn Thomas 01248 351541, dawnthomas@wildlifetrustswales.org.uk

Walk and Talk with Dafydd Ap Tomos. 2pm, free, Plas Oriel Glyn Y Weddw, Llanbedrog, Pwllheli 01758 740763, oriel.org.uk

Film Night 7.30 - 9.30pm, free admission. Benllech Community and Ex-Servicemens Hall, Llangefn Ri., Anglesey, LL74 8SR. Contact 07590 517061, nickblakeley@hotmail.co.uk

The Rip Roaring Success Double bass, smokin’ fiddle, guitar and hillibilly vox. Doors open 7pm, gig 8pm, £10; bar only, no food. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

All Day For 8 Week Course Graduates All CMRP Alumni are welcome to join our alumni association. Centre for Mindfulness, Research & Practice (CMRP), Bangor University LL57 2DG. 01248 382498, mindfulness@bangor.ac.uk www.friendsofbangor.website

Chester Philharmonic Orchestra Music by Glinka, Rachmaninoff. Maksim StSura - pianist. 7.30 - 9.30pm, £16 - £5. Chester Cathedral. Bookings: 01244 500959, chesterphilorchestra.co.uk

3rd SATURDAY & 4TH SUNDAY

Coppice Crafts We will undertake some coppice work and harvest some materials to use. You will be shown various coppice products and will have the opportunity to make a range of products including a besom broom and a small hazel hurdle to take home with you. £100, deposit £50. Woodland Skills Centre, Bodfari, LL16 4DT. 01745 710626, woodlandskillscentre.co.uk

Learn to Paint Wildlife Art in Pastel – Hare Learn to paint realistic wildlife art using pastel. All lessons aim to develop potential you may have as an artist. Informative, fun and suitable for all abilities. Today we’ll start with the Hare. 9am - 5pm, £60. Wrexham. More info: Kaz 01978 363539, 07809 687740, katzturner.com

Crimes Under The Sun A secluded island becomes a crime scene. A comedy, stage performance by Agatha Christie. 7.45pm, £15, Theatr Clwyd, Mold 01352 701521, theatrclywd.com

3rd SATURDAY & 4TH SUNDAY

Teacher Training Retreat Level - Mindfulness An opportunity to engage in a personal and group learning process which is designed to support and deepen understanding and skills in teaching and integrating mindfulness-based approaches in professional practice. Held in Trigonos, Nantlle Bookings: Centre for Mindfulness, Research & Practice (CMRP), Bangor University LL57 2DG. 01248 382498, mindfulness@bangor.ac.uk

4th SUNDAY

Positive Birth Movement Free antenatal discussions run over 12 weeks. They started on 4th Feb and run till 6th May. Today’s topic is Mental Health & Wellbeing in Pregnancy & Birth and is led by Claire. Meet 10am, Caban, Brynrefail, nr Llanberis. see Facebook: Positive Birth Movement North Wales

Mindful Green Woodworking Learn basic techniques of traditional woodland management and coppice craft in a mindful, calm and clear environment. 10am - 4.30pm, £45 waged, £35 concs. CAT, Machynlleth 01654 705959, www.cat.org.uk

North Wales Guitar Retreats are holding a one day guitar workshop hosted by Jim Bazley & Skeet Williams. Limited to just 10 spaces, spend the whole day with two accomplished guitarists and teachers in a 16th Century Palace in the heart of Chester City. The course will consist of 4 Classes (two with each tutor) and includes lunch and refreshments. 10.30am - 5.30pm, £80. Stanley Palace in Chester. More details can be found at www.northwalesguitarretreats.com Facebook: North Wales Guitar Retreat One Day Guitar Workshop

Introduction to Horse Logging This low impact method of moving logs from woodland or forest will be demonstrated, and you will be invited to try it yourself whilst learning the history behind this traditional skill. 10am - 4pm, £80. CAT, Machynlleth 01654 705959, www.cat.org.uk
**Anglesey Half Marathon** Run across Menai Bridge along the coast road to Beaumaris Castle and back; free from traffic. Enquiries 01248 723535.

**Bird Watch Day** Call in to see what’s about, with experts on hand to help identify the birds and chat about wildlife. Best views of estuary birds approx. an hour before and after high tide (12:30). 11am - 3.30pm, donations welcome. Meet Aberogever/ Spinions NWWT Nature Reserve, Bangor LL57 3YH. Kate Gibbs 01248 681936, kategibs.nwwt@gmail.com

**Estyneto** Join the inspirational dancer and choreographer, Cai Tomos as he leads monthly dance/movement sessions for those over the age of 60. 1.30 - 3.30pm, £3. Galeri, Caernarfon 01286 685222, galericaernarfon.com

**Street Circle Training** Meditation outdoors, bearing witness to the life of the city around us. Open to all, free of charge, 2 - 4.30pm. Bring simple food to share. Children (and dogs!) are very welcome too as long as parents stay responsible for them at all times. Chris Starbuck 07906 040159, greatheartchester@gmail.com

**Sybil Song Sunday** The museum recently acquired a portrait of Sybil, Marchioness of Cholmondeley, who established the Cholmondeley Prize for poetry in 1966. To celebrate her extraordinary life, local poets, musicians and storytellers will sing, play and speak sharing one unbroken human breath – bringing to mind the 1930s and ’40s, the WRNS, her links to Cheshire and family, and the muse herself. Organised by Chester Poets and Chester Writers. 1.30 - 3.30pm, free. Grosvenor Museum, Chester. Bookings: Suzanne luppa@hotmail.com

**Blasau Cain** A warm welcome to new members to join Cain taster session in the afternoon 3 - 5pm, £10. Galeri, Caernarfon 01286 685222, galericaernarfon.com

**Braint Estuary and Lyn Coron** Winter Wildfowl and Waders including Brent Geese. Leader Rhion Pritchard. Meet 10am, Pen-Lon Car Park, Braint, Anglesey LL61 6RS, grid ref: SH432643.

**Big Allotment Growing Day** An opportunity to grow your own organic nutritious food for free, learn new skills: planting and harvesting the veg and fruits; pickling, preserving, cooking, baking and brewing, craft work and wood work or come and chill out with a brew. 11.30am - 4pm. Tyn y Nant, Llanfihangel Glyn Myfr. Nr Corwen. Facebook: Eco Ffarm Frewythau/Gift Economy, or wellbeingcooperative@googlemail.com

**Sacred Circle Dance** 1st Sun/month, 2 - 4pm, Rhosesmor Village Hall. Led by Helen Newton and Sue Bates. Contact helen@soul-life.co.uk, Cydobl Acoustic Club Meets 1st Sun/month, 2pm, open to all musical abilities and styles of music - no electricity connecting! Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

**Green Woodworking** Everyone welcome, from 10am - 4pm with Bill. Eternal Forest, Boduan, Pwllheli. 01758 612006, 07968 167204, www.eternalforest.org

**Sinfonia Cymru** A performance of Mozart’s passionate Symphony No. 40. 7.30pm, £17, £15 concs., Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

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**5th MONDAY**

**Beicio Bangor** Meets 1st Mon/month. We campaign on cycling issues affecting Bangor and the travel-to-work area around. All welcome, 7pm, £5 per annum. Basement Fat Cafe, High Street, Bangor. Details: accounts@beiciobangor.org.uk

**NW Arthritis and Chronic Pain Support Group** 1st Mon/month. Helping people living with pain. 12.30 - 2.30pm. Seminar Room, Holywell Community Hospital, Halkyn Rd., Holywell CH7 7TZ. Arthritis Care 020 7380 6522, nwacpsg@gmail.com

**Gong Bath** Breathe and relax... Then observe the mind beginning to slow, as superficial and irrational thoughts are suspended, stresses release and the whole being is gently returned to harmonic balance. 7.30pm, £13. Canolfan Thomas Telford Centre, Mona Rd, Menai Bridge LL59 5EA. Steph Healy 07534 118899, puresound.org.uk

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**5th MONDAY - 15th THURSDAY**

**Diversity Festival** A unique opportunity to learn and experience different cultures and perspectives. The theme aims to highlight the barriers that people may face but give a positive message that together we can challenge perceptions, push boundaries and reach our potential. 9.30am - 6pm, free, but booking essential. Uni of Chester, Parkgate Rd., CH1 4BJ. Bookings: equality@chester.ac.uk

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**6th TUESDAY**

**Conwy County Peace Group** Meets 1st Tues/month, 7.30pm, St. John's Church hall (between the two M & S stores on Mostyn St., Llandudno). Contact Don Saunders 07748 927643, donsaundersopt@aol.com

**The Healing Well** Hands on Healing, by donation. All welcome, 7 - 9pm. Ganolfan Pentrefelin, nr Criccieth. Mayamara 01766 770874.

**Cygnus Cafe in Chester** An opportunity to join like-minded people to discuss and explore spirituality, well-being, holistic therapies, transformation, community, ecology and much more. For those who are not familiar with Cygnus Review, it offers books, CDs, reviews, articles to uplift and inspire you on your path of self-discovery. 11am - 1pm, The Lodge Cafe, Grosvenor Park, Chester. Lynn Alexander 01244 951753, lynnalexander@talktalk.net

**Gong Bath** Breathe and relax... Then observe the mind beginning to slow, as superficial and irrational thoughts are suspended, stresses release and the whole being is gently returned to harmonic balance. 7pm, £13. Memorial Hall, Penmorfa, Porthmadog LL49 9RY. Steph Healy 07534 118899, puresound.org.uk

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**Meditation at Hillside Retreat** is a mixture of guided meditation, silence and some sharing, finishing with a cup of tea. No charge, just donations towards refreshments. It is not necessary to have done any meditation before – everyone welcome. It is helpful if you can email me to let me know you are intending to come. 7.30 - 9pm. 1st Tues/month. Hillside Retreat, Rhosesmor, nr Mold CH7 6PP. Contact helen@soul-life.co.uk, www.soul-life.co.uk

**Remi Harris Trio** A mix of Gypsy Swing, Jazz & Blues. 7pm for 7.30pm, £12. Llangollen Pavilion 01978 860828, llangollen@nwtic.com
The Often Herd Fully acoustic performance of bluegrass and harmonies of Southern California. Doors open 7pm, gig 8pm, £10. Bar only, no food. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

Noddfa Circle Dance 1st and 3rd Tues/month, from 2 - 4pm. Noddfa, Penmaenmawr 0 1492 623474, noddfa.org.uk

Meditation Practice Group Three meditations including a body scan and a mindfulness breathing practice. 7.30 - 9pm, £6 including refreshments. Drop-in. All Saints Church Hall, 21 Poyser St, Wrexham LL13 7RP. 07816 988124, newmindfulness.net

ROH Opera Live: Carmen by Bizet. Sung in French with English surtitles. 6.45pm, £10, £8 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

7th WEDNESDAY

SAORI Weaving Taster Session 1st Weds/month. Half an hour introduction to SAORI freestyle hand weaving, using a SAORI loom and take your weaving home. No experience is necessary and all abilities are catered for. £10 per class including materials. Please book/maximum of six. 6 Swifts Buildings, Bangor LL57 1DQ (opposite Domino’s Pizzas below the train station). Rosie Green 01248 345325, www.saorimir.co.uk

Learn to Paint Wildlife Art in Pastel: Tiger Portrait Learn to paint realistic wildlife art using pastel. All lessons aim to develop potential you may have as an artist. Informative, fun and suitable for all abilities. 6 week course, 12 - 4pm, £90. More info: Kaz 01978 363539, 07809 687740, kazturner.com Other dates are: 14th, 21st, 28th & 4th & 11th April.

Vintage Matinees 1st Weds/month. Theatr Twm o’r Nant, Station Rd., Denbigh. Check with Lilian Jones 01745 813426, denbighfilmclub.co.uk

Rhododendron Control Lon Gwyrfai and the surrounding area is an important part of our annual program of volunteering events. Whilst walking along Lon Gwyrfai you will notice that there are small pockets of Rhododendron springing up which need to be controlled. We have been designated a small zone within the conifer plantation to control the Rhododendron before it gets out of hand. 10am, booking essential. Snowdonia Society 01286 685498, owain@snowdonia-society.org.uk

Conscious Dance 1st & 2nd Weds/month. Bringing awareness to all that is within us; in body, heart and mind, and giving it expression in movement. Drop-in. Suitable for all levels of fitness and experience. 7 - 9pm, £10, £8, £5. The Little Theatre, Gloucester St., Chester CH1 3HR. Ella Speirs 07922 620503, ellaspiers@hotmail.com

Jonathan Richards - Guitar with Syrinx playing recorders. Jonathan plays music extending from the Elizabethan age through to the early 20th century jazz period, includes music by Vivaldi. 7.30pm, £12, accompanied u16s free. RhyL Town Hall LL16 4YW. RhyL Music Club, 01745 890564, rhylmusic.com

The Liberties Playing the music of the Dubliners. 7.30pm, £12, £10, £5 children. £10, £8 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Remi Harris Trio Gypsy swing characteristics from Blues, Jazz, Rock’n’Roll, Funk, World Music, plus commentary from Remi about the history of the music and the guitars he plays. £12. Plas Glyn Y Weddw, Llanbedrog, Pwllheli 01758 740763, oriel.org.uk

7th WEDNESDAY - 10th SATURDAY

Rambert: A Linha Curva and Other Works An hip-swinging, drum-beating, award-winning party piece, with the spirit of Brazilian carnival. 7.30pm, £10. Theatr Clwyd, Mold 01352 701521, theatrclywd.com

8th THURSDAY

International Women’s Day See Noticeboard

Gather Up! Come to an informal, impromptu and relaxed celebration of International Women’s Day. All welcome to come and sing, read poetry, tell stories, share some inspirational feminism/femininity with friends and cafe go-ers. Bring instruments to play. Come dressed in Votes for Women regalia or something to do with the women’s movement if you fancy a dress-up! All contributions welcome. Child and man friendly! From 12pm with PAYF Tea and snacks available, food from 5pm. Held at Pay As You Feel Cafe, 57 High St., Bethesda LL57 3AN. See Facebook: International Womens Day Meet-Up

f2n Business Network An informal event. You will have the opportunity to talk about yourself/your business for up to 2 minutes. Meet, chat and network with other local business owners and managers. 10 - 11.30am. Held in Frongoch Garden Centre, Llanfaglan, Caernarfon LL54 5RL. Join via online: f2n.co.uk Part of International Women’s Day Events

Porthmadog Quakers A public meeting on a subject of importance to the community which is how climate change effects us, living on low land in an area of very high rainfall, and how we can respond to it. We will have specialist speakers to help us consider the matter from Bangor University, Natural Resources Wales and Gwynedd Council. Local experience and wisdom will be vital and so we hope to attract a big gathering of people that live locally. 7pm - 9:15pm, Porthmadog Community Centre (by the harbour). Information 01766 530657.

Gong Bath Breathe and relax... Then observe the mind beginning to slow, as superficial and irrational thoughts are suspended, stresses release and the whole being is gently returned to harmonic balance. 10am, £12. Y Festri, Goodman St, Llanberis, LL55 4HL. Steph Healy 07534 118899, puresound.org.uk

Seven Brides for Seven Brothers (U) A dementia friendly screening of a classic musical film in a relaxed atmosphere. Audience members are welcome to walk around and talk, dance and sing as they please. 2pm, £4, carers go free, free refreshments. Theatr Colwyn, Colwyn Bay 01492 577888, theatrclywd.com

Mindfulness Practice Group – Bala 2nd & 4th Thurs/month. Primarily for those that have completed the 8 week Mindfulness course but a warm welcome to anyone interested in sharing the practice, interested in Mindfulness or have had some previous experience. 6.30 - 7.30pm, £3; Gorwelion, Bala. Contact rowenna73@hotmail.com or visit FB page Mindfulness Bala
**Boost Your Business ~ Women in Business** To celebrate International Women's Day NatWest is partnering with Tafco and WIBN to bring you an event where we will discuss and celebrate the ground-breaking work that is taking place to truly drive the greatest change for women. Guest speaker - Lynda Bradbury and a lively panel discussion on the theme of #PressforProgress. 6 - 8pm, free, Booth Mansion, 30 Watertgate St, Chester CH1 2LA. Visit: eventbrite.co.uk/e/international-womens-day-2018

**Part of International Women's Day Events**

**Eugene Onegin** Pushkin’s storytelling and Tchaikovsky's lyricism explore love, death, life and convention. 7.30pm, £19, £18, £10 students/U18s. Pontio, Bangor 01248 382828, pontio.co.uk

**8th THURSDAY - 10th SATURDAY**

**CCTA Festival of One Act Plays** Enjoy the best of local community theatre. 7pm, £10, £8 concs., Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

**9th FRIDAY**

**Wildflower Wisdom** Wildflowers are increasingly popular in gardens. Joan Prime explores the folklore, medicinal and other uses of wild plants in this interesting talk. 2 - 4pm, £2. St David's Church Hall, Penrhyndyffryn, LL16 3DA. TEL: 01745 813426, denbighfilmclub.co.uk

**Sounding Who You Are** A voice workshop. A special evening of working with the voice and exploring different ways of clearing and balancing the 7 main chakras or energy centres of the body, (using meditation, chants/mantra, toning and sound). 7 - 9pm, Neuadd Goffa, Mynydd Llandygai, Bangor LL57 4LO. Steph Healy 07534 533459 / 07783 773225, john.underwood100@gmail.com

**Chouk Bwa** Drums, poetry and trance from Haiti’s voodoo heartlands. Traditional Mlizik Rasin (root music) blending traditional songs with compositions by lead poet and vocalist Jean-Claude ‘Sambaton’ Dorvil. 8pm, £14, £13 concs., Pontio, Bangor 01248 382828, pontio.co.uk

**Learn to Paint Wildlife Art in Pastel** A one day workshop. Informative, fun and suitable for all abilities. Today: Feathers flamingo. 10am - 4pm, £30. More info: Kaz 01978 363539, 07809 687740, kazturner.com Also 16th & 23rd.

**Woman of Flowers** Blodeuwedd isn’t like other women, conjured from wild flowers by the wizard Gwydion to be the perfect wife for the warrior prince Llew. A strikingly poetic reimagining of the Mabinogion myth of Blodeuwedd by award-winning Welsh writer Sion Eirian. Eirian skilfully combines Saunders Lewis’s Welsh language verse drama of the same name with original material to create a captivating dark fantasy. 12yrs+. 1pm, 7.30pm, £10, £8 concs., Galeri, Caernarfon 01286 685222, galeri.caernarfon.com

**A Streetcar Named Desire** (12A) Film. 7.30pm, Denbigh Film Club, Theatr Twm o’r Nant, Station Rd., Denbigh LL16 3DA. Lilian Jones 01745 813426, denbighfilmclub.co.uk

**Stolen** Daniel Morden transports you to the Land of No Return, his storytelling served by the hypnotic string accompaniment of Sarah Moody and Oliver Wilson-Dickson. 8pm, £12, £10 concs., Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

**9th FRIDAY - 18th SUNDAY**

**Emptiness & The Heart Sutra** The Heart Sutra speaks a lot of emptiness, ‘Form is emptiness, emptiness itself is form’, – but just what is emptiness? We’ll see how our beliefs in an intrinsic, substantial ‘me’, separate from the rest of the world, has no basis in actual experience. And we’ll see how and why realising emptiness is, precisely, compassion. Suitable for those who have meditated for at least 3 years. £360, £324 concs., Vajraloka Buddhist Centre, Corwen LL21 0EN, 01490 460406, vajraloka.org

**10th SATURDAY**

**Voice Workshop** Aimed at developing your voice whether your interest lies in jazz, folk, opera or choral music. Come along and try it. All ages and levels of experience and interest are welcome. With Marian Bryfdir and Kiefer Jones. 10am - 4pm, £12, £6 students. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

**An Introduction to Aromatherapy Workshop** Enjoy discovering the therapeutic and relaxing effects of essentials oils. This half day workshop will give you an insight into the uses of aromatherapy, to use with family and the possibility of taking a longer accredited course. The Angel Office, High St., Wrexham LL14 6AA. Caroline 01978 810300.

**Pregnancy Yoga** After a beautifully natural water home birth... I am keen to share some of my mind strengthening and yoga secrets in this pregnancy yoga class. 10 - 11am, £5. High St., Llanberis. Abi 07747 500282, archetypal.medicine@therapist.net

**Food For Thought** Guided meditation suitable for all, followed by a home-cooked vegetarian Italian meal in the World Peace Cafe. Vegan and Gluten free options. 6.30pm, £15, includes everything! Booking essential. Snowdonia Society 01286 685498, ucheldre.org

**Coifer Regen Removal** The Snowdonia National Park Authority have asked the Snowdonia Society volunteers to help control Conifer regeneration in Penaran. The site is an old Conifer Woodland which has been felled to promote a more native marshland. Our work will go a long way to help advance the project and make the marshland a reality. 10am, booking essential. Snowdonia Society 01286 685498, owain@snowdonia-society.org.uk

**Exhibition Opening** An exhibition of at least one piece of work from each participant of the fifteenth Anglesey Arts Weeks. Exhibition runs until 8th April. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org
**Bangor University Symphony Orchestra** Music by Grace Williams, Sibelius. 7.30pm, £12, £10 concs., £5 students and U18s. Pontio, Bangor 01248 382828, pontio.co.uk

**Met Opera Live:** Semiramide by Rossini. A love story with fireworks, omons, misunderstandings and angry gods. 5.55pm. £10, £8 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org Also £11, £10 concs., Galeri, Caernarfon 01286 685222, galericararfon.com

**Martha Tilston** Singer song-writer, 7.30 - 11pm. An intimate setting, directions on booking! Colwyn Bay. Jay 01492 641009.

**Hidden Worlds** With Bangor Science Festival. The live flash bang chemistry show will be back as well as the chance to see real fossils and then make your own! Don't miss your chance to hold some live reptiles and peer into the worlds of fish and others! 10am -4pm, free. Bangor University, Brambell Building, Deiniol Rd, Bangor LL57 2TL. bangor.ac.uk/bangorsciencefestival

**Yoga Day** Expect a reasonably intense morning session followed by a more relaxing afternoon session with an hour break in between to eat delicious home made cake and enjoy the views or head out for a short lunchtime stroll. 11am - 4pm, £35. Coed y Brenin Visitor Centre and Venue, near Dolgellau. Mountain Yoga Breaks 07737 261614, mountainyogabreaks.co.uk

**Meditation and Teaching Day** Everyone is welcome to attend a day or a weekend of meditation and teaching at the Hermitage. The day begins with meditation at 10am with guidance offered for those who would like it. Beginners and experienced meditators alike are most welcome. Saturday mornings are held in silence until after lunch. A simple vegetarian lunch will be provided. Lama Shenpen will continue her teaching on this year's theme of Progressive Stages of Meditation on Emptiness by Khenpo Tsultrim Gyamtso Rinpoche. The teaching will be given on Saturday afternoon at 2.30pm. Donations for the day £25 - £40. Hermitage of the Awakened Heart, Crichieth. Info: ahs.org.uk

**Introduction to Navigation** See 3rd

**Murder on the Orient Express (12A) Film.** Hercule Poirot solves the case. Lastest production by Kenneth Branagh. 7 for 7.30pm, £4. Halkyn Parish Hall. Yscefiog, Holywell CH8 8BU. Halkyn Mountain Community Cinema. Contact mountaincinema.org.uk

**10th SATURDAY & 11th SUNDAY**

**Split Hazel Basket** You will learn the basic skills needed to make a small bowl. £120, £60 deposit. woodland skills Centre, Bodfari, LL16 4DT. 01745 710626, woodlandskillscentre.co.uk

**Home Chainsaw** During this course you will be guided by an experienced local forestry worker who will cover the construction and maintenance of a chainsaw including sharpening the chain, cross-cutting logs and felling small diameter trees. You must have your own chainsaw and appropriate protective chainsaw clothing – helmet, visor and ear defenders, gloves, trousers and boots. £135, £70 deposit. Woodland Skills Centre, Bodfari, LL16 4DT. 01745 710626, woodlandskillscentre.co.uk

**Self-Build Project Management** You'll find out how to create a project plan for your build, which key elements you should include, when key tasks should happen and how long they are likely to take. You'll also learn key dependencies between tasks so you can establish a critical path and calculate the total time for your build. Fee £180; accommodation extra. CAT, Machynlleth 01654 705959, www.cat.org.uk

**Willow Basket Making** You will learn to make a traditional willow shopping basket with a plaited rush detail around the top. 10am - 4pm, £140. IARD Parc Glynllifon, nr Caernarfon 01286 672472, iard.co.uk

**10th SATURDAY - 18th SUNDAY**

**Bangor Science Festival** Offers something for everyone, with activities for families and schools groups, adults looking for entertainment and stimulating debate, or professionals interested in the latest research. Full details: bangor.ac.uk/ bangorsciencefestival

**11th SUNDAY**

**The Bangor Forest Garden** An opportunity to learn new skills, make new friends whilst contributing to maintaining and developing the Garden! Session starts at 11.30am - 4pm. Wear some outdoor suitable clothing and bring some lunch; tea and coffee provided. If you need a lift ask us about car sharing. More details from bangorforestgarden@gmail.com, www.thebfg.org.uk Or have a look on Facebook bangorforestgarden

**Wrexham Running Festival** Starting and finishing in Wrexham town centre, there’s sure to be a good crowd cheering you on your way and welcoming you over the finish line. Bookings and enquiries 07506 665219, runwales.com

**12th MONDAY**

**Disability of Arts Wales Writing Group** Do you write non-fiction, poetry, drama, or novels.....in the Welsh language? Do you self-identify as a disabled person and/or have a long-term physical mental health condition? If so, Come and participate in a monthly group. 4.30 - 6.30pm, free. Caernarfon Library LL55 1AS. Contact post@dacymru.com / 029 1225 1040.

**Wildlife Gardening** Whether you are completely new to gardening or have years of experience, whether you can spare one day each month or one day every week, we need you! 10am, Snowdonia Library IARD Parc Glynllifon, nr Caernarfon 01286 672472, iard.co.uk

**RunWales** Want to take part in a running challenge for a good cause? Whether you are completely new to running or have been running for years you can take part in a challenge for a good cause. See the website for details and booking information.

**Holyhead Writers Group** 2nd & 4th Mon/month. PenFriends is a creative writing group who offer support and feedback on each other’s work and also do fun writing exercises to stretch our creative muscles! 7pm. £1. Harvest Moon, Newry St., Holyhead (opposite Holyhead Library). Karen 07929 069235.
Meditation Practice Group including a body scan and mindfulness of breathing practice. 7.30 - 9pm, £6 including refreshments. Drop-in. Quaker Meeting House, Wrexham 07816 988124, newmindfulness.net

12th MONDAY - 15th THURSDAY

Silent Retreat A silent 3 day retreat organised by Sharlene Squire of the Natural Arts Association Forum. Lama Llakpa Yeshi will give meditation instruction. £175 including vegan and/or vegetarian meals. Cae Mabon, Fachwen, Llanaber. To book contact Charlie 07961 704476, aiki.charlie@hotmail.co.uk ~ caemabon.co.uk

12th MONDAY - 17th SATURDAY

Energy Generation From Wind You'll gain an informed understanding of the technological, policy, maintenance needs, environmental and social benefits and limitations of wind power generation. £700 waged, £625 low waged. CAT, Machynlleth 01654 705959, www.cat.org.uk

13th TUESDAY

Wildlife Gardening at Llys Garth Learn how to create a wildlife garden with the Wildlife Trust at our new offices in Bangor. We need volunteers to help digging ponds, making nectar borders, sowing a small meadow, making birdboxes etc. Not essential to book but it would be helpful if you could. 10am - 1pm, donations welcome. Held at North Wales Wildlife Trust offices, Llys Garth, Garth Road, Bangor, LL57 2RT. NWWT Anna 07917 455367 or annawilliams@wildlifetrustswales.org

Transformational Dance Get your body moving to your own beat. Transformational Dancing is a workout for your mind, body and spirit - it works through each of the 7 energy centres. Music and movement have played an integral part in well being of the human mind, and Transformational Dancing brings us home to our roots honouring ourselves in self-expression, self-awareness, self empowerment and happiness. No co-ordination needed, no set movements to follow. Just the willingness to have some fun by letting yourself flow with the music. Also a short meditation following the dancing to ground us. 8 - 9.30pm, £10. Canolfan Nefyn, Fford Dewi, Nefyn. Contact Julianne 07956 426426.

Cylch Gitar Gogledd Cymru/ North Wales Guitar Circle 2nd Tues/month. All styles of acoustic guitarists - from non players to professional (non vocal). 7.45pm, £1 per person. Anglesey Arms Hotel, Menai Bridge. Jane and Dave Sinnett 01407 831480, jane.sinnett@btinternet.com ~ Facebook: northwalesguitarcircle

The Innocents (15) Film. A French Red Cross doctor visits a Polish convent and discovers many of the nuns have become pregnant by Stalin’s troops. 7 for 7.30pm, guest ticket £5. French, with subtitles. St Mary’s Creative Space, Chester. 01244 371750, chesterfilmfans.co.uk

13th TUESDAY & 14th WEDNESDAY

Y Tad The story of a man failing to understand what is happening as his memory crumbles and his daughter struggles to understand her father’s illness. 7.45pm, £12. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

13th TUESDAY - 27th TUESDAY

Meditation & Mindfulness Course Everyone is welcome to this Mindfulness & Meditation Course. You can drop in or book the whole course in advance. These classes encourage you to use daily life in the most meaningful way, by transforming ordinary experiences into the path to inner peace and happiness, through meditation and practical wisdom. 7 - 8.30pm, £6 per session or £14 for course. Colwyn Bay. Contact Kalpa Bhadra Buddhist Centre 01492 887778, meditatenorthwales.com

14th WEDNESDAY

Friends of the Earth Conwy Meet 2nd Weds/month in the rear room of the Albion Ale House, Upper Gate St., Conwy LL32 8RF. The meeting above replaces our usual monthly meeting. We would love to have some new members to help with our campaigns, currently focusing on reducing plastic use locally and raising awareness of climate change issues. Contact Kay 07918 663640, kaypitt40@gmail.com

Chester Theosophy: Ideas Beyond Time A talk by Tim Wyatt, sponsored by the Leeds Lodge. Author of Cycles of Eternity. 7 for 7.30pm, £5.50, £3.50 concs., Meet at Quaker Meeting House, Frodsham St., Chester CH1 3LF. Enquiries 01244 370461, chestertheosophy.org

Learn to Paint Wildlife Art in Pastel See 7th

Llandudno and District Writers Group This month: Max Makin - Beginnings. 2pm, all welcome! Llandudno Public Library. Contact: llulandud.nwriters@aol.co.uk

Conscious Dance 1st & 2nd Weds/month. Bringing awareness to all that is within us; in body, heart and mind, and giving it expression in movement. Drop-in. Suitable for all levels of fitness and experience. 7 - 9pm, £10, £8, £5. The Little Theatre, Gloucester St., Chester CH1 3HR. Ella Speirs 07922 620503, ellaspiers@hotmail.com

Gong Bath Breathe and relax... Then observe the mind beginning to slow, as superficial and irrational thoughts are suspended, stresses release and the whole being is gently returned to harmonic balance. 8pm, £13. Source Yoga Studio, 294 Conwy Rd, Mochdre, Colwyn Bay LL28 5DS. Steph Healy 07534 118899, puresound.org.uk

Ruthin Reading Group 2nd Weds/month, 7.30pm, Ruthin Library, 01824 705274.

BBC3 Presents Exposure Bethesda With Sweet Baboo, Accretion Entrophy, Hopewell Ink; presented by Verity Sharp showcasing local musicians working in new, experimental and alternative genres. Synth tones with contemporary glitch; sonic imagery, synthesizer and saxophone. The concert will be broadcast on BBC3 at 11pm on 29th March. Doors open 7.30 for gig at 8pm. Free from Box Office. Neuadd Ogwen, Bethesda. Ticket office 01248 208485, neuaddogwen.com

Woodland Enclosure Removal The woodland has outgrown its protective enclosures and they now need to be removed for the health of the trees. 10am, booking essential, free transport available from Bangor and Caernarfon. Snowdonia Society 01286 685498, owain@snowdonia-society.org.uk
**Circle Dance** 2nd Weds/month. A relaxing afternoon with a friendly welcoming group. No experience or partner needed. 2-4pm, Old Colwyn Methodist Church Hall. Phone Janice 01492 545587 / Susan 01352 219464.

**Phantom Thread** (15) Film. American romantic historical period drama. 10.30am - 1.30pm. Neudd Dwyfor, Penlan St., Pwllheli LL53 5DE. 01758 704088.

**15th THURSDAY**

**Gallery Talk: Made for the Table** with Georgia Powell. 11am or 2pm, free, please book, Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

**Sing Out Your Song!** Harmony Singing Group - Drop-in group, 7 - 9pm, £8, £6, £4. 1st & 3rd Thurs/ month. Bishop Lloyd's Palace, 51 Watergate St., Chester CH1 2LE. Ella 07922 620503, ellaspeirs@hotmail.com

**Tai Chi Workshop** This workshop is suitable for beginners, and being based at RSPB Conwy will focus on various Tai Chi bird forms. You just need to come along enthusiastic in comfortable clothing and wearing flat shoes. Henry Shallcross will be leading the workshop, 10 - 11am, £5. RSPB Conwy LL31 9XZ. Contact Henry 07563 085945.

**Sabre Tree Planting** Join us for a day of tree planting with a twist, where we use the natural features of the land rather than fencing to protect the trees from grazing animals. We’ll be planting at Dyffryn Mymbyr, which was previously owned and farmed by Esme Kirby, the founder of the Snowdonia Society. 10am, booking essential. Snowdonia Society 01286 685498, owain@snowdonia-society.org.uk

**Chester CND** Our monthly meeting, all welcome, free. 7.30 - 9pm. Quaker Meeting House, Frodsham St., Chester chesercnd@gmail.com See Noticeboard

**Wy, Chips a Nain** Family tale celebrating unique relationships between grandparent and grandchild when facing life with dementia. 1.30 & 6.30pm, £8, £6 concs., Pontio, Bangor 01248 382828, pontio.co.uk

**The Goat Roper Rodeo Band** Cosmic country blues band. Doors open 7pm; gig starts at 8pm. £10. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

**16th FRIDAY**

**Yoga Masterclass ~ Agni Fire Yoga Sequence** Explore a deeper understanding of this dynamic sequence of yoga postures. Designed to ignite your creative energy, your vitality and enthusiasm, moving forward with purpose into Spring. 6 - 7.15pm, £12. Oddfellows Hall, Saltney, Chester CH4 8SG. Teresa Keast 07876 254518, teresa@teresay4yoga.co.uk

**The BTO Garden Bird Watch** Kelvin Jones, British Trust for Ornithology Cymru Engagement Officer, will talk about involving the community in monitoring bird life and the importance of citizen science. 7 - 9pm, £2. Awelon Community Centre, Ruthin LL15 1BN. NWWT Mark Hughes 07800 771570, mjdhughes1108@gmail.com

**Indian Head Massage Diploma** Fully accredited diploma, manual and starter oil. 10am - 4pm, £100, theory and practice; £20 deposit. Tutors: John Bride & Vicki Keane. 8 students. The Angel Office, First Floor Offices (Old HSBC Bank Ruabon), Ruabon, Wrexham LL146AA. Contact 01978 810300 to book.

**Artist Talk With Jilly Edwards** Q & A session. Jilly’s woven tapestries are inspired by glimpses and memories of journeys, whether long train journeys or a trip to a local café. At this free talk Jilly will talk about her inspiration and work. 5pm, free but please book. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk Jilly is running a Tapestry Workshop 17th & 18th; and has an exhibition called Joy.

**Learn to Paint Wildlife Art in Pastel** See 9th

**Caffi Stori Llangollen Storytelling Café** 3rd Fri/ month. Join us for stories, songs, music and poetry ~ come to tell or just to listen. 7.30pm ~ only £2, in the Courtyard Coffee Shop, Cwrt-y-Castell, Castle Street, Llangollen LL20 8NY. Delicious coffee and cakes on sale from Julie of the Coffee Shop. Croeso cynnes i bwaw! A warm welcome to all! Suzi 01490 460563.

**Yin Yoga and Gong Bath** Breathe and relax... Then observe the mind beginning to slow, as superficial and irrational thoughts are suspended, stresses release and the whole being is gently returned to harmonic balance. 65 mins of yoga, a short break and then an hour’s Gong. 7.30pm, £23. Source Yoga Studio, 294 Conwy Rd, Mochdre, Colwyn Bay LL28 5DS. Cathy 07704 437415, sourceyoga.org.uk

**Mountain** (PG) Film. A series of adventure films starting with the epic ‘Mountain’ – a unique cinematic and musical collaboration: an epic odyssey through the Earth’s most awesome landscapes, showing the force of high places – and their power to shape our lives and our dreams. 8pm, £5. Neudd Ogwen, Bethesda contact: post@neuaddogwen.com

**Carry On Curating** Comedians from up and down the country will become professors and deliver their humorous take on a ‘TED’ talk, commenting on some of the exhibits in the museum and filling you in on what they actually are. The catch? They have never seen any of the slides before and will be making up on the spot. 7.30 - 9pm, £10, free drink. Grosvenor Museum, Chester CH1 2DD, 01244 972197.

**RSPB: Burton Mere and the Dee Estuary** A talk by Alasdair Grubb. All made very welcome. 7.30pm, £2.50 includes refreshments. St. David’s Church Hall, Glan-y-Mor Road, Penrhyn Bay, Llandudno, LL30 3NT. Norman Marshall 01492 592247.

**Stargazing at Bodnant** 7.30 - 9pm, free. Bodnant Garden, Tal-y-Cafn, Conwy LL28 5RE. 01492 650460.

**Dr John Cooper Clarke** Presenter, comedian, film star, social and cultural commentator brings his thoughts to Pontio.. 12-13yrs, 8pm, £16 - £26.50. Pontio, Bangor 01248 382828, pontio.co.uk

**Haydn & Mozart With Rachel Podger** Plus musicians from BBC National Orchestra of Wales. 7.30pm, £15, £13.50, £5 students/U18s. Pontio, Bangor 01248 382828, pontio.co.uk

**16th FRIDAY & 17th SATURDAY**

**Blue Sky God: the Evolution of Science and Christianity** This course with Don MacGregor looks at some of the big questions around how we think about God and Jesus. Consider quantum consciousness, the power of the intentional mind, morphic resonance and other new scientific theories. £125 residential, £90 non-residential. Gladstone’s Library, Hawarden, Chester. Enquiries 01244 532350, gladstoneslibrary.org
**Black Men Walking** Theatre. 3 men walk every month; maybe they should have cancelled today’s walk... 7.45pm, £15. Theatr Clwyd, Mold 01352 701521, theatrcwlyd.com

16th FRIDAY - 18th SUNDAY

**Yoga & Detox Weekend** Detoxing dynamic, flowing yoga sessions with calming meditations. Pampering massage treatments from our in-house therapists. Delicious meals; bracing coastal walks. £415 - £570. Plas Cadnant, Menai Bridge, LL59 5NH. Laura Bell, 07989 512859, thezestlife.co.uk

**Tales of the Mabinogion** Our aim is to gain a general overview of the collection of tales known as the four branches of the Mabinogion plus a number of independent native and some later Arthurian tales. The main focus though will be on the story of Math fab Mathonwy and the heroic/ roushig exploits of Lleu, Gwydion and Blodeuwedd. Most of the story occurred in Gwynedd in named sites which we shall visit. £190 - £210. Plas Tan Y Bwlch, Maentwrog 01766 772600, eryri-npa.gov.uk

**Creative Landscape Photography** Come and explore with Jean Napier the magnificent and varied landscape of North Wales where we will visit rivers, coasts, mountains and gorges. Weather-permitting we will also visit the ruined slate quarries nearby and possibly see a steam train! £205 - £225. Plas Tan Y Bwlch, Maentwrog 01766 772600, eryri-npa.gov.uk

**Place ... A Sense of Space Writing Course** The main focus of the course is responding to environments and recording personal responses through creative writing - would equally appeal to visual artists wishing to pursue a new approach to sketch books and commonplace books. The course is activity-based with various exercises and techniques you will be able to sample and take away with you. £190 - £210. Plas Tan Y Bwlch, Maentwrog 01766 772600, eryri-npa.gov.uk

**Creative Writing for Welsh Learners** This is a course for Intermediate Level Welsh Learners who are interested in any form of creative writing, including poems, short stories, scripts and more. Everyone will practice their Welsh on this course, however the writing will be the main focus of the weekend. There will be a chance to work in groups and individually, and we'll take short walks and engage in writing challenges to find inspiration. £220 - £295. Tŷ Newydd Writing Centre, Llanystumdwy, Criccieth LL52 0LW, 01766 522811, www.tynewydd.wales

17th SATURDAY

**New Moon in Pisces 1:11pm**

**Practical Candle Making** Our candle workshop includes all materials and equipment – choose your own colours and candle fragrance. At the end of the class you will have 4 exquisite candles and a selection of scented wax melts to take home and enjoy. £55. LlanfairPG, Anglesey LL61 6RP. 07770 894281, thecandlealchemist.co.uk

**Stitched Story Brooches** Using found fabrics, embroidery and applique during this workshop Jessie will help you to create your own wearable objects, inspired by her stitched story brooches. 10am - 4pm, £75. IARD Parc Glynllifon, nr Caernarfon 01286 672472, www.iard.co.uk

**Tidy Up** Discovering whether chaos and order can ever live side-by-side. For 3yrs+. 11.30am & 2.30pm. With Peut-ètre Theatre. Pontio, Bangor 01248 382828, pontio.co.uk

**SAORI Weaving for Health & Wellbeing Day** 3rd Sat/month. Learn Japanese SAORI freestyle hand weaving. No experience is necessary, all abilities welcome, guidance given. 10am - 4pm, £75 per class plus materials. Please book/maximum of six. 6 Swifts Buildings, off High Street, Bangor, LL57 1DQ (opposite Domino’s Pizzas below the train station). Rosie Green 01248 345325, www.saorimor.co.uk

**Herons and Maybe a Kingfisher** Pwllheli harbour in March is a great place to see grey herons at the nest and wading birds feeding on the exposed mud – even a kingfisher is possible! Bring a sandwich or have lunch in a local cafe. 10.30am - 1pm, donations welcome. Pwllheli harbour: meet at free car park at the West end of Lôn Cob Bach, Pwllheli LL53 5NS. NWWT Kate Gibbs 01248 681936, kategibbs.nwtt@gmail.com

**Big Snowdonia Quiz** Get your team together and come join quiz master and Society trustee Sarah McCarthy in the comfortable setting of Caffi Siabod for one of the only quiz nights dedicated to raising money to help protect the National Park. Cafe opens for hot food, last orders 7pm; Quiz at 8pm. Moel Siabod Cafe, Capel Curig, Betws y Coed, Conwy, LL24 0EL. 01286 685498, snowdonia-society.org.uk

**Introduction to Navigation** See 3rd

**Botanical Painting Classes** Led by Doreen Hamilton. 3rd Sat/month. Materials can be supplied at cost if you just want to give it a try and not have to buy expensive materials at the start. 12.30pm - 3.30pm; followed by tea/coffee. £15, students £10. Treborth Gardens, nr Bangor. Booking not required - but please let Doreen know by e-mail the previous week and then just turn up; doreensbotanicals@gmail.com

**Gong Bath** Breathe and relax... Then observe the mind beginning to slow, as superficial and irrational thoughts are suspended, stresses release and the whole being is gently returned to harmonic balance. 7pm, £10. Neudd Goffa, Mynydd Llandegai, LL57 4LQ, Mynydd Llandygai, Bangor LL57 4LQ. Steff Healy 07534 118899, puresound.org.uk

**An Evening with Mozart:** Chester Music Society Uplifting music, 7.30pm, £20 - £7. Chester Cathedral. 01244 500959, chestercathedral.com

**Psycho Vertical** (15) Film. A raw and emotive study of the complex life and motivations of mountaineer Andy Kirkpatrick, woven into an 18 day solo ascent of El Capitan, Yosemite. 7.30pm, £7, £6, £3.50. Galeri, Caernarfon 01286 10188, galericaernarfon.com

17th SATURDAY & 18th SUNDAY

**Adult Tapestry Workshop** Workshop 1 will concentrate on teaching you all you need to know for woven tapestry. Workshop 2 is a continuation of day one or for students who have already done a basic course. You will discuss different warp thickness and how to warp them onto frames, changes in thickness of yarns and different yarns used to create textures as well as looking at designing from collecting, drawing, cartoon making. Ruthin Craft Centre LL15 1BB, 01824 704774, ruthincraftcentre.org

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Reiki 1 Reiki is a simple form of healing and self-healing. Viv Candlish teaches the original form of the Usui System of Healing. She offers continuous ongoing support to all of her students. £150 class fee, accommodation is available at £30 per night. Tregarth, nr Bangor LL57 4NP. Viv 01248 601388, vivreiki@hotmail.com

17th SATURDAY - 19th MONDAY

Rewilding Ourselves: Deepening Our Nature Connection Discover your childhood curiosity through, mindfulness, play and practical nature connection exercises. To support our experiential learning, we will explore the theoretical underpinnings of nature connection, deep/radical ecology and systems thinking and explore where we humans fit in with it all. 3 days - you must attend day 1 if you wish to attend day 2, etc. £55 each day, £35 concs. CAT, Machynlleth 01654 705959, www.cat.org.uk

18th SUNDAY

Quaker Meeting 3rd Sun/month, 10am, Memorial Hall, Market St., Llangollen. Maria Haines 01978 860349, northwalesquakers.org

Food for the Soul: Yoga & Plant-Based Cookery Come and join us for a revitalising and relaxing day and learn to cook satisfying, healthy vegan food and relax deeply with yoga and meditation. We’ve planned a peaceful day to help you recharge, nourish yourself and get lots of healthy inspiration. With Lee Watson and Claire Mace. 10am - 5pm, £85. Mynydd Llandygai LL57 4LQ. Tickets: northwalesretreats.com or hellobeachhousekitchen@gmail.com

Positive Birth Movement Meet Free antenatal discussions run over 12 weeks. They started on 4th Feb and run till 6th May. Today’s topic is The Placenta and is led by Laura. Meet 10am, Caban, Brynrefail, nr Llanberis. see Facebook: Positive Birth Movement North Wales

Mother Island Whispers IV ~ Ynys Mon Sibrwd IV Gathering at the car park behind the Chinese near Waitrose for our wander/wonder around the woods and church island opening our senses, more info 07753 195269, galericaernarfon.com

Defod Alban Ellir Ritual Join members of the Anglesey Druid Order to celebrate Alban Ellir (the Spring Equinox) at Newtown Forest. Open to everyone. 12 - 3pm, Newtown Forest/beach, Anglesey LL61. Contact Anglesey Druid Order~ Urdd Derwyddon Mon. Facebook of same name.

Estyneto Join the inspirational dancer and choreographer, Cai Tomos as he leads monthly dance/movement sessions for those over the age of 60. 1.30 - 3.30pm, £3. Galeri, Caernarfon 01286 685222, galericaernarfon.com

A Year of Herbs Day 1 Our 8 month course ‘A Year of Herbs’ is back, and even better than before! You will learn how to make: Teas, Tinctures, Ointments, Creams, Salves, Lip Balms, Bath Bombs and Herbal Soaps. The course will follow the natural world as herbs grow and are harvested and used throughout the “herbalists’ year” and each month will be vastly different as the seasons progress. 10am - 4.30pm, £40 per day; £320. held at Cae Non, Pistyll, Nefyn. Contact Snowdonia Botanical Medicine: sbm-cymru.co.uk

BBC National Orchestra of Wales Family concert. Discover the sounds of the Orchestra through music from the big screen alongside popular classics. From 1.30pm you can try out the instruments in the foyer. 3pm, £15. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

Black Grouse Watch It’s bird mating time in Coed Llandegla Forest; join a guided walk through the forest to a hide to watch the black grouse. 5.15am, £10. Booking essential. RSPB Denbigh LL11 3AA. Contact 02929 353008, annemarie.jones@rspb.org.uk Also 25th March.

The Magic of Small Movements: Face and Jaw ~ Feldenkrais Method Focus on a small part of yourself and experience the big impact on your feeling of the whole of yourself; with Veronica Rock. 10am - 1pm, £30. Verve Health, Fitness & Wellbeing, Llangollen LL20 8RE. Veronica 07990 825783, vhrock@feldenkrais.co.uk

Craft and Vintage Fair 10am - 4pm, £1 admission. Llangollen Pavilion 01978 860111, llangollenpavilion.co.uk

The Mountain Environment This workshop is aimed at developing your understanding of the natural world. We take a look at the mountain environment from its geological history to its vegetation and human influences upon the landscape. £45, Nature’s Work, Snowdonia 01248 361142, naturework.co.uk

Miniature Patchwork With Jessie Chorley. You will be provided with a selection of fabric at the start of this workshop to create your quilt, plus fabric scraps and assorted threads to help you weave a story throughout the day. 10am - 4pm, £75. IARD Parc Glynllifon, nr Caernarfon 01286 672472, www.iard.co.uk

Forest Schools Taster Day This is a one day taster for Forest School leaders and others involved with learning in the outdoors exploring basic bushcraft, camp cooking, tree identification, tool use, games and activities. £10 adult, £20 family. Woodland Skills Centre, Bodfari, LL16 4DT. 01745 710626, woodlandskillscentre.co.uk

Eugene Onegin Pushkin’s compelling and heart-breaking story plus Tchaikovsky lyricism. 7.30pm, £22, £20 concs., Theatr Clwyd, Mold 01352 701521, theatrclywd.com

19th MONDAY

Chester Amnesty International We are ordinary people standing up for humanity, human rights and justice. Meets at 7.45pm, this month in The Watergate Inn, (room on the left inside pub), close to Chester Racecourse. Contact Alan 01244 679185/ Facebook for more details, www.amnesty.org

Singing Soles Singing in a group is a beautiful experience that needs to be tried out! A group harmony is more than the sum of individual voices. It can be heavenly. 8 - 9.30pm, single session £6, term ticket for 8 sessions is £32. New venue: Neuadd Goffa, Tremadog (on the junction between the Spar shop and Tremadog garden centre). Christine 01766 513307, christine15@outlook.com

Jazz Club Non-members welcome. 8pm, free. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org
Spring Painting Experience A painting course/workshop, which will enable you to relax and enjoy five days exploring a variety of subjects and painting media. Weather permitting, we may be able to explore the surrounding landscapes, drawing and sketching subject matter to work on back in the studio. Direction and guidance will be given throughout the course in the form of demonstrations and one to one tuition, enabling you to develop your artwork at your own pace. £375 - £415. Plas Tan Y Bwlch, Maentwrog 01766 772600, eryri-npa.gov.uk

20th TUESDAY

Spring Vernal Equinox 4.15pm (See “Defod” 18th)

Vincent Van Gogh: A New Way of Seeing Exhibitions on Screen. Showcasing Van Gogh’s iconic works and featuring exclusive interviews with the curatorial team at the Van Gogh Museum. Amsterdam. 7pm, £10. RCA, Conwy Contact 01492 593413 to book.

Meditation Practice Group Three meditations including a body scan and mindfulness of breathing practice. 7.30 - 9pm, £6 including refreshments. Drop-in. All Saints Church Hall, 21 Poyser St., Wrexham LL13 7RP. 07816 988124, newmindfulness.net

The Healing Well Hands on Healing, by donation. All welcome, 7 - 9pm. Ganolfan Pentrefelin, nr Criccieth. Mayamara 01766 770874.

Noddfa Circle Dance 1st and 3rd Tues/month, from 2 - 4pm. Noddfa, Penmaenmawr 01492 623474, noddfa.org.uk

Watkin Footpath Maintenance Help us carry out important maintenance work from the Nant Gwynant valley floor up to the Bwlch y Saethau ridge. This will include the scattering of unwanted cairns, opening blocked drainage channels and landscaping widening sections of the path to stop future erosion. 9am, booking essential. Snowdonia Society 01286 685498, dan@snowdonia-society.org.uk

20th TUESDAY - 24th SATURDAY

Private Lives Strong passions and strong personalities in a theatrical stage classic by Noel Coward. 7.30pm, £10. Theatr Clwyd, Mold 01352 701521, theatrcldwyd.com

21st WEDNESDAY

In Search of British Butterflies Simon Mills and Steve Palin give an illustrated talk on their pursuit of rare UK butterflies – includes a report on the Marford Quarry NWWT Nature Reserve transect walks. 7.30 - 9.30pm, donations welcome. Gresford Memorial Hall, High Street, Gresford, Wrexham LL12 8PS. NWWT Steve Palin 07876 501014, stevepalin@supanet.com

Chester and District Friends of the Earth 3rd Weds/month, 7.30pm in the Custom House, Watergate Street, Chester. Contact Peter Benson 07740 179939.

New Storytelling Club 3rd Weds/month. Special guest wordsmith every month. All welcome. No charge! 7.30pm. The Blue Bell Inn, 19 Castle Street, Conwy LL32 8AT. Suzi & Simon on 01490 460563 or 07984 637068.

Learn to Paint Wildlife Art in Pastel See 7th

Write Now Meets 3rd Weds/month at 7.30pm. All types of writing welcome, we read our work aloud and share tips and news. Meet in Gales Wine Bar, 18 Bridge St., Llangollen. Rachel 07706 101349.

Karolos Ensemble Harriet Mackenzie (violin), Sarah-Jane Bradley (violin) Graham Walker (piano). Music by Schubert, Dodgson and Beethoven. 7.30pm, £12, accompanied u16s free. Rhyl Town Hall LL16 4YW. Rhyl Music Club, 01745 890564, rhylmusic.com

Mindful Meditation 3rd Weds/month. A monthly meditation group, open to all and suitable for beginners. If you have not meditated before, this can help you get started. Also, experienced meditators welcome to come and practise in a group setting. 7.30 - 9pm. Kit’n’Heels, 3 Penrhyn Ave, LL28 4PS Rhos-on-Sea. Facebook: Wings of Change
Big Allotment Growing Day An opportunity to grow your own organic nutritious food for free, learn new skills: planting and harvesting the veg and fruits; pickling, preserving, cooking, baking and brewing, craft work and wood work or come and chill out with a brew. 11.30am - 4pm. Tyn y Nant, Llanfihangel Glyn Myfyr. Nr Corwen. Facebook: Eco Ffemr Fruythau/Gift Economy, or wellhealthcooperative@gmail.com

Journey’s End (12A) Film. WW1, 1917; a group of British officers await their fate. 2pm & 7.30pm, £7, £6, £3.50. Galeri, Caernarfon 01286, galericaernarfon.com

22nd THURSDAY Charity Fashion Show In support of domestic violence charity. A night of fun, fashion, fizz, competition, friendship and a celebration of strength and achievement. Limited places, 7pm, £5. Held at Ty Glyndŵr, 21 High St., Caernarfon. Contact Siennaskyeboutique, w<br/>

Singing For The Soul Calling all those who find a soul connection through singing, in particular chants from a range of different spiritual traditions. Led by Felicity Jones, a very experienced singer, we meet once a month at Hillside Retreat, Rhosesmor near Mold from 11.30 - 1 pm. No need to feel you are a ‘good’ singer, you just need to enjoy it and the energy and harmonies our voices create. Cost £5. Please email if attending helen@soul-life.co.uk

Mindfulness Practice Group ~ Bala 2nd & 4th Thurs/month. Primarily for those that have completed the 8 week Mindfulness course but a warm welcome to anyone interested in sharing the practice, interested in Mindfulness or have had some previous experience. 6.30 - 7.30pm, £3; Gorwelion, Bala. Contact rowenna73@hotmail.com or visit FB page Mindfulness Bala

Occasional Cinema ~ A Canterbury Tale It’s not the Chaucerian epic one might be led to expect by the title but the pilgrimage turns out to be strangely apt. Set during WW2, the story is between a Land Girl, an American GI and a British soldier on the road to Canterbury. Starts about 7.30pm, £5 membership on the door, £3 film. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

NT Live: Julius Caesar (12A) Live screen broadcast from London. 7pm, £10, £8 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org Also £10, £7.50 concs., Galeri, Caernarfon 01286, galericaernarfon.com


Sci-Fi Weekender 9 Big-name guests, interviews, Q&A sessions, movie screenings, comic workshops, video gaming, music, book readings and plenty more. Pwllheli LLS3 6HX. Info 0207 097 1521, scifiweekender.com

23rd FRIDAY - 25th SUNDAY Walking Weekend A mix of easy, moderate and harder walks, slopes and uneven ground. All walks are led by volunteers and a suggested donation of £2 is welcome; with Cerdded Conwy Walks. Sian Williams 01492 575543, cerddedconwywalks@outlook.com

March Manouche A weekend of Gypsy Jazz and Swing Manouche. Performers include Manouchetones, Hot Club Two, Kourosh Kanani, rhythm and practice jam, The Bad Bohemians, Gary Potter, soloing and improv, and the March Manouche Festival. Doors open 7.30pm on Friday; 1pm on Saturday and 1.45pm on Sunday. Weekend ticket £25 for acoustic fringe. Held in Menai Bridge, Anglesey. Information 07909 526533; bookings via marchmanouche.co.uk

Spinning: Felt a Spindle Bag Using the wetfelt technique we’ll show you how to make a unique project bag for your favourite spindle. Once the bag has been constructed, surface decoration can be used to enhance your design. You will be spinning your own embroidery yarns and using them with basic embroidery stitches. £200 - £220. Plas Tan Y Bwlch, Maentwrog 01766 772600, eryri-npa.gov.uk

Painting for Beginners and Improvers A short practical and enjoyable course with one-to-one tuition and the opportunity to begin to paint with confidence and style in whatever media you wish to use. This is an ideal starter-pack course for the new and would-be painters. £190 - £210. Plas Tan Y Bwlch, Maentwrog 01766 772600, eryri-npa.gov.uk

Writing About Climate Change We will investigate ways of tapping our emotional reactions, of using research, imagining possible scenarios, and generating meaningful stories. How do we expose and write about that often hidden connection between our profligate use of fossil fuels and the loss of habitat, life and lifestyle that many in the world are already experiencing? Whether you are a poet, a fiction writer or prefer factual writing we will discuss the many facets of climate change and the ways in which its impact is felt both by participants on this course and people throughout the world. £220 - £295. Ty Newyyd Writing Centre, Llanystumdwy, Crickieth LLS2 0LW, 01766 522811, tynewyyd.wales

23rd FRIDAY - 2nd APRIL, MONDAY The Brahmaviras ~ A Complete Path Do we dare to remain open to experience and see the truth of situations unfold? Do we dare to respond? Subtly, we turn away from life and dull down. This retreat will challenge this habitual response and will give you the tools to turn towards experience and embrace it with the love and responsiveness of the Brahmaviras. This retreat is suitable for people who have been meditating for at least 3 years. £400, £360 concs., Vajraloka Buddhist Centre, Corwen LL21 0EN, 01490 460406, vajraloka.org

24th SATURDAY Early Spring Flowers A walk around this wonderful ancient woodland looking for early spring flowers, including wild daffodils. 2 - 4pm, donations welcome. Coed Cilygroesllwyd NWWT Nature Reserve, Pwlldglas, Ruthin LL15 2YU. NWWT Mark Hughes 07800 771570, mjdhughes1108@gmail.com
How To Meditate Gen Kelsang
Oden will teach us the methods we need to start to control our mind, in order to gain inner balance and calm. 2 - 4.45pm, £15 include high tea. Kalpa Bhadra Buddhist Centre, Craig y Don, Llandudno 01492 878778, meditatenorthwales.com

An Introduction to Aromatherapy Namaste-Wales Holistics would like to invite you to come along and join us for a lovely afternoon with Julia from “Pearl Aromatherapy”. £30, bring packed lunch, refreshments available. 11am - 4pm, Namaste Wales Holistics, Unit 3 Castle St, High Street, Llangollen LL20 8NY, 01978 860564.

Bushcraft Family Day This is a day for families who want to spend some quality time together without the distractions of modern life. Working together to create and maintain a campfire, cook some unforgettable food over the fire and explore the woodland through traditional craft activities and tracking games will bring your family together and create unique and lasting memories. £70 adult, £90 one adult and one child; £40 deposit. Woodland Skills Centre, Bodfari, LL16 4DT. 01745 710626, woodlandskillcentre.co.uk

Great Orme Giant Walk A 10 or 20 mile walk around the Great Orme. Choose between the full 20 miles daytime and nighttime adventure; or for the 10 mile option you can chose between a day time start, or set off a bit later in time to see the sunset from the Great Orme. 12midday - 10pm. Great Orme, Llandudno. Contact Breese Adventures 07525 625375, breeseadventures.co.uk

The Wood Theatre production based in 1916, the Battle of the Somme rages - a tale of friendship, love and sacrifice emerges. 7.45pm, £15. Theatr Clwyd, Mold 01352 701521, theatrcclwyd.com

24th SATURDAY & 25th SUNDAY
Growing Fruit This course unlocks the mysteries by looking at the science behind fruit growing, and puts it into practice with hands-on sessions. 10am, £60. Book through Aberystwyth University 01970 621580. Held at CAT, Machynlleth 01654 705959, www.cat.org.uk

Make A Pole Lathe You will be provided with all the materials you need and will make your own pole-lathe to take home. There should be time to start to learn how to use it. £160, deposit £80. Woodland Skills Centre, Bodfari, LL16 4DT. 01745 710626, woodlandskillcentre.co.uk

24th SATURDAY - 30th FRIDAY
Timber Frame Building Construction Elwy Working Woods, LlanfairPG, Anglesey LL61 6DQ. James 07721 687905, coed.llywnoyn@gmail.com

24th SATURDAY - 8th APRIL
Anglesey Arts Weeks Open Studios and Galleris. Painters, sculpturers, photographers, printmakers, installation artists and craft workers open their studios to visitors. Come and meet and talk to the artists. Full guide and programme available at Ucheldre Centre, Anglesey and online: angleseyartsforum.org/en/aaw/

25th SUNDAY - 27th TUESDAY
Finding Your Feet (12A) Film. The disintegration of a marriage and what changes are made in the couple’s lives. 25th 6pm, 26th & 27th 2pm. £7, £6, £3.50. Galeri, Caernarfon 01286 500286, galericaernarfon.com

25th SUNDAY - 29th THURSDAY
Mindful Movement Retreat Designed as an opportunity to deepen your mindfulness practice through a balance of movement and sitting practices. It is suitable for people new to mindfulness retreats and those whose bodies will welcome more movement practice in the mix! We will share a wide range of gentle movement practices with you during the retreat alongside sitting practice. £225 for course, accommodation extra. Held at Trigonos, Nantlle LL54 6BW, 01286 882388, trigonos.org/courses Bookings: s.silverton@bangor.ac.uk

26th MONDAY
Memory Café Last Mon/month. For those living with dementia, their families, friends and carers. Enjoy a relaxed atmosphere with like-minded people. Every month we have something different going on, including entertainment, guest speakers and activities such as Bingo. Refreshments are provided. The event is always free to attend, with donations welcomed. 2 - 4pm. Kinmel Bay Community Library, Kendal Road, Kinmel Bay, Denbighshire LL18 5BT, 01745 772150.
Conwy Seed Fair Conwy High Street, 9am - 4pm. 700-year old Royal Charter Fair with plants and seed stalls, crafts and farmers’ market stalls. Free entry. Stall space available. conwyybeekeepers.org.uk

Ardangssioedd Filim Ffrindiau Dementia ~ Dementia Friends, 2 - 5pm, £1 for tea and cake, free entry. Canolfan y Babell, Llanelhaearn.

Holyhead Writers Group 2nd & 4th Mon/month. PenFriends is a creative writing group who offer support and feedback on each other’s work and also do fun writing exercises to stretch our creative muscles! 7pm. £1. Harvest Moon, Newry St, Holyhead (opposite Holyhead Library). Karen 07929 069235.

Meditation Practice Group Three meditations including a body scan and a mindfulness of breathing practice. 7.30 - 9pm, £6 including refreshments. Drop-in. Quaker Meeting House, Holt Rd., Wrexham LL13 7RP. 07816 988124, newmindfulness.net

27th TUESDAY

Random Readers Last Tues/month. A friendly and relaxed reading group enjoying a good chat about their chosen books. 6-8pm, Rhyl Library, Museum and Art Centre 01745 353814.

Family Dance Festival ~ Gwyl Ddawns i'r Teulu Free event; dancers twisting, turning, tumbling and sliding, four short performances and a chance to dance. All day. more info from website nearer the time. Galeri, Caernarfon 01286, galericaernarfon.com

An Easter Egg Hunt with a Difference We’ll be searching the strandline on Gronant beach for shark eggcases with staff from Denbighshire Countryside Services – and helping to preserve these exciting creatures at the same time. 10.30am - 12.30pm, Gronant: meet at car park on Shore Rd., Prestatyn LL19 9ST. NWWT Dawn Thomas 01248 351541, dawnthomas@wildlifetrustswales.org

ROH Ballet Live: Bernstein Centenary The Royal Ballet celebrates the centenary of Leonard Bernstein’s birth with an all-Bernstein programme from choreographers Wayne McGregor, Liam Scarlett and Christopher Wheeldon. 7.15pm, £10, £8 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Woodland Workday Whether you’d like to help out with our bird survey or you fancy something a bit more physically challenging like footpath maintenance, join us to tackle this month’s woodland tasks! 10am, booking essential. Snowdonia Society 01286 685498, owain@snowdonia-society.org.uk

Our Last Tange ~ Un Tango Más (12A) Film. The life and love story of Argentina’s famous tango dancers Maria Nieves Rego and Juan Carlos Copes. Spanish with subtitles. 7.30pm, £7, £6, £3.50. Galeri, Caernarfon 01286, galericaernarfon.com

Graduation (15) Film. A complex study of one man’s moral choices at a crucial juncture in his life. German, with subtitles. 7 for 7.30pm, guest ticket £5. St Mary’s Creative Space, Chester CH1 2DW. 01244 371750, chesterfilmfans.co.uk

Scott Hamilton Quartet with North Wales Jazz. Tenor saxman, joined by Jazz stars John Pearce (piano) and Steve Brown (drums). 8pm, £15, £13 concs., £5 u18s. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com
Tai Chi Workshop

This workshop is suitable for beginners, and being based at RSPB Conwy will focus on various Tai Chi bird forms. You just need to come along enthusiastic in comfortable clothing and wearing flat shoes. Henry Shallcross will be leading the workshop, 10 - 11am, £5. RSPB Conwy LL31 9XZ. Contact Henry 07563 085945.

The Flying Bedroom

A bilingual family show based on the children’s book. Elinor journeys on an adventure to far off lands, under the sea, and into outer space. 1 - 2pm. Neuadd Dwyfor, Penlan St., Pwllheli LL53 5DE.

Sound Healing Meditation

We experience the three R’s during sound healing: resonance, resistance and release. Some bowls will feel harmonic and resonate well and some you may find irritating or uncomfortable. This can be on a physical, emotional/ soul or mind level. Singing bowls and other instruments have also been used for healing purposes, moving energy around and stabilising, cleansing. We are energetic beings. Doors open 7 for 7.30 - 8.45pm. £9 includes tea after. Oddfellows Lodge, Saltney, Chester CH4 8SG. Facebook: Sound Healing Meditation

30th FRIDAY

Paddleboarding and Rock Pooling

Join us to take in two different views of our coast as we paddleboard and rockpool with Siân from Psyched Paddleboarding. 9am - 12pm, £55, or £45 of 4 booked. Menai Strait. Booking essential: psychedpaddleboarding.com/sup-wildlife-trust

Spring Yoga & Gong Bath Workshop

Step into Spring with a joyful yoga practise and then a super long relaxation with the sounds of singing bowls and gongs washing over you to transport you to another place. We will start with an hour’s yoga practise and then get comfy!! Step Healy joins us again for the Gong Bath and Sound Healing experience, this time focussing on the element of WATER as Winter melts into Spring. 6 - 9pm, £25. With Step Healy and Kate Hamilton Hunter. Mochdre Village Hall, Colwyn Bay LL28 5HU. Bookings: Kate Hamilton Hunter 07778 134846, katehamiltonhunter.com

Open Mic Poetry Evening

An opportunity to read your own, or other people’s work in a friendly, supportive atmosphere. Held in the Ucheldre’s Café. 7.30pm, £3 to listen, £2 to take part. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

JS Bach: St John Passion

With Chester Cathedral Choir and Eighteenth Century Sinfonia. 8pm, free, Chester Cathedral 01244 324756.

31st SATURDAY

Full Moon in Aries 1:36pm BST

Craft Fair

Range of quality handmade crafts. 9am - 2pm, light refreshments available. Y Canolfan, High St., Portmadog LL49 9LU. paulinedurham@live.co.uk

Introduction to Coppice Crafts

Spend the day having a go at a range of coppice crafts and willow work – you will be able to choose from hazel hurdles, split hazel candle holders, hazel gypsy baskets, willow stars and small baskets and gypsy flowers. £50, £25 deposit. Woodland Skills Centre, Bodfari, LL16 4DT. 01745 710626, woodlandskillscentre.co.uk

Phil Bowen: Poetry

‘Something else - poetry is the lie that serves the truth’, a workshop with poet and playwright Phil Bowen. 10am - 4pm, £15, £10 concs., Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Compost Toilets

This course will cover the main component parts of a DIY compost toilet in order to maximise the composting process. 10am - 4.30pm, £60 fee only. CAT, Machynlleth 01654 705959, www.cat.org.uk

Introduction to Navigation

See 3rd Traditional Timber Frame Joints

Learn how to measure, mark out and cut perfect joints used in traditional timber framing. The course will cover an overview of the tools and techniques used in marking and cutting joints. 10am - 4.30pm, £80. CAT, Machynlleth 01654 705959, www.cat.org.uk

Met Opera Live: Cosi Fan Tutte by Mozart

Screen broadcast. Sung in Italian with English subtitles. 5.55pm, £10, £8 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org Also Also £13, £10 concs., Galeri, Caernarfon 01286, galericcaernarfon.com

Copydate for April Issue:

March 18th
07777 688440
www.network-news.org

REIKI RETREAT

ANGLESEY

27 - 30 APRIL

A weekend to soothe the soul & revitalise the spirit. 3 nights full board residential in shared room £275, Anglesey.

For further details please call
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# Workshops in April

<table>
<thead>
<tr>
<th>APRIL</th>
<th>Event</th>
<th>Contact Details</th>
</tr>
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<tbody>
<tr>
<td>6</td>
<td><strong>Pastels Workshop: Tiger Eyes</strong> Kaz Turner, 01978 363539, 07809 687740, kazturner.com</td>
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<tr>
<td>6 - 8</td>
<td><strong>Yoga &amp; Stand Up Paddling</strong> Menai Bridge. Laura Bell, 07989 512859, thezestlife.co.uk</td>
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<td>7</td>
<td><strong>Dowsing for Beginners</strong> Contact Chris 01244 509933, house-dowser.co.uk <em>See pages 34 &amp; 35</em></td>
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<td>8</td>
<td><strong>Adult Felting Masterclass</strong> Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk</td>
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<td>9</td>
<td><strong>Time Management for Procrastinators</strong> Llanrws, Conwy LL26 0DR. Tickets: eventbrite.co.uk</td>
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<tr>
<td>10 - 24</td>
<td><strong>Meditation &amp; Mindfulness Course</strong> Conwy. Kalpa Bhadra 01492 878778, meditatencwales.com</td>
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<tr>
<td>11 &amp; 25</td>
<td><strong>Clay Workshops</strong> Rhydymwyn Nature Reserve. Contact: <a href="mailto:judypemberton@uwclub.net">judypemberton@uwclub.net</a></td>
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<tr>
<td>13 - 27</td>
<td><strong>Meditation &amp; Mindfulness Course</strong> Colwyn Bay. Kalpa Bhadra 01492 878778, meditate.com</td>
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<td>14</td>
<td><strong>Yoga: Manipura Chakra Workshop</strong> Denbigh. Laura Bell, 07989 512859, thezestlife.co.uk</td>
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<td>14</td>
<td><strong>A Morning of Mindfulness</strong> Wrexham LL11 2SH. <em><a href="http://www.newmindfulness.net">www.newmindfulness.net</a></em></td>
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<td>14</td>
<td><strong>Understanding Your Sewing Machine</strong> Pensychnant Centre, Conwy. Sophia 07391 930719.</td>
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<tr>
<td>14 &amp; 15</td>
<td><strong>Reiki 1</strong> The Healing Centre, Tregarth, Bangor LL57 4NP. Viv 01248 601388, <a href="mailto:vivreiki@hotmail.com">vivreiki@hotmail.com</a></td>
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<td>14 &amp; 15</td>
<td><strong>Textiles Masterclass</strong> Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk</td>
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<td>15 Apr -</td>
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<td>1 July</td>
<td><strong>Foundation Course in Crystal Therapy</strong> Axis Therapy, Bangor. Bookings: Hope College of Crystal Healing 01244 532051, hope-college.co.uk</td>
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<td>20</td>
<td><strong>Super Vitality Foods</strong> Chester. Teresa Keast 07876 254518, <a href="mailto:teresa@teresa4yoga.co.uk">teresa@teresa4yoga.co.uk</a></td>
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<tr>
<td>20 - 22</td>
<td><strong>Walking Weekend</strong> with Cerdded Conwy Walks. Sian Williams 01492 575543, <a href="mailto:cerddedconwywalks@outlook.com">cerddedconwywalks@outlook.com</a></td>
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<td>21</td>
<td><strong>Practical Candle Making</strong> LlanfairPG, LL61 6RP, 07770 894281, thecandlealchemist.co.uk</td>
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<tr>
<td>21</td>
<td><strong>Ancient Woodland Restoration in Action</strong> For woodland owners and professionals. Coed Llys, Glyndwr Uni, Northop. 0343 7705604, <a href="mailto:nigeldouglas@woodlandtrust.org.uk">nigeldouglas@woodlandtrust.org.uk</a></td>
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<td>21</td>
<td><strong>Yoga/Meditation Home Practise Workshop</strong> Mochdre Village Hall, Colwyn Bay. Bookings: 07778 134846, katehamiltonhunter.com</td>
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<td>21</td>
<td><strong>Muno Felting</strong> IARD, Parc Glynllifon, nr Caernarfon 01286 672472, iard.co.uk</td>
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<td>21 &amp; 22</td>
<td><strong>Pastels Workshop</strong> Kaz Turner, 01978 363539, 07809 687740, kazturner.com</td>
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<tr>
<td>21 &amp; 22</td>
<td><strong>Bookbinding Masterclass</strong> Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk</td>
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<td>21 - 27</td>
<td><strong>Practice of Council in Nature</strong> Snowdonia. Pip Bondy 01766 780557, ancienthealingways.co.uk</td>
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<tr>
<td>22 May</td>
<td><strong>Pastels: Red Squirrel</strong> Kaz Turner, 01978 363539, kazturner.com</td>
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<td>27 - 29</td>
<td><strong>Yoga Rocks: Yoga &amp; Hiking</strong> Menai Bridge. Laura Bell, 07989 512859, thezestlife.co.uk</td>
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<td>27 - 30</td>
<td><strong>Reiki Retreat</strong> Anglesey. Enquiries: 07756 473904 or 07765 000847, reikinetwork.co.uk</td>
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<td>28</td>
<td><strong>The Mountain Environment</strong> Nature’s Work, Snowdonia 01248 361142, natureswork.co.uk</td>
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<td>28</td>
<td><strong>Vegetarian Dishes Cookery</strong> Bodnant, Conwy LL28 5RP. bodnant-welshfood.co.uk</td>
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<td>29</td>
<td><strong>Glaciation of Snowdonia</strong> Nature’s Work, Snowdonia 01248 361142, natureswork.co.uk</td>
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<tr>
<td>29</td>
<td><strong>Gentle Yoga, Tai Chi and Qi Gong</strong> with Rose Preston. Trefriw Village Hall, Conwy LL27 0NQ. Rose 01407 769571, 07759 105504, roseyoga.net</td>
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<tr>
<td>29</td>
<td><strong>Introduction to Green Woodworking/Spoon Carving</strong> IARD Parc Glynllifon, nr Caernarfon 01286 672472, <a href="http://www.iard.co.uk">www.iard.co.uk</a></td>
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## Workshops in May

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<tr>
<td>5</td>
<td>Yoga Day Coed Y Brenin, Dolgellau. Bookings: 07737 261614, mountainyogabreaks.co.uk</td>
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<td>5</td>
<td>Practical Candle Making LlanfairPG, LL61 6RP, 07770 894281, thecandlealchemist.co.uk</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>Creative Crochet and Clothing Up-Cycling Trigonos, Nantlle. Bookings: 07391 930719, <a href="mailto:phiaeco@gmail.com">phiaeco@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>11 - 13</td>
<td>Yoga Rocks: Yoga &amp; Hiking Menai Bridge. Laura Bell, 07989 512859, thezestlife.co.uk</td>
<td></td>
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<tr>
<td>14</td>
<td>Karma Yoga Retreat Dru Yoga, Bethesda. Enquiries 01248 602900, dru yoga.com</td>
<td></td>
</tr>
<tr>
<td>18 - 20</td>
<td>Yoga &amp; Stand Up Paddling Weekend Menai Bridge. Laura Bell, 07989 512859, thezestlife.co.uk</td>
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</tr>
<tr>
<td>19 &amp; 20</td>
<td>Reiki 1 The Healing Centre, Tregarth, Bangor LL57 4NP. Viv 01248 601388, <a href="mailto:vivreiki@hotmail.com">vivreiki@hotmail.com</a></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>Meditation Workshop Mochdre Village Hall, Colwyn Bay LL28 5HU. Kate Hamilton Hunter 07778 134846, katehamiltonhunter.com</td>
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</tr>
<tr>
<td>25 - 27</td>
<td>Ayurveda Health Coach Diploma Course 1 yr course/starts May. Dru Yoga, Bethesda. Enquiries 01248 602900, dru yoga.com</td>
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</tr>
<tr>
<td>25 - 28</td>
<td>Yoga and Walking Retreat Dru Yoga, Bethesda. Enquiries 01248 602900, dru yoga.com</td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>The Mountain Environment Nature’s Work, Snowdona 01248 361142, natureswork.co.uk</td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>Practical Candle Making LlanfairPG, LL61 6RP, 07770 894281, thecandlealchemist.co.uk</td>
<td></td>
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<tr>
<td>27</td>
<td>Alpine Flowers Nature’s Work, Snowdona 01248 361142, natureswork.co.uk</td>
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<tr>
<td>27</td>
<td>Indian Head Massage Diploma Ruabon, Wrexham. Contact 01978 810300.</td>
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<tr>
<td>28</td>
<td>Glaciation of Snowdonia Nature’s Work, Snowdona 01248 361142, natureswork.co.uk</td>
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</tbody>
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**North Wales Cancer Care**  
Invites you to come and join the Launch of a new

**Wellbeing Support Service for people on the Llŷn living with cancer**

**Thursday 5th April**  
Clwb Seren Wen  
Bank House Day Centre  
High Street  
Criccieth  
LL52 0RN

**Wednesday 11th April**  
Willow Wellbeing  
Tŷ Newydd Farm & Caravan Site  
Uwchmynydd  
Aberdaron LL53 8BY

All welcome to drop in for tea & coffee between 11am - 3pm

More details from NWCC Coordinator  
Sheila Smith 07851 792014, info@health-matters.biz  
www.northwalescancercare.org.uk

Macmillan Funded Projects
## Centres in North Wales: Workshops in April & May

### Cae Mabon Eco Retreat Centre
Fachwen, Llanberis LL55 3HB  
01286 871542  
caemabon.co.uk

<table>
<thead>
<tr>
<th>APRIL</th>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>4 - 8</td>
<td>Spring Working Party</td>
<td></td>
</tr>
<tr>
<td>9 - 12</td>
<td>Sound Medicine Retreat</td>
<td></td>
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<tr>
<td>20 - 22</td>
<td>Pixi Camp</td>
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<tr>
<td>MAY</td>
<td>The Oracle of the Shapeshifter</td>
<td>9 - 13</td>
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<td></td>
<td>Mindfulness &amp; Wellbeing Retreat</td>
<td>20 - 24</td>
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<td></td>
<td>Forest Church Retreat</td>
<td>25 - 28</td>
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<tr>
<td></td>
<td>Doula Retreat 2018</td>
<td>30 May - 3 June</td>
</tr>
</tbody>
</table>

### Centre for Alternative Technology (CAT)
Machynlleth SY20 9AZ  
01654 705959, www.cat.org.uk

<table>
<thead>
<tr>
<th>APRIL</th>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>1</td>
<td>Reedbeds and Waste Water Management</td>
<td>1</td>
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<tr>
<td>2 - 5</td>
<td>Installation of Dry Appliances &amp; System Chimneys</td>
<td>2 - 6</td>
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<tr>
<td>2 - 6</td>
<td>Timber Frame Self Build</td>
<td>10 - 11</td>
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<tr>
<td>10 - 12</td>
<td>Stove Installers Course</td>
<td>10 - 12</td>
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<tr>
<td>16 - 21</td>
<td>Advanced Timber Frame Joints</td>
<td>16 - 21</td>
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<tr>
<td>16 - 21</td>
<td>Ecosystem Services: Land use, water and waste management</td>
<td>16 - 21</td>
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<tr>
<td>16 - 21</td>
<td>Energy Generation from Solar</td>
<td>16 - 21</td>
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<tr>
<td>27 - 29</td>
<td>Bird Identification</td>
<td>27 - 29</td>
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<tr>
<td>27 - 29</td>
<td>Permaculture Design Course 3</td>
<td>28</td>
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<tr>
<td>28</td>
<td>Herbal Medicine - Spring tonics and digestive health</td>
<td>28 &amp; 29</td>
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<tr>
<td></td>
<td>Build a small wind turbine</td>
<td>29 April - 8 May</td>
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<tr>
<td>8 May</td>
<td>A Spring Work Retreat - Working Towards a Sustainable Future</td>
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<tr>
<td>MAY</td>
<td>Zero Carbon Britain</td>
<td>2 - 4</td>
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<tr>
<td></td>
<td>Building with Rammed Earth</td>
<td>5 - 6</td>
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<tr>
<td>12</td>
<td>Earth Oven Building</td>
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<tr>
<td>14 - 19</td>
<td>Sustainable Building Materials</td>
<td>14 - 19</td>
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<tr>
<td>22 - 23</td>
<td>Designing Sustainable Start-ups</td>
<td>22 - 23</td>
</tr>
<tr>
<td>26 - 27</td>
<td>Installing Stoves in tiny homes and temporary buildings</td>
<td>26 - 27</td>
</tr>
</tbody>
</table>

### Centre for Mindfulness, Research & Practice (CMRP)
Bangor University LL57 2DG  
01248 382498, mindfulness@bangor.ac.uk  
www.bangor.ac.uk

<table>
<thead>
<tr>
<th>APRIL</th>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>7 - 14</td>
<td>Teacher Training Retreat, Level 1</td>
<td>7 - 14</td>
</tr>
<tr>
<td>15 - 20</td>
<td>5 Day Silent Mindfulness &amp; Self-Compassion Retreat</td>
<td>15 - 20</td>
</tr>
<tr>
<td>18 Apr</td>
<td>8 Week Mindfulness Based Stress Reduction Course</td>
<td>18 Apr - 13 Jun</td>
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<tr>
<td>13 Jun</td>
<td>8 Week Mindfulness Based Stress Reduction Course</td>
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<tr>
<td>MAY</td>
<td>2 Day Inquiry Training</td>
<td>4 &amp; 5</td>
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<tr>
<td></td>
<td>Held in Chester</td>
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<td></td>
<td>6 Week Staying Mindful</td>
<td>8 May - 12 Jun</td>
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<tr>
<td></td>
<td>Learning to use the MBI: Teaching Assessment Criteria</td>
<td>14 &amp; 15</td>
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<tr>
<td></td>
<td>Held in Chester</td>
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</tbody>
</table>

### Vajraloka Buddhist Retreat Centre
Corwen LL21 0EN  
01490 460406, www.vajraloka.org

<table>
<thead>
<tr>
<th>MAY</th>
<th>Event</th>
<th>Date</th>
</tr>
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<tbody>
<tr>
<td>11 - 20</td>
<td>Radical Emptiness</td>
<td>11 - 20</td>
</tr>
<tr>
<td>25 - 28</td>
<td>Spring Weekend Retreat</td>
<td>25 - 28</td>
</tr>
</tbody>
</table>

### Gladstone’s Library
Hawarden, nr Chester CH5 3DF,  
01244 532350, www.gladstoneslibrary.org

<table>
<thead>
<tr>
<th>APRIL</th>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>6 - 8</td>
<td>Utterly Human: Art, Faith and Failure</td>
<td>6 - 8</td>
</tr>
<tr>
<td>13 - 15</td>
<td>Celtic Christianity: Deconstructed and Reconstructed</td>
<td>13 - 15</td>
</tr>
<tr>
<td>27 - 29</td>
<td>You’ve Got To Have A Dream: The Theology of Musicals</td>
<td>27 - 29</td>
</tr>
<tr>
<td>MAY</td>
<td>Taming Shakespeare</td>
<td>11 - 13</td>
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<tr>
<td></td>
<td>Writing Creative Non-Fiction</td>
<td>26</td>
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</table>
### IARD
Parc Glynllifon, nr Caernarfon
01286 672472, www.iard.co.uk

<table>
<thead>
<tr>
<th>APRIL</th>
<th>Event</th>
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<tbody>
<tr>
<td>21</td>
<td><strong>Nuno Felting</strong></td>
</tr>
<tr>
<td>28</td>
<td><strong>Silver Stacking Rings</strong></td>
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<tr>
<td>29</td>
<td><strong>Introduction to Green woodworking, Spoon Carving</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MAY</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>12 &amp; 13</td>
<td><strong>Exploring Slate</strong></td>
</tr>
</tbody>
</table>

### Trigonos Environment Centre
Plas Baladeulyn, Nantlle
Caernarfon LL54 6BW
01286 882388
trigonos.org

<table>
<thead>
<tr>
<th>APRIL</th>
<th>Event</th>
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<tbody>
<tr>
<td>20 - 27</td>
<td><strong>Evolve Yoga Teachers Training</strong></td>
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<tr>
<th>MAY</th>
<th>Event</th>
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<tbody>
<tr>
<td>7 - 11</td>
<td><strong>TLC Holistic Therapies</strong></td>
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<tr>
<td>11</td>
<td><strong>Creative Crochet</strong></td>
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<td>18 - 20</td>
<td><strong>Yoga Weekend Retreat</strong></td>
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<tr>
<td>20 - 24</td>
<td><strong>Connect Drawing: A Mindful Approach</strong></td>
</tr>
<tr>
<td>24 - 27</td>
<td><strong>ReWilding the Mind; and Weaving with Colours</strong></td>
</tr>
</tbody>
</table>

### Tras Tan Y Bwlch
Maentwrog LL41 3YU,
01766 772600, www.eryri-npa.gov.uk

<table>
<thead>
<tr>
<th>APRIL</th>
<th>Event</th>
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<tbody>
<tr>
<td>2 - 6</td>
<td><strong>Snowdonia Coastal Walks</strong></td>
</tr>
<tr>
<td>6 - 8</td>
<td><strong>Embroiderer’s Guild</strong></td>
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<tr>
<td>16 - 20</td>
<td><strong>Landscape Photography</strong></td>
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</tbody>
</table>

<table>
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<tr>
<th>MAY</th>
<th>Event</th>
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<tbody>
<tr>
<td>4 - 6</td>
<td><strong>Chamber Music</strong></td>
</tr>
<tr>
<td>6 - 11</td>
<td><strong>Society of Botanical Artists</strong> Residential</td>
</tr>
<tr>
<td>11 - 13</td>
<td><strong>Wildlife Photography Weekend</strong></td>
</tr>
<tr>
<td>14 - 18</td>
<td><strong>Springtime in the Gardens of Snowdonia</strong></td>
</tr>
<tr>
<td>25 - 27</td>
<td><strong>Slates to the Sea</strong></td>
</tr>
<tr>
<td>25 - 28</td>
<td><strong>Picture Making for Beginners</strong></td>
</tr>
<tr>
<td>27 May - 3 June</td>
<td><strong>Practical Industrial Archaeology</strong></td>
</tr>
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</table>

### Tŷ Newydd Writing Centre
Llanystumdwy, Criccieth LL52 0LW
01766 522811, www.tynewydd.wales

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<tr>
<th>APRIL</th>
<th>Event</th>
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<tbody>
<tr>
<td>9 - 14</td>
<td><strong>Songs and Lyric Writing</strong></td>
</tr>
<tr>
<td>16 - 21</td>
<td><strong>Spring Poetry Masterclass</strong></td>
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<tr>
<td>21</td>
<td><strong>Welsh Poetry Measures</strong></td>
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<thead>
<tr>
<th>MAY</th>
<th>Event</th>
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<tbody>
<tr>
<td>5 &amp; 6</td>
<td><strong>Scriptwriting</strong></td>
</tr>
<tr>
<td>11 - 13</td>
<td><strong>Storytelling from the Start</strong></td>
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<tr>
<td>14 - 18</td>
<td><strong>May Retreat</strong></td>
</tr>
<tr>
<td>18 - 20</td>
<td><strong>Translating Literature: Poetry &amp; Prose</strong></td>
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<tr>
<td>28 May - 2 Jun</td>
<td><strong>Poetry at the Start</strong></td>
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</table>
Exhibitions

Welsh Mountain Goats of Dinorwig Quarry ~ Photographs by Stuart Hill 3rd March - 28th May. A familiar sight to walkers and climbers it is thought these goats have been in the Snowdonia mountain range since at least 4500BC. A chance encounter over two years ago has led North West photographer Stuart Hill to start a photographic project which has turned into a quest to try and get these magnificent animals some form of protection from being hunted as we do not know how many are left in the wild. Stuart’s began photographing and observing these amazing animals. Compelled to do more, the idea for an exhibition showcasing these fantastic animals was conceived in December 2017. Electric Mountain, Llanberis LL55 4UR, 01286 870636, electricmountain.co.uk

Anglesey Arts Forum ~ Fforwm Gelf Ynys Môn 10th March - 8th April. An exhibition of at least one piece of work from each participant of the fifteenth Anglesey Arts Weeks: Open Studios. This year 57 artists and 8 galleries open their doors to visitors over the Easter period. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org See Calendar 24th - 8th April

Joy - Yellow is the New Blue ~ Jilly Edwards Until 8th April. ‘I watched as the field sizes and divisions changed, a dry stonewall, a hedge, a wooden fence and huge fields with no divisions. The work is about the surface, its depth, its construction, the quiet, crisp whites, the dense warm yellow, sensuous dark soil with lozenge shaped stone walls with bright yellow lichen patches. The spaces are important, as are the gaps between.’ Jilly Edwards. Ruthin Craft Centre LL15 1BB, 01824 704774, ruthincraftcentre.org

Steve Des Landes, Elfy Jones and Susan Kane ~ Paintings 4th - 28th March. Open Weds - Sat 10am - 5pm, Sun 11am - 5pm. Ffyn y Parc Gallery, Betws Rd., Llanrwst LL26 0PT, 01492 642070, welshart.net

Jeremy Yates PRCA: Recent Paintings and Drawings Until 3rd March. “For many years I have been interested in painting water and its fluid, transparent and reflective properties - in the rivers, lakes and rains of north Wales”. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

Right Here, Right Now: 21st Century Art Until 8th May. Arranged around the themes of people and animals, landscapes and buildings, still life, faith and abstraction, the exhibition celebrates the quality and diversity of art made since the year 2000. Grosvenor Museum, Chester CH1 2DD, 01244 972197, grosvenormuseum.westcheshiremuseums.co.uk

Gareth Owen Until 18th June. Gareth’s artwork from his book Rhyw LUN o Hunangofliant. Long Gallery, Oriel Ynys Mon, Llangefni 01248 724444, kyffinwilliams.info

Our Colour Reflection ~ Liz West 1 Until 1st March. The installation creates a conversation between the viewer and the setting using hundreds of mirrors made of coloured acrylic. West creates vivid environments that mix luminous colour and radiant light. Working across a variety of mediums, West aims to provoke a heightened sensory awareness in the viewer through her works. She is interested in exploring how sensory phenomena can invoke psychological and physical responses that tap into our own deeply entrenched relationships to colour. Mon - Sat 11am - 5pm. Chester Cathedral CH1 2HU. 01244 324756, chestercathedral.com

Unexpected Elegance: Female Fashion From the 70s Until 1st July 2019. From 1970s minis to midis and maxis, in fabrics ranging from cotton and corduroy to polyester and fake leopard-skin, with designs by Ossie Clark, Givenchy and Zandra Rhodes, we celebrate some of the more subtle pleasures of 1970s fashion. Grosvenor Museum, Chester 01244 972197.

New Members of the RCA Until 17th March. Exhibitors include: David Bower, Lynne Cartlidge, Carl Chapple, Patricia McParlin, Barry Morris, Ondre Nowakowski, Wil Rowlands and Vivienne Williams. Open 11am - 5pm. Royal Cambrian Academy, Conwy LL32 8AN. 01492 593413, rcaconwy.org

A Darker Thread Until 8th April. Wales has a much celebrated tradition of creating both utilitarian and decorative textiles of distinctive design. From power-loomed blankets to hand-stitched quilts, textiles are a key part of Welsh visual culture and history. Ruthin Craft Centre LL15 1BB, 01824 704774, ruthincraftcentre.org

Made For The Table Until 8th April. Contemporary silver from the Goldsmiths’ Company Collection, together with the curated work of leading UK artisans in furniture design, glass, ceramics and textiles. Ruthin Craft Centre LL15 1BB, 01824 704774, ruthincraftcentre.org

Opening Exhibitions 2018 Until 18th March. Ap Tomos Family Tribute - an exhibition to celebrate the legacy of Gwyneth and Dafydd ap Tomos, who saved the Plas from dereliction in the last quarter of the 20th century. Work by Gwyneth and a selection of gallery artists, old and new. And Group Exhibition ~ Petals and Claws Celebrating the 50th anniversary of Alan Garner’s novel The Owl Service, based on the story of Blodeuwedd, a woman created from flowers and later turned into an owl in The Mabinogion. Plas Glyn y Weddw, Llanbedrog, Pwllheli 01758 740763, oriel.org.uk
**Estella Scholes ~ Circles, Stones and Fragments from the Shore** Until 3rd June. Many of Estella's references are gathered from direct observation whilst wandering along the shorelines of North Wales, in particular the Llyn Peninsula, where evidence of an almost vanished industrial past can be found. Broken bits of old jetties, rusted metal and other manmade debris linger amongst the stones and more familiar beach treasures. Mostyn, Vaughan St., Llandudno LL30 1AB, 01492 879201, mostyn.org

**Mike Perry ~ Land/Sea** 3rd March - 1st July. The work engages with significant and pressing environmental issues, in particular the tension between human activity and interventions in the natural environment, and the fragility of the planet's ecosystems. Free entry. Mostyn, Vaughan St., Llandudno LL30 1AB, 01492 879201, mostyn.org

**RSPB Art Exhibition** 30th March - 1st April. Focussing on the natural world and wildlife - enjoy originals, prints and stationary by Louise Scott, an artist printmaker specialising in etching. 10am - 4pm, free entry. RSPB Conwy LL31 9XZ. 01492 581025, conwy@rspb.org.uk

**NW Potters Gallery** Maker of the month is ceramicist Janet Edwards. 1 High St., Conwy LL32 8DB. 01492 593590, pottersgallery.co.uk

**Kyffin Williams: Celebrating a Centenary** Until 1st July. In honour of Sir Kyffin, this exhibition will provide a glimpse into his life and work; from his early influences and training at the Slade, to his foreign travels, portraits and well-known landscapes. Oriel Ynys Mon, Llangefni 01248 724444, kyffinwilliams.info

**Shezad Dawood ~ Leviathan** 3rd March - 1st July. In dialogue with a wide range of marine biologists, oceanographers, political scientists, neurologists and trauma specialists, Leviathan explores interconnections between these fields of work which will be presented through sculpture, textiles, museum specimens, films, conversations and online resource material. Dawood will also work with community groups based on the coastal location asking questions about how these issues might come to evolve in a future 20 to 50 years from now, and what that future might look like. Mostyn, Vaughan St., Llandudno LL30 1AB, 01492 879201, mostyn.org

**Susie Liddle and Barbara Larkin** Until 17th March. Contemporary paintings using the ancient medium of encaustic wax. Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrclywd.com

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**GALLERY EXHIBITIONS**

**Castle Gallery** Various artists, media; most are for sale. Open 9am - 5pm, Mon - Sat. 1 Castle Square, Crichichi LL52 0D, 01766 522803.

**Galeri Betws Y Coed** Ever-changing selection of paintings, prints, drawings and mixed media by well known and emerging artists from Wales. Open weekdays 10am - 4.30pm, Sat & Sun 10am - 5pm. Holyhead Rd., Betws Y Coed LL24 0BW, 01690 710432, info@galeribetwyscoed.co.uk

**Illuminarté** Stained Glass - Photography - Mosaic. Designers and creators of beautiful traditional and contemporary handmade stained glass and mosaics for all your living spaces. Ysgubor Isaf, Bala LL23 7NW, 01678 520256, illuminarte.co.uk

**Oriel Bangor Arts Initiative Art Gallery** Paintings, Sculptures, Prints, Photographs by local artists. Open 11am - 4pm, Tuesday - Saturday. All are welcome, Deiniol Centre in Bangor; bangor.arts.initiative@outlook.com or see www.facebook.com/bangorartsinitiative

**Storiel** Art from community groups, voluntary organisations and learning groups. Open Tues - Sat 11am - 5pm. Fford Gwynedd, Bangor LL57 1DT. 01248 353368, storiel.org

**Agora** Join us and follow the online Gwynedd Arts thread in general to keep networking for artists alive. Facebook: Agora
Helena Hawley
Intuitive Vocal Sound Healer, Channel, Speaker & Authoress

"Helena gives talks on Sound Healing with demonstrations, and audience participation, as well as covering the other kingdoms, such as the animals, angels, trees, fairies etc. illustrated by stories from her own life and experiences."

Published works include The Other Kingdoms Speak, My Inner Life, My Spiritual Journal, Maria Callas and I (& sequel), Helena’s Book of Healing, Fairies & Sasquatch. Contact: info@helenahawley.co.uk

www.helenahawley.co.uk

Earthquake at Wylfa
Ted Townsend

Ssshhh... keep it quiet... whisper...

it was only minor, no need to worry
no need to panic and live in fear
they tell me it was just “a small tremor”
a quake along an Anglesey fault-line
in an earthquake subduction zone
underneath a power station... and it’s Nuclear
it’s the Earth’s crust balancing and breathing
it’s seismic instability, tectonic plates shuffling
they assure me Wylfa’s built on a solid foundation
so the future is all bright and clean and clear
but British Geological Survey confirm
it was an earthquake on Sunday 18.02.18 11.35am
just 7 kilometres deep called “a shallow quake”
Magnitude 1.1 on the Richter Scale
just one of many in the past few years
proof the ground is “geologically unstable”
under a power station... and it’s Nuclear
who knows? there could be a bigger one
no-one knows, even BGS say they don’t know
it’s a mystery what’s going on underground
animals sometimes know what’s going on
but earthquakes are notoriously unpredictable
and just across the water on the Llyn Peninsular
is an earthquake “epicentre” where 1984 was
an historic year - a 5.4 quake shook the region
one of the biggest - felt across Wales and England
structural damage, chimneys collapsing,
concrete cracking BUT they tell me:
no need to panic, no need to be in fear
it was only a minor earthquake under Wylfa
and it’s Nuclear - yes, it’s closed for now
but a Nuclear power station in decommission
is, the experts tell me, even more vulnerable
to earthquakes, cyber-hacks, human error
meltdown and radioactive leaks BUT
Ssshhh... these are the facts the Nuclear and Fracking industry
don’t want us to hear
it was only a minor earthquake under Wylfa
a power station... and it’s Nuclear.

[Ref: BGS Recent Earthquakes around the British Isles]

Ted Townsend is a budding Snowdonia poet and Tidal Power Campaigner.
When I was 14 and browsing the shelves of my local library a book jumped out at me: *The Power of the Pendulum* by T C Lethbridge. I took it home, and when I tried out the various exercises in it, I was amazed to find that it worked! I used to put pieces of different types of metal into plasticine, and jumble them up, and found that most of the time I was able to work out which was which.

Jump forward 30 years, and my wife Kate and I found ourselves on a dowsing course in Blackburn. I discovered that dowsing had moved on dramatically since my early experiments, and I found that I definitely had a knack for it. I learnt how to use a pendulum properly, and how to use rods to find water and energy lines. I then decided that I was going to be a douser, and for the past 20 years. I have been learning more and more skills. Now we both use dowsing professionally, my wife as a health dowser, which she uses as part of her work as an intuitive healer, and myself as a house dowser. For us, the great joy is in teaching others how to use it for themselves.

Six years ago, we started running beginners dowsing courses at our house in Broughton, Chester. The courses have gone from strength to strength. We now run house-dowsing courses as well.

So, what is dowsing?

Dowsing is a way to get answers to questions you cannot answer rationally. What does that mean? Old time dowsers would search for where to drill for water. You can’t know where to drill using only your rational mind. You’d have to guess. So, they used dowsing, an intuitive method that gives you answers to questions you can’t answer logically. Good water dowsers are usually correct over 90% of the time when they dowse a location for a well.

Dowsing is basically a search; a search for answers. You can be asking any question: “Where’s the water?”; “Where’s the gold?”; “Where are my lost keys?”; “What’s the best car to buy?”; “Is this a good direction to take in my life?”. Commonly questions will also be in the field of health – so for example “Should I go to the doctor?”; “Would this supplement benefit me?”; “Do I have an allergy?”.

Usually your question is worded so that your answer will be “yes” or “no”, but you may also use sliding scales or charts or even maps and diagrams that allow you to get more detailed information.

Googling the Universe

I like to say that dowsing is a way to communicate with your higher self, the part of you that you normally have no way to get answers from. As I am sure, many of you know that the higher self is connected to Universal Knowledge, so for me dowsing is a bit like ‘googling the universe’!

The best way to get clear responses while dowsing is to be grounded and being clear and precise. Phrase your probing questions in ways that will elicit
yes or no responses. If you are wanting to know whether it would be best for you to move or not, begin by asking "Would making a move at this time be beneficial for me?" If the answer is no, you're done. But, if the answer is yes... then several more questions might follow depending on where you are considering moving to (Will I be happy living in Chester? Is North Wales a good location for me to move to?, and so on...).

You could also try laying a map on the floor or table. Hold the pendulum over the map, asking it to swing in the direction (East, West, North, South) for your optimal move.

The more you practice communicating with a dowsing tool the better you will get at divining the clearest answers to your inquiries.

It is not unusual for beginners to get muddy answers... keep practising!

**Getting Started** - First you must determine how your dowsing tool (L rods or pendulum) communicates for you. A clockwise swing of a pendulum could mean a yes for you, but this same motion could mean no for someone else.

One of the great benefits of dowsing is that it develops the intuition. I can say that when I started dowsing, I had no intuition at all, but now I can often know the answer to a question without even using the dowsing tools.

Some comments from people who have been on our courses:

"Lovely introduction to dowsing, very inspirational and fun!"

"Information was inspiring and really wide ranging. I could see more connections between dowsing and other forms of healing/ spiritual practice"

"Really enjoyed it and interesting how influenced I am by my ego. Fab day – looking forward to more!!"

"I knew very little about dowsing when I arrived. I left feeling really well informed in terms of how to dowse, how to protect myself and what questions to ask in terms of readiness to practise. Kate and Chris are so approachable and friendly and clearly take great pleasure in passing on their expertise."

**Chris Quartermaine is a House Dowser based in Chester**

**www.house-dowser.co.uk**

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**House Dowser**

**Geopathic Stress Affects Everyone!**

Could your home be responsible for your illness? Is your relationship being stressed by your house? Is the earth giving off rays that are affecting you?

**Dowsing For Beginners Workshops:**
Sat 7th April & Sun 13th May in Flintshire

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**Chris Quartermaine**
01244 509933 or 07921 783184
chris@wizdom.me.uk   www.house-dowser.co.uk
According to the World Wildlife Fund in the past 40 years the earth has lost 50% of its wildlife. We are witnessing the 6th mass extinction event of the earth’s history. And we are its sole cause. How do we navigate these times?

As a white woman I am well aware of the oppression of women and the hurt that is caused by this. We see this daily in the news over the past several months.

As a white woman I am not always aware of the invisible privilege I am afforded. When I walk into a shop or a job interview, when I attempt to put forth an idea or a project, I am sometimes (often?) given more respect simply because of my skin colour. It’s very easy to ignore privileges when they are our own.

The world is hierarchical. I’m not at all sure it has to be or it even was meant to be but this is the prism through which we view it, and construct its meaning. We see ourselves as a pinnacle of life on earth.

How did we get here? The earth is approximately 4 1/2 billion years old. We have been around as a distinct species for possibly 200k to 300k years. We began farming approximately 12,000 years ago. A blink of an eye. From that time we learned to seek and feel rewarded by control over our environment. We then split from the natural world, because we were no longer of it, we were fighting against it to dominate it for our benefit.

Thus our survival began to be interwoven with a story of ourselves as superior. Above. Of more value. This thought has led to vivisection, factory farming, plastics filling the oceans, the oppression of groups of people, war, exploitation, the 1%ers.

Thousands of healthy and full grown trees in Sheffield have been felled due to the council outsourcing road maintenance to a private company that refuses to be held to account. The police have protected the company and arrested and charged those attempting to protect these healthy trees.

Homeless people in Windsor have started to be ‘removed’ to prepare the town for a royal wedding.

Even though badger culls have been proven to be ineffective they continue and are being geographically increased.

I see no difference between sexual assault, racism, financial wrongdoing, ignoring the pain of those who are suffering, and destruction of the earth. All of these actions are about power and a fundamental lack of understanding that we are all connected.

Quantum entanglement is the description of a process whereby an electron, once in relationship with another electron, will remain in communication and responsive to each other no matter how far apart they are. As much as we do not act as if we are all connected - every animal, plant, electron - we are.

Wildfires and wild storms ravage the planet. The animals, plants, and insects are dying off. Our earth communicates through its responses to our behaviour. It is responding in connection to us and communicating a great deal of pain.

Plants notice and respond to being touched. They defend themselves with
chemical changes (and thereafter are better prepared to defend themselves against pests, however they will be smaller). The defensive stance is something we all recognise. There is a dramatically growing distrust between ourselves and all living things, between groups within our species.

The feminine principle is in part about receptivity, inclusivity, empathy. All life has access to this energy. As a species our balance between the masculine and the feminine has been so out of balance for so many millennia and we are now facing the consequences of this. We need those in power to listen, to receive, to respond to those who are more vulnerable.

We need to do the same for those that each of us has power over, whether they be children, the elderly or otherwise vulnerable, animals, even the plants and ecosystems of our planet. And we need to speak out on behalf of those who are unable to, to demand that the abuse comes to an end.

The recent mass murder at a school in Florida shows how when someone is not connected to the whole he or she can act out and ravage those around them. Access to guns has made it so much easier for this to happen and it has escalated the frequency and brutality of these occurrences.

One glimmer of hope, however, is that the children who attend that school are speaking out about gun violence and demanding that something be done. And they are being listened to, around the world. Whether those in power will listen is yet to be seen, but these are their children, they are our children, and though they deny it, those in power are as connected to this devastation as much as any of the rest of us. We are all connected.

If we are aware of this and feel this pain, we are holding this awareness for those who haven’t yet realised this. But the time is fast arriving where all of us need to listen to the voices of those who have been placed below us on a fantasy hierarchical framework, whether we are at the top of a ladder or not. It hurts to feel the pain we’ve caused, and our own pain from those 'above' us, but acknowledging this is a step toward healing it.

Imagine a world like that.

Full Moon Meditation Network
Pisces: February 19th ~ March 20th
Full Moons: March 2nd at 0:51am & March 31st at 1:36pm BST

The Great Invocation
From the point of Light within the Mind of God
Let light stream forth into the minds of men.
Let Light descend on Earth.

From the point of Love within the Heart of God
Let love stream forth into the hearts of men.
May Christ return to Earth.

From the centre where the Will of God is known
Let purpose guide the little wills of men –
The purpose which the Masters know and serve.

From the centre which we call the race of men
Let the Plan of Love and Light work out
And may it seal the door where evil dwells.

Let Light and Love and Power restore the Plan on Earth.

www.lucistrust.org
Refugee Support: Local Collection Points for CEFN

For a list of most needed items - including toiletries, medical supplies and summer clothing - please look at our pinned post on Facebook or email: cefn.cymru@gmail.com

- BLAENAU FFESTINIOG - Bookies’ Shop, 14-15 Church Street, LL41 3HB
- PENRHYNDEUDRAETH - Holy Trinity Church on the main road, 10am – 3pmish: behind curtain at back.
- PORTHMADOG - The Hair Lounge, Bank Place, LL49 9AA
- Y BALA - Coleg y Bala, LL23 7RY, 9 - 3 weekdays
- DOLGELLAU - Mantell Gwynedd, Y Lawnt, LL40 1SB
- NEFYN - Siop Siarad, LL53 6HD
- HARLECH - St Tanwg’s Church, Top Harlech, LL46 2YA
- CAERNARFON - Mantell Gwynedd, 23-25 Y Bont Bridd, LL55 1AB
- BARMOUTH - St David’s Church. Beth 01341 247499, bethbaileybro@gmail.com
- LLANRWST - The Natural Building Centre, Plas Tirion, Betws Rd, Llanrwst LL26 0PU. Open Mon 9-5, Wed 9-12 and Friday 9-5. Out of hours by arrangement: post@thenaturalbuildingcentre.co.uk

Sorting Sessions
- Mondays 6.30 – 9 pm. at The Church of All Saints of Wales, Manod, Blaenau Ffestiniog, LL41 4AF
- Wednesdays 12 – 3pm

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38
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