

network news

a guide to inspiring events in north wales



earth protectors ~ mythology is still important ~ xr pen llŷn ~ nonviolence
 groove dancing ~ three years and counting ~ council of all beings ~ unruly?
exhibitions ~ workshops ~ festivals ~ groups

Network News

27 Penlan Street
PWLLHELI
LL53 5DE

June 2019

www.network-news.org

Articles

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(phone during office hours
or text anytime)

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in North Wales

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Welcome to the June Network News. As a 16 year-old, Polly Higgins witnessed a teacher discipline a young boy by forcing him to stand on one leg on his desk - threatening that if the boy put his leg down, he would punch him. Polly saw the boy was wetting himself with fear in front of the class. She ran up and hit the teacher with enough force to require hospital treatment. Polly was expelled, shamed by her parents and rejected by her friends.

Polly was not proud of injuring the teacher, but in the moment it seemed the only way to protect the innocent. Within a few years, she was studying law, and in the 1990s was a barrister in London. Several cases involved corporate environmental abuses, and one day she found herself musing: "The Earth needs a good lawyer!".

Her life's work became a global campaign to have "ecocide" - the damage and destruction of ecosystems - proscribed in International Law. As with "crimes against humanity", individuals could be held accountable for crimes against the Earth. CEOs, billionaires and politicians had cause to worry about this "troublesome lawyer".

In March, her many friends were truly shell-shocked to hear that Polly - a radiant 50 year old - had developed an aggressive cancer with a prognosis of just 6 weeks. Polly died on Easter Sunday.

In the same moment, the movement she had done so much to empower reached a new level of public attention. Extinction Rebellion (XR) filled the streets and the news, Greta was in London, and the CCC19 Conference at which Polly would have spoken was filled with her spirit. In her place, Jojo Mehta and Gail Bradbrooke (co-founder of XR), gave a profound tribute and a commitment to take Polly's work forward. It is simply true that Polly's life brought...

...blessings to all beings



An Invitation To A Council Of All Beings

Dearhaile Bradley

With each day that passes, with each new report that confronts us with the myriad different ways life on Earth is threatened, our sense of urgency, the feeling that we must somehow change grows more intense. But at the same time, we fear what will happen if we let in our true feelings. We don't want to be negative, scaremongering, morbid. We feel guilty and helpless, caught up in a system beyond our control. As Joanna Macy said, as far back as 1983, 'We maintain a more or less up-beat capacity to carry on as usual... and all the while underneath, there is this inchoate knowledge that our world is on the verge of destruction. Awesome and unprecedented in the history of humanity, it lurks there, with an anguish beyond naming.'

But as we open up to the pain we are holding inside us, the most extraordinary transformation occurs. By being willing to acknowledge our grief, our anger, by processing our feelings together we free ourselves from the crippling sense of powerlessness and overwhelm. We reconnect with our true selves and the energy that was tied up in holding difficult feelings out of awareness is released. We become empowered to act, to find more ways to move towards sustainable and harmonious ways of living.

A Council of All Beings is a powerful ritual, developed by John Seed and Joanna Macy, that facilitates this emotional process. Following a morning of

preparatory exercises and sharing circles, we go into silence and offer another Being that is sharing this planetary crisis, our voice. We invite them to speak through us, to give voice to their experiences, to offer us their wisdom. We ask them what to do and amazingly they tell us. The ever-patient allies come when we invite them. They speak with us and through us at the Council of All Beings. We thank them and then ritually burn the masks we made to represent them and return to our human consciousness.

Refreshed and renewed,

we plant seeds for the future, commit ourselves to realistic and realisable steps towards a more sustainable way of living and support each other to achieve them. Every Council has the potential to become a community of people forging the path to our only possible future – the return to our rightful place in the circle of All Beings, living in harmony with ourselves and the world.

You are invited to participate in this powerful ritual on Sunday 9th June, 10am - 6pm at Moelyci Farm in Tregarth. Booking is essential.

What brings us together is our love of the planet we live on, our desire to explore how to become effective agents of change in this time of crisis.

Dearhaile Bradley trained with Joanna Macy in the early 90s and has run Councils throughout Europe. Heather Bolton is a mindfulness teacher and psychotherapist.

heatherbolton@btinternet.com

07912 877 836



Becoming An Earth Protector

Jojo Mehta



Friday 3rd May was the most wonderful funeral Polly Higgins could have wished for: full of tears, inspiration, laughter, music, organic whisky and taking over the public highway...

Looking back at the colourful procession wending its way along the valley, I couldn't stop smiling at how delighted she'd be.

Now all we need to do is sign up those million **Earth Protectors** that Polly wanted to see...

Just imagine:

With a million Earth Protectors standing with them, the climate-vulnerable states brave enough to take forward ecocide law will feel safe, and visible, and supported. States like Vanuatu. Their Ambassador - in a deeply moving gesture - presented a traditional burial mat upon which Polly's willow casket was ceremonially laid in the Earth overlooking the beautiful Slad valley.

This visibility and support is crucially important to prevent intervention by vested interests.

And it will mean our legal team will be resourced to provide the expert assistance Polly spent her last years laying the essential groundwork for.

So here's the challenge - *how will you sign up your first five, twenty, one hundred Earth Protectors?*

What do you say to your friends?

Maybe something like this:

"There is no more powerful tool to protect the Earth, because when ecocide becomes a crime, corporate behaviour is forced to change. Not because CEOs become liable to prosecution (although that's an exciting prospect) but because ecocidal practices become illegal. They can't be permitted by governments, underwritten by insurers or backed by investors... and so they have to stop.

For 2 minutes and a fiver to become an Earth Protector, I'd say it's worth a punt."

Polly certainly thought so - she bet her whole life on it.

Watch "Honouring Polly Higgins" on YouTube

Jojo Mehta is a Stroud-based campaigner against dangerous industrial activities such as fracking and incineration. She is a writer, public speaker and motivator.

www.stopecocide.earth

"Earth Is Our Business" & "Eradicating Ecocide" by

Polly Higgins are available through your local bookshop or **shepherd-walwyn.co.uk**

From Polly's husband's eulogy:

"Please, please do not forget what my darling Polly has fought for and started. Honour her memory and honour her spirit and honour her efforts to make the Earth a better place for all of you and future generations. Become Earth Protectors and, you too, dare to be great. Please encourage those who are marching after Polly to make ecocide a legal reality."

Ian Lawrie



**Polly Higgins
Earth Warrior
1968 ~ 2019**

Mythology Is Still Important

Michael Harvey

Why should we be interested in the myths of long ago?

Mythology is still important because, although we talk about these stories as 'ancient', we have not changed much over the millennia. The supernatural beings of the mythic world are larger than life. Their passions, desires and anger are much bigger than our everyday lives, and that is the point. These stories are not about the day-to-day life skills we need to manage our lives.

They are about the really big stuff. They lie beyond the space where there is a simple choice between right and wrong. Rather than the world of goals and achievements we enter the world of fate and destiny. It can be messy but nobody can say that the old gods were unauthentic or half-hearted.

Some of this stuff doesn't seem to make much sense.

Not in a normal way, no. It is a deeper and weirder way of being in the world. The chaotic and extreme nature of the stories are about the bits of ourselves that don't get much attention in normal life. Myths only seem strange from the outside. Once you are inside them the mythic world is utterly believable with its own logic and patterns. Don't go looking for lessons either. There are no rewards for being good, and honourable intentions do not guarantee a good outcome.

Isn't that a bit depressing?

Tough and realistic rather than depressing. There is an example of why mythology is still important in Hindu



scripture. One of the greatest mythological cycles is the Hindu epic the Mahabharata from India. The hero Arjuna is about to face an army made up of his close relatives. His charioteer is the god Krishna (aka Vishnu, Rama etc) and Arjuna tells him

that he cannot and will not fight. Krishna's reply has come down to us as the scripture 'The Bhagavad Gita' and is summed up in the phrase "Plunge into the heat of battle and keep your heart at the lotus feet of the

Lord."

Gwydion – Welsh trickster

There is a character in the Welsh epic cycle known as the Mabinogi, called Gwydion. He is a magician and storyteller and the king's nephew and is powerful and talented. He is also a terrible mischief-maker and stirs up trouble wherever he goes. Gwydion has the gift of the gab and lets other people think his words mean one thing when, in fact, he is going to do another. He does not act out of a sense of greed or gain but just for the fun of doing it. In many ways he does good things. For example he goes to the Otherworld and brings back great and magical treasures. He also rescues Lleu (a kind of sun god) who has been stabbed with a spear and transformed into an eagle. Gwydion searches for him and eventually finds him sheltering, emaciated and near death, at the top of an oak tree. Gwydion sings a song, praising the tree that shelters Lleu, and slowly and painfully the eagle comes down to Gwydion's arms.

This is a beautiful and touching moment.

However Gwydion also deliberately starts a war so that his brother can have his wicked way with one of the king's most important maidservants. He is punished in ways that would make your eyes water but never seems to learn his lesson or mend his ways. He is a fascinating and compelling character.

Mythology is still important – and for Grown-ups

Does this remind you of anything or anyone? Gwydion has great gifts and is capable of acts of humanity and bravery. On the other hand, he will willfully put the safety of himself and others in danger just for the pure joy of doing something that nobody else can. This complex mixing of good and evil is a very grown-up view of the world and another reason why mythology is still important.

Trickster Makes the World

These trickster characters appear in lots of world mythologies. Gwydion bears comparison with many Native American tricksters. They are talented and magical but unpredictable and dangerous. During their adventures they change sex and have children. They are culture heroes and bring great gifts to humanity. On the other hand, they are capable of terrible harm without feeling the slightest twinge of conscience.

The other great trickster that springs to my mind is Loki in Norse Mythology. He makes life so miserable for the other gods that they sew his mouth shut. He escapes, of course, and his final act of chaotic trickery is to cause the end of the world when all the nine worlds are destroyed. It is called Ragnarok and the world is eaten by a huge serpent and the sun and moon is gobbled up by a wolf. These two terrifying creatures are Loki's children.

If mythology is still important, how does this help us today?

It's not for me to tell you how to respond to any kind of story, let alone a myth. However, if we just accept the story as a story on its own terms the doors of the imagination start to open. It is not a matter of 'belief', more a willing suspension of disbelief, to quote Coleridge. Making our way in the world with these stories inside us, we have more resilience against the chaos and cruelty of the world. The frame becomes much wider than our own well-being and what might happen tomorrow. It allows us to take things less personally. After all, the world owes us no favours so we just do what we can as best we can.

The gods may not all be great moral exemplars but there are some things we have in common with them. What is important to them is also important to us – good food, family and love. And that is why mythology is still important.

Michael Harvey is a storyteller whose work is grounded in the stories, landscape and languages of Wales.

www.michaelharvey.org

Michael Harvey and his partner Pauline Down will be at Aberffraw Village Hall, Anglesey on 15th and 16th of June sharing their love of mythology and storytelling at two events open to the public.

**Saturday 15th June 7.30pm
Branwen: Through Story and Song**

One of the greatest myths of Celtic mythology, this ancient Welsh story has an intimate relationship with the landscape where it is set as well as the landscape of the human soul.

For full details, see Calendar 15th

**Sunday 16th June 10am - 4pm
Freeing the Storyteller's Voice workshop**

Learn simple and effective techniques to help you use your voice with resonance and spontaneity, and to get more satisfaction and joy from your voice.

For full details, see Calendar 16th

**www.anadlu.com
07970 409 724**

Unruly?

A Short Story by
Ianthe Pickles

As thunder-clad skies threaten to darken the world, one blood-red scarlet pimpernel nestles amongst the sterile dust; gem-like, defiant and radiant with life, daring to survive.

Short-lived, yet feisty, she sheds her seed (her secret mission!). She is dodging the predators and shying away from the deadly drops of herbicide. Resolutely promising to live another day, her fragile beauty shines starkly amidst the gloom.

"Halt, who goes there?" An ugly mood of 'order', control and clean-cut lines patrols this margin. With a mixture of power and ignorance, *a toxic combination*, it aims to rid this land of unruly delights. Slicing and stabbing, it uproots and despoils, cuts and slashes, sprays and gashes, makes for uncomfortable, disturbing, terrorist behaviour!

A patch of earth sobs and gasps her last; yellow-parched and bleached of life.

Where is the hope that Paradise will spring back, green-breathing and pulsing with promise? Where is the silver gossamer thread that will sew back the sinews of this broken heart, the mossy blanket that will comfort and warm this wound?

A military explosion of camouflaged, pale brown, half-alien species suddenly *spike* out of the poisoned soil in defiance! "You'll never get rid of us!" they cry, "We've been here for millions of years! We've existed in this underground dug-out, just waiting for this moment!"

They march and strut, all dressed the same, and show their comical faces,



changing their disguise, as they green-feathery-grow and invade. This outnumbering team waves its silica magic, morphing and conquering, occupying and overthrowing! Oh, how they upset those *tiny destructive dinosaur minds!*

The wise and venerable pear tree bends and weeps, its branches creaking with knowledge and old age. "We're all in this together!" he says, as he cries out to potato, plum, parsnip and pineapple weed. Weaving, winding and connecting with tenacious, tendril roots, transforming the subterranean landscape, they share their secluded underground sanctuary and secure their ground.

Proud, solid, solitary, silver verbascum shows off her velvet rosette gown, sways her head of yellow flowers and mutters to herself. "We're not trouble-makers; we only want to survive as best we can! We are moderately attractive, mainly disregarded, and certainly good-natured, but oh, *the abuse we get!* Those killers must be mighty scared of us! **I know what it is!** They despise our stamina and self-determination!

"Most likely, they're afraid of our fecundity and resourcefulness. All we are doing is spreading a little hope amongst this featureless, manicured monoculture. I've tens of thousands of littluns growing inside me this year!

"Just you wait and see!"

Ianthe lives in Liverpool, is now retired, and lucky enough to spend her days and nights allotment gardening, writing, and singing with friends.

In This Section: Calendar ~ Workshops ~ Exhibitions ~ Groups

network news

a guide to inspiring events in north wales



JUNE NOTICEBOARD

BE A MARSHAL FOR THE DAY Briefing at 7.15am - breakfast included! The Quest Adventure Race in Betws-y-Coed will once again donate funds to the Snowdonia Society for each volunteer Marshal taking part on the day. For each Marshal recruited by the Snowdonia Society, event organiser Jayne Lloyd has pledged a £35 donation to our work protecting the National Park. The event takes place in Betws-y-Coed on Saturday 8th June and is not possible without a team of volunteers to help make it happen. Claire 01286 685498, claire@snowdonia-society.org.uk

GWYL CRICCIETH FESTIVAL 15th - 22nd June. See Calendar for events including music, craft workshops, flower festival, tea with music and art exhibition. In and around Crickieth, crickiethfestival.org.uk

LLŶN ARTS FESTIVAL - STUDIOS AND EXHIBITIONS Until 4th June. More info from the Festival programme available in many local shops or visit: Facebook Llŷn Arts Creadigol

BOOK LAUNCH with Janice Madden "The Flower Collection", Ucheldre Centre, Holyhead, see Calendar 9th June.

MOLD RIOTS A community cast of 100 will take over the streets of Mold and retell the story of the Mold Riots 1869. 2019 marks the 150th anniversary which saw tension between English and Welsh miners erupt in a series of disturbances which left four people dead. There are many ways you can volunteer and get involved in creating this exciting and ambitious theatrical event right here in Mold. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com See Calendar 12th June.

SUMMER EVENING STROLLS Wednesdays in June. Meet 7pm entrance gate to RSPB Nature Reserve. Just turn up! Contact RSPB Conwy 01492 581025, conwy@rspb.org.uk

WORLD OCEANS DAY 8th June. Llanfair PG. worldoceansday.org



CONFUCIUS INSTITUTE OPEN DAY If you are interested in learning Mandarin, Calligraphy, Tai Chi, or you are just fascinated by the fashion, music and art of

China, there will be something for you to try your hand at! Chinese Pavilion, Confucius Institute, Bangor Uni 01248 383298, bangor.ac.uk Fridays till 26/7/19

THE GARIFUNA COLLECTIVE Pushing the

boundaries of centuries old musical traditions; UNESCO has acclaimed the language, dance and music of the Garifuna people of Central

America, a "Masterpiece of the Oral and Intangible Heritage of Humanity". Neuadd Ogwen, Bethesda, see 22nd, Calendar and page 27.



THE HEALING POWER OF MEDITATION New series of drop-in classes in June: Llandudno, Tues 7 - 7.45pm; Weds 11.30am - 12.45pm and 7 - 8.30pm. Mondays in Mold 7 - 8.30pm. Info: Kalpa Bhadra Buddhist Centre, Craig y Don, Llandudno, 01492 878778, meditatennorthwales.com

NATURALLY PURE VEGAN, HEALTH & WELLBEING

FESTIVAL 1st & 2nd June. Full of workshops, vegan food stalls, clothing and much more! 11am - 5pm. Advance tickets: £4 per day, weekend £8. Door £6 per day; £12 weekend. Llangollen Pavilion LL20 8SW. Angel Earth Events 07557 404793.

VOLUNTEERS WEEK OPEN DAY 8th June. Ever thought about volunteering with the National Trust at Plas Newydd? Did you know there's lots of ways to get involved and it's more than just history?! Plas Newydd, Bangor, 10.30am - 3.30pm. volunteersweek.org

FESTIVAL OF DISCOVERY 30th May - 1st June. A 3-day fun packed family festival, to encourage families to make a weekend of it camping out and enjoying the activities : circus skills, music and dance. 10am - 5pm. £10 adult, £5 child per day. The Showground, Gwalchmai, Holyhead, Anglesey, LL65 4RW, 01248 810594, festivalofdiscovery.wales

TOKYO TALES A short series of classic films from Tokyo, shown in Pontio, Bangor See Calendar 14/15/19.

You can find ongoing
Regular Weekly Groups and Classes
listed at network-news.org

June Calendar

1st SATURDAY

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. On Saturday afternoon at 2.30pm there will be a Dharma teaching in the shrine room. £20 - £40 donation. The Hermitage, Criccieth. 01766 530839, ahs.org.uk

Llŷn Arts Festival Slate, Art and Music. Artists/musicians Steve Pablo Jones and Dave Stephen perform live at this exhibition of their work. 11am - 4pm, free, The Vaynol, Abersoch LL53 7AP; thevaynol-abersoch.co.uk

Snowdon Litter Pick 9am. Come join us as we take in the scenery and tackle this problem head on keeping the mountain beautiful and making people think twice about their actions. We shall be walking along the Llanberis Path. Snowdonia Society, Dan 01286 685498, dan@snowdonia-society.org.uk

Women Finding Their Voice Ruthanna Hooke leads a workshop especially for women on the Linklater method of voice production. The Linklater voice progression seeks to undo habitual tensions that inhibit expression and awaken new connections in order to open and strengthen the voice / body / mind connection. The method aims to liberate the natural function of the vocal mechanism and has a rich use of imagery to stimulate the speaker's imagination. 10am, £35. Gladstone's Library, Hawarden, Chester. 01244 532350, gladstoneslibrary.org

Mary Parry and Her Musical Players "Down Memory Lane with Mary". A film documentary, followed by *A Cavalcade of Song and Dance*. 7.15pm, £10, £8 senior citizens. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org *Proceeds to Alaw Ward, Ysbyty Gwynedd*

Festival of Discovery Last day of the 3 day event. A family holiday festival full of activities such as music, Bangor Science Festival, arts & crafts, Food Festival & cookery; plus children's activities. 10am - 5pm. Adult day ticket £10, children £3, u3s free. Anglesey. Visit: festivalofdiscovery.wales

Go Wild in June Beach clean, strandline search and wildflower walk at West Shore plus some family-friendly activities on the prom. Come along to sign up for '30 Days Wild', collect your pack, and kick off your 'Wild June' with a bang! 11am - 3pm, donations welcome. West Shore Prom, Llandudno. Mark Sheridan 07505 214073, mark.sheridan.mgc@gmail.com

Believe in Yourself Life Workshop An empowering workshop: loving and accepting yourself, clearing out limited beliefs, introductions, affirmations, includes handouts. 6 places, 1.30 - 4pm, £30. Beachside - Beauty & Wellbeing, 97 Vale Rd., Rhyl LL18 2PG. Pay/ bookings: PayPal @ k04edwards@hotmail.com or in person. (Repeated on 6th July).

Llŷn Arts Festival Family Crafts and tea on the Lawn. All welcome, 2 - 4pm, Y Ficerdy, Ala Rd., Pwllheli LL53 5BL, 07740 306474, tadhuw@hotmail.com. Facebook: BroEnlli

Questioning Difficult Perspectives in Ordinary Spaces A lecture by Jordan Glendenning. First in a series of lectures exploring art and literature as interactive spaces for posing questions rather than imposing meaning. In an expanding online world, we use social media platforms every day for the simple acts of staying in touch, reviewing local businesses, or even for selling unwanted items. But in these ordinary online spaces, we often don't expect fictional tales. This talk will explore fiction presented through ordinary spaces, how difficult perspectives are used and how this impacts an audience. How do we achieve meaningful engagement with art in spaces where we do not expect to find it? 2.30pm, free. Mostyn, Vaughan St., Llandudno LL30 1AB, 01492 879201, mostyn.org

Group Health Coaching Programme This programme will run one Saturday morning per month for a period of 6 months and is for anyone who feels that they could better improve their health through diet and lifestyle changes. We will look at all the different aspects that comprise a happy, healthy life: diet, exercise, our home environment, our relationships, spirituality, career and finances. 9 - 11.30am. Held at Source Yoga, Nutrition and Health, 294 Conwy Rd., Mochdre, Colwyn Bay LL28 5DS. A welcome. Cathy 07704 437415. Tickets: bookwhen.com

1st SATURDAY & 2nd SUNDAY

Naturally Pure Vegan, Health & Well Being Festival Includes two full days of stage performances, free workshops, vegan food, guided meditations, speakers, Gong Bath, Drum Journeys, Holistic Therapists ~ Psychic Readers, Handmade Vegan Gifts. Yoga, Dance & Wellbeing Sessions, Live Entertainment ~ Children's Activities. Relaxation Area. 11am - 5pm. Advance tickets: £4 per day, weekend £8 Door £6 per day; £12 weekend. Llangollen Pavilion LL20 8SW. Angel Earth Events 07557 404793.

Make Your Own Deckchair Day 1: Work with professional illustrator and print-maker Tara Dean (taradean.co.uk) to create your unique canvas deckchair seat. Day 2: Make the deckchair frame to take home. £140, deposit £70. Woodland Skills Centre, Bodfari 01745 710626, enquiries@woodlandskillscentre.uk

Llŷn Arts Festival Slate, Art and Music. Artists/musicians Steve Pablo Jones and Dave Stephen perform live at this exhibition of their work. 11am - 4pm, free, The Vaynol, Abersoch LL53 7AP; thevaynol-abersoch.co.uk

Storytellers, Musicians, Visual Arts: Mabiniogion Listen to local folk tales through songs and music - such as Meirion a'r Morfeich, the story created for Harlech's Fire and Sea Festival, join a guided Branwen storywalk and make a little boat to sail to Ireland with Bran. 11am - 4.30pm, Harlech Castle (Cadw) Castle Square, Harlech, Gwynedd LL46 2YH. 01766 780552.

1st SATURDAY - 4th TUESDAY

Mountain Plants of North Wales This course provides an introduction to these plants and the ecology of the communities in which they grow. We will also look at ferns, mosses and lichens, as well as any animal life we come upon. The course will consist of two days in the mountains of Snowdonia. This course is suitable for dedicated botanists (a chance to see some very rare native plants) through to the absolute beginner. £350, shared £280, non-resident £240. Field Studies Council, Rhyd-y-Creiau, Draper's Field, Betws-y-Coed, 01690 710494, enquiries.rc@field-studies-council.org

Woman at War (12A) Film. Icelandic with subtitles. Halla, a woman in her forties, declares war on the local aluminium industry to prevent it from disfiguring her country. She risks all she has to protect the highlands of Iceland. Various times & prices. Held at Storyhouse, Chester. Bookings: 01244 409113, storyhouse.com

2nd SUNDAY

Sacred Circle Dance 1st Sun/month, 2 - 4pm, Rhosesmor Village Hall. Led by Helen Newton and Sue Bates. Contact helen@soul-life.co.uk

Earthwalking Introductory Day Meet Gillian Monks, the land and the place we will work together. Activities: psychic cleansing and protection, experiencing the elements, making a willow 'life wheel'. Free refreshments and home made lunch. Donations appreciated. First weekend starts 6/7 July. Gillian Monks 01286 881786, gillianmonks.com

Clybod 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

Dr Strangelove (PG) Kubrick's satirical film turns Cold War fears into an irreverent tale of war room absurdity. 1.15pm, £8.50. Held at Storyhouse, Chester. Bookings: 01244 409113, storyhouse.com

Ali Baba and The Forty Thieves Illyria Outdoor Theatre present summer fun for thieves and vagabonds; aged 5+; 1hr 40 mins. 7.15pm, £15, £12. Plas Glyn Y Weddw, Llanbedrog. oriel.org.uk

Women's Gathering An informal group of women who come together each month for conversation, clothes swaps, crafting, knitting, all around tea, cake and lots of laughs. All welcome; also a chance to find out about Red Tent meetings if interested; otherwise please come as you are! 12noon - 4pm. Black Cat Cafe, Parc Glynllifon, A499. Facebook: of event name

Covefest Live music all day, stalls, arts; veggie/vegan food, children welcome till 8pm; Moonlight Party late evening. 1pm - 3am. Cove Pop-Up Coffee Shack, Sackville Rd., Bangor LL57 1LD. Facebook of event name

Big Allotment Growing Day 1st Sun/month. 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 Fferm Frwythau/Gift Economy, or wellhealthcooperative@googlemail.com

Weeds for Wellbeing An introduction to foraging for wild plants that can be used in the treatment of common ailments. You'll learn to identify a range of plants and come away with your own elixir, immune boosting spring tonic and wild green pesto whilst learning about the nutritional benefits of spring plants and how we can use them. We will also make our own fresh, herbal teas and everyone can take away foraged plants to dry at home. 10am - 3pm, £55. Hawarden Estate, Chester Rd CH5 3FB. Lea Kendall 07876 794098. Facebook: of event name

Green Woodworking 1st Sun/month. Everyone welcome to our mostly social occasion; food to share, mulled drink, cake and soup. From 10am - 4pm. Eternal Forest, Boduan, Pwllheli. 01758 612006, 07968 167204, eternalforest.org

Endellion String Quartet & Guy Johnston Play Schubert's sublime Quintet; also Haydn and Beethoven. 7.30pm, £10. Theatr Clwyd, Mold 01352 701521, theatrlwyd.com

3rd MONDAY

New Moon in Gemlri 11.02am

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 CH8 7TZ. Arthritis Care 020 7380 6522, nwcacpsg@gmail.com

Mindfulness for Over 50s With gentle guidance, the workshop provides a self-exploratory theme with an opportunity to fully participate; getting involved in as much or as little as you feel comfortable. 11am, £5. Free taster on 17th June. Held at Storyhouse, Chester. Bookings: 01244 409113, storyhouse.com Bookings: angiefitton@gmail.com

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 Cat Café, High St. Bangor. Details: beiciobangor.org.uk



*Gefnogi beicio yn
ein ardal ni
Caring about cycling
in our area*

The End of Poverty Discussion with Chester Labour Noticeboard. "Job Guarantee or Universal Basic Income?" Arrive 7.45pm for 8 - 9pm, The Golden Eagle, Castle St., Chester Ch1 2DS. Facebook: of event name

3rd MONDAY - 5th WEDNESDAY

Rotterdam Theatre performance. Alice wants to tell her parents she is gay; and her girlfriend wants to transition and identify as a man ... a bittersweet comedy. 7.30pm, £10+. Theatr Clwyd, Mold 01352 701521, theatrlwyd.com

Hill and Moorland Leader Assessment The assessment course will follow the MLT Hill and Moorland Leader syllabus. In particular it will look at practical skills and techniques required when leading and supervising groups in open country. Open to all. Field Studies Council, Rhyd-y-Creiau, Draper's Field, Betws-y-Coed, 01690 710494, enquiries.rc@field-studies-council.org

3rd MONDAY - 7th FRIDAY

Volunteer Week with Snowdonia Society Volunteer week is back! Join the Snowdonia Society for a week of diverse conservation activities in Snowdonia. Whilst taking part, complete our Practical Conservation Skills unit accredited by Agored Cymru for free. Full details of programme from Snowdonia Society, 01286 685498, mary-kate@snowdonia-society.org.uk

3rd MONDAY - 8th SATURDAY

Writing for TV This course will teach you the fundamentals of how to create and structure stories for the screen; characters, compose a screenplay, write dialogue; how film structures differ to screen plays. £550 - £675, Tŷ Newydd Writing Centre, Llanystumdwy, 01766 522881, tynewydd.wales

4th TUESDAY

The Healing Well Hands on Healing; 2 session, 7 - 9pm, donations welcome. Pentrefelin Community Hall, nr Crieth. Mayamara 01766 770874.

Cygnus Café in Chester 1st Tues/month. 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 Café, Grosvenor Park, Chester. Lynn Alexander 01244 951753, lynnalexander@talktalk.net

Make a Windchime Craft activity for adults, no experience needed, 10.30am, £5. Held at Storyhouse, Chester. Bookings: 01244 409113, storyhouse.com

Conwy County Peace Group 1st Tues/month. At 7pm in Centre for Cultural Engagement, 10 Greenfield Rd Colwyn Bay LL29 8EL. Contact secretary Efa Wulle: conwypeace@gmail.com or donsandersopt@aol.com (chair)

Romeo & Juliet with Ballet Cymru. 7.30pm, £13, £11 concs., Pontio, Bangor 01248 382828, pontio.co.uk

5th 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, saorimor.co.uk

Vintage Matinee 1st Weds/month. £4 per film or £20 for 10 films. Denbigh Film Club, Theatr Twm o'r Nant, Station Square, Denbigh LL16 3DA. Contact Lillian Jones 01745 813426, denbighfilmclub.couk

St Asaph Reading Group 1st Weds/month, 7.30pm, St. Asaph Library, The Roe, 01745 582253.

Wildlife Walk: Creature of The Night A moderate walk through this fascinating post-industrial nature reserve - highlights could include nightjars, bats, and glow-worms! Bring a torch, and be prepared for midges. 9pm - 11pm, £2 NWWT members, £4 non-members. Gwaith Powdwr, Penrhynudraeth LL48 6LY. Rob Booth 07764 897414, rob.booth@northwaleswildlifetrust.org.uk

Rewilding Britain & Ireland With Huw Warren and David Woodfall. A unique collaboration combining the photography of David Woodfall with new music from the celebrated Welsh jazz pianist Huw Warren. Naturalist and photographer David Woodfall has spent years working in the countryside, meeting the people on the frontline of rewilding and collecting their stories and photographing wildlife. Huw Warren is a Welsh pianist and composer with an international and innovative reputation in the world of Jazz, World & Contemporary music. 7.30pm, £6.50. Neuadd Ogwen, Bethesda LL57 3AN, neuaddogwen.com

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

Introduction to Groove Dance A simple, fun way to explore movement to music. We play with a variety of rhythms and styles, with light facilitation offering examples of easy moves to invite curiosity around the different ways of moving. No dance experience is required! A safe space where you are gently held and supported to connect with what is true for you, honouring your body and mind in every moment. 7.30 - 8.45pm. Source Yoga, Mochdre, Conwy. Contact Liz 07732 470482.

The Taming of The Shrew Shakespeare's play of energetic comedy, of hierarchy and power. 7pm, £10, £8 concs. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org *Also* Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

Diana Hendry: Poetry and Music Evening Diana's poems are "accessible, wide-ranging and with a psychological truthfulness". John Rogers plays guitar in a wide range of styles; classical, rock, blues and Spanish. 7pm for 7.30pm start, £10 includes refreshments. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

5th WEDNESDAY - 24th JULY, WEDNESDAY

Spirit Heart Teachings and Meditation An 8 week course exploring wisdom teachings, meditation, poetry, song and music. 11am - 12.30pm, £6 weekly. Gladstone's Library, Hawarden. Michelle Murphy 07769 334687, michellemurphy679@gmail.com

6th THURSDAY

Weaving for Health & Wellbeing Evening 1st Thur/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 345325, 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

Prestatyn Reading Group 1st Thurs/month, 2pm, Prestatyn Library, King's Ave 01745 854841.

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

Random Readers 1st Thurs/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.

Butterfly Identification and Survey Workshop

Members of Butterfly Conservation will lead a workshop where you will learn how to identify common species and also how to create and carry out surveys – then an afternoon on the reserve to practice your skills. Booking essential. Bring lunch! 10am - 3pm, donations welcome. Aberduna, Maeshafn, Denbighshire, CH7 5LD. Amy Green 07961 698437, amy.green@northwaleswildlifetrust.org.uk

Pop-Up Vinyl Record/CD Shop Every 1st Thurs/month. 3000+ records, 60s - 90s, rock, pop, prog rock, indie, Cymraeg, blues, metal, punk, new wave, soul, Northern Soul, folk, jazz, reggae, electronic, goth, hip hop and more. Records from 50p. 2 - 7.30pm. Also a hand picked selection of CD's. Tŷ Glyn-dwr, 1 Castle St., Caernarfon. Gwynedd Record Collector; Facebook: of event name

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.

Portmeirion Gardens Guided Tour Part of the

Festival of Gardens. A special tour will be given by Tony Russell. 1.30pm, free to attend, with standard village entry charge. Portmeirion, Minffordd LL48 6ER. Facebook: of event name



Crunchy Talks: Tales from Midlife Journeys Midlife is a great chance to rediscover yourself and reinvent a new path. Come and join our event led by the lifestyle journalist Michela Di Carlo, founder of crunchytales.com. Michela will interview a panel of inspirational women from different backgrounds on the topic of various midlife issues, ageing and re-purpose in life. Followed by Q&A. 7pm, £5. Held at Storyhouse, Chester. Bookings: 01244 409113, storyhouse.com

7th FRIDAY

Edwina Ehrman ~ V & A Senior Curator This talk will discuss the embroidered dress in Storiel's collection which is thought to have been gardener Elizabeth Morgan's wedding dress, placing it in context with other 18th century dresses associated with weddings. 2pm, £5. Storiel, Bangor 01248 353368, storiel.cymru

3 Daft Monkeys Crazy fabulous festival band playing in The Blue Bell, Conwy LL32 8AY. 01492 338137, Facebook: The Blue Bell Conwy.

Llangollen Reading Group 1st Fri/month, 7pm, Castle St, 01978 869600.

Confucius Institute Open Day Including Tai Chi Club 2 - 3pm and Chinese cultural activities 3 - 4pm.

Whether you're interested in learning Mandarin, Calligraphy, Tai Chi, or you are just fascinated by the fashion, music and art in China, there will be something for you to try your hand at! We will also be providing light refreshments (biscuits and tea/coffee) and during the day you will also be given the opportunity to witness a Chinese tea ceremony. Chinese Pavilion, Confucius Institute, Bangor Uni 01248 383298, bangor.ac.uk *Every Friday until 26th July.*

Afternoon Art - Printing A masterclass for adults, no previous experience necessary. Informal sessions. 2 - 4pm, £5 per person. Mostyn, Vaughan St., Llandudno LL30 1AB, 01492 879201, mostyn.org

Gong Bath Breathe and relax... Then observe the mind beginning to slow and your whole being is gently returned to harmonic balance. 7pm, £13. Rhuddlan Community Centre, Parliament St, Rhyl LL18 5AW. Steph Healy 07534 118899, puresound.org.uk

Last Summer (15) Film. Set in Welsh countryside during the 1970s, four boys find their own adventure until unexpected tragedy strikes with devastating consequences. 6pm, £7, £6 u16s. Cellb, Blaenau Ffestiniog LL41 3AD, 01766 832001, cellb.org *Also* Galeri, Caernarfon 01286 685222, galericaernarfon.com

Evrah Rose & Martin Daws Spoken word performances. 8 - 11pm, £3. Cellb, Blaenau Ffestiniog LL41 3AD. 01766 832001, cellb.org

All My Sons (12A) Live screening from National Theatre of performance of Arthur Miller's blistering drama. 7.30pm, £12. Theatr Colwyn, Colwyn Bay 01492 556677, theatrcolwyn.co.uk

7th FRIDAY & 8th SATURDAY

Wales One Act Play Final The best of Welsh community theatre as 6 groups perform to represent Wales in the British final. 7pm, £10. In English. Theatr Clwyd, Mold 01352 701521, theatrclywd.com

Dreaming the Night Field / Breuddwydio Cae'r Nos A Storytelling and musical performance which evokes the ancient Welsh legend of the Mabinogion; in Welsh and English. 7.30pm, £10, 12+, Theatr Clwyd, Mold 01352 701521, theatrclywd.com

7th FRIDAY - 9th SUNDAY

Butterflies and Moths Over 100 species of moth are regularly recorded on courses at Plas. This course will include an illustrated talk, and assistance will be given on identification. £219 - £239. Plas Tan y Bwlch, Maentwrog 01766 772600, eryri.llyw.cymru

Buildings and Gardens in Pen and Wash Drawing skills, perspective, tonal values and colour theory are all areas that will be demonstrated and practiced during this course. By combining ink drawings and watercolour washes a pleasing, fresh result to your painting will be achieved. £234 - £254. Plas Tan y Bwlch, Maentwrog 01766 772600, eryri.llyw.cymru

Drawing and Painting in Ink, Pen & Watercolour A lovely combination of black outlining and transparent colour washes, pen work gives added strength to a picture and sharpens detail and textures. £219 - £239. Plas Tan y Bwlch, Maentwrog 01766 772600, eryri.llyw.cymru

7th FRIDAY - 10th MONDAY

Dive into Yoga ~ Yoga and Wild Swimming Expert guidance to some of North Wales most beautiful wild swimming locations; variety of yoga sessions, relaxation time; healthy, detoxing meals every day. £495 - £640. Plas Cadnant, Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk *Also 14th - 16th; 17th - 21st*

Yoga & Walking Retreat A morning of Dru Yoga, then lunch, with guided walks in the afternoon. Relaxation sessions and optional therapies available. £515 shared, £619 single. Snowdonia Mountain Lodge, Bethesda. Contact 01248 602900, hello@druworldwide.com

8th SATURDAY

World Oceans Day A day for appreciating our oceans with undersea-themed activities. Challenge yourself with an ocean quiz around the aquarium, or take "sea-lfies" and make a pledge to protect our oceans at our photo station! 10am - 4.45pm, Brynsiencyn, Anglesey, LL61 6TQ. Register your event, find resources and learn more about the oceans and the life in them: worldoceansday.org

A Grateful Heart By learning how to hold a warm and friendly feeling towards others, we will transform our painful situation into one of understanding, acceptance, appreciation and joy. 10.30am - 1.30pm, £15, vegetarian lunch available (£4). Kalpa Bhadra Buddhist Centre, Craig y Don, Llandudno, 01492 878778, meditatenorthwales.com

The Movable Feast ~ Menai Bridge All welcome, to find a delectable array of food: streetfood, local produce, vegan, beverages, artisan crafts, live music and entertainment. £3, £2.50 concs., u12s no charge; dogs on a lead welcome. Princes Pier, Menai Bridge. Visit: themovablefeast.org

Vanishing Viper: A European Approach to developing an adder conservation strategy. There will be a wide range of speakers and adder specialists; the way forward, interacting with adders, surveys and research. 9.30am - 1pm, £38 - £48. Brambell Building Bangor Uni LL57 2UW. Tickets: eventbrite.co.uk

Draig Beats A family friendly, fundraising event with plenty of live music, workshops, vegan food & drink and lots of children's activities. We are raising money for colleague, Dr Sophie Williams, and sharing it with Treborth Botanic Garden. £20 advance; £25 on day. u12s free. Treborth Botanic Garden, Bangor. Tickets: draigbeats2019.brownpapertickets.com

Questioning Difficult Perspectives in Ordinary Spaces: Treat Art with Dada A lecture by Dr Sarah Pogoda. See 1st for details. 2.30pm, free. Mostyn, Vaughan St., Llandudno LL30 1AB, 01492 879201, mostyn.org

Welsh Language: Writing a Novel This is a Welsh language day course with Rhian Cadwaladr focusing on writing a novel. £35 - £75. Tŷ Newydd Writing Centre, Llanystumdwy, 01766 522881, tynewydd.wales

Gong Bath Breathe and relax ... then observe the mind beginning to slow and your whole being is gently returned to harmonic balance. 7pm, £10. Neuadd Goffa, Mynydd Llandegai, LL57 4LQ. Steph Healy 07534 118899, puresound.org.uk

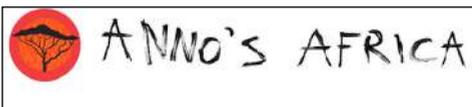
War School Screening A screening of the film which exposes the creeping militarisation of UK society with especial focus on the targeting of young people for recruitment. To be followed by a discussion with members of Veterans for Peace. 6.30 - 9pm. St John's St. Church, Llandudno LL30 2NN. Facebook: of event name

Swan Lake Matthew Bourne's interpretation, using a male-only cast. A live screening. 2pm & 7pm; £12.50, £11.50 concs. Theatr Colwyn, Colwyn Bay 01492 556677, theatrcolwyn.co.uk

Sacred Song 2nd Sat/month. Songs from various spiritual traditions and none, including Taize, Iona, Findhorn and Harmonic Temple. Open to anyone who enjoys singing meaningful songs with others. 10am - 1pm, £15, £10, £5. Held at Wesley Church Centre, St John St, Chester. Contact Ella 07922 620503 ellaspeirs@hotmail.com

9th SUNDAY

Anno's Africa ~ A Little Bird Told Me A circus and puppet show by Cimera Youth Circus and Friends. 1 - 4pm, donations welcome towards Anno's Africa - a charity that supports arts projects in Malawi. Plas Glyn Y Weddw, Llanbedrog LL53 7TT, 01758 740763, oriel.org.uk See ad on Page 26



Empowering You You will explore all the ways you are, or how you can be and how to manifest it. This workshop will explore the oomph and fire of the solar plexus through Awakened Belly Dance, Inner Dance Meditation, discussion, creative craft and lots more. 10am - 5pm. £40 pre-paid before 31st May; £50 after. Parkfields Community Centre, Ash Grove, Mold CH7 1TB. Facebook: of event name

Council of All Beings ~ Cyngor yr Holl Fodau A ritual created by Joanna Macy and John Seed to help reverse the sense of alienation from the Living Earth many of us feel. It can renew our spirit and vision in our service to the Earth in this time of crisis. Through interactive exercises in Nature and inside we connect with our ecological selves. Recognising that we are part of nature, we can experience our inter-existence with all life. In the Council we allow other life forms to speak through us. 10am - 6pm, sliding scale £10 - £50. Bring vegan/vegetarian food to share. The Barn, Moelyci, Tregarth LL57 4BB. Heather 07912 877836, heathermbolton@btinternet.com

Estyneto Join us for regular dance/movement sessions specifically for those over the age of 60. The sessions are led by two inspirational dancers/choreographers - Cai Tomos and Angharad Price Jones. No previous experience or dance skills required - only the desire to stay active, fit and healthy. 1.30 - 3pm. Galeri, Caernarfon 01286 685222, galericarnarfon.com

Book Launch: The Flower Collection by Janice Madden A book which is strongly tied to Anglesey and illustrated by several wonderful water colour paintings by the Massey sisters 1880. Followed by refreshment in the Café. 6pm, Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Sunday Out: Meditation, Meal and Walk A relaxing guided meditation and advice for a happy life - suitable for everyone. Two course meal, followed by an optional walk. (vegan and gluten free options). 12.30pm - 3.30pm, £15. Kalpa Bhadra Buddhist Centre, Craig y Don, Llandudno, 01492 878778, meditatenorthernwales.com

Cainc A more intense dance/movement class suitable for beginners over the age of 60. Sessions are led by Cai Tomos who will guide participants to explore new ways of moving the body. No previous experience necessary. 3 - 5pm. Galeri, Caernarfon 01286 685222, galericaernarfon.com

The Bangor Forest Garden 2nd Sun/month. 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, thebfg.org.uk

Bodrhuddan Plant, Garden and Country Fayre As the plant fayre has grown over the years, it now focusses on gardening and other countryside craft stall holders as well. 10.30am - 4.30pm, £3, children free. Bodrhuddan Hall, Dyserth Rd., Rhuddlan LL18 5SB. Contact 01745 590155, bodrhuddan.co.uk

The Role of Islamophobia and Racism in War We'll be joined by an exceptional panel and chaired by Helen Rutherford-Gregory - chair of Cheshire Stop The War Coalition. We shall be discussing the role of a strong anti-racism campaign in the anti-war movement. 2 - 4pm, free. Storyhouse, Chester CH1 2AR. Organised by Cheshire Stop The War Coalition. Facebook: of event name

Anglesey Artisans 30 stalls of unique handcrafted products. 11am - 4pm, free. Treaddur Bay Hotel. Contact 07776 144870, angleseyartisans.com

Scramble: The Daear Du Ridge on Moel Siabod This involves boggy ground, rocky paths, steep ascents, and a grade 1 scramble with exposure in places. 9.30am - 3.30pm, donations welcome, advance booking essential. Snowdonia Society, Claire 01286 685498, claire@snowdonia-society.org.uk

Yoga Workshop Expect a dynamic, challenging morning and a chilled afternoon session including restorative Yin yoga and Pranayama. The workshop is suitable for all levels, as all postures can be modified to suit the individual. Beginners welcome! £30 and light refreshments. Lunch not included. Hercules Hall, Portmeirion. Tracey 07809 485323, traceyyogamassage.co.uk

Alpine Flowers This course will help you to recognise and identify mountain and alpine flowers. We will look at the adaptations and ecology of these plants and develop your skills and confidence in identifying plants in the field. Bring along a notebook, pencil and camera to help you remember the plants you discover once you've returned home. £45. Snowdonia, Nature's Work 01248 361142, natureswork.co.uk

10th MONDAY

Prestatyn Reading Group 2nd Mon/month, 6pm, Prestatyn Library, King's Ave 01745 854841.

Gong Bath Breathe and relax ... then observe the mind beginning to slow and your whole being is gently returned to harmonic balance. 7pm, £13. Llanfairfechan Community Centre, Village Rd, LL33 0NH. Steph Healy 07534 118899, puresound.org.uk

Seriously Books 2nd Mon/month. Want somewhere to discuss literary classics: past, present and future? Here you'll find a warm welcome and intelligent discussion that ranges from the light-hearted to the challenging; contemporary and classic fiction. Gladstone's Library, Hawarden. Contact Louisa Yates louisa.yates@gladlib.org

Home Education Days - A Day in the Life of a Botanist The STEM-based project aims to increase understanding of plants and plant sciences through practical, group and classroom-based exercises. 9.45am - 2.30pm. Run by Wild Elements and held at Treborth Botanic Garden, Bangor LL57 2RQ. Wild Elements 07799 566533, wildelements.org.uk

The Lady Vanishes A theatre performance based on the story by Alfred Hitchcock. Iris and her companion are travelling on a train when her companion vanishes. Nobody knows anything and so Iris turns detective with the help of musician Max. 7.30pm, 2.30pm. £21.50. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

The Taming of The Shrew Shakespearean play. Live screening from RSC London. 7pm, £12.50, £11.50 concs. Theatr Colwyn, Colwyn Bay 01492 556677, theatrcolwyn.co.uk

10th MONDAY - 13th THURSDAY

Tolkein (12A) Film. The orphaned author finds friendship, love and artistic inspiration among a fellow group of outcasts at school. He is inspired to write his Middle Earth novels when war threatens to tear their 'fellowship' apart. Various times, Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

10th MONDAY - 14th FRIDAY

An Introduction to Timber Frame Building Course A collective learning experience to construct a traditional timber framed building full of character. Over five days, you will collectively build a simple frame from start to finish using mortice and tenon joints. For 18yrs+. £375 includes tuition and basic material, lunch and refreshments included. £8 per night - basic wild camping in Wernog. Held in Ruthin, 07765 251531, courses@wernogwood.co.uk

10th MONDAY - 16th SUNDAY

Latin in a Week This successful approach to learning Latin aims to take complete beginners to the point where they can read short extracts of poetry and prose. It can also be enjoyed by those who know some Latin and wish to revise and improve their ability. £625; non-residential £440. Gladstone's Library, Hawarden, Chester. 01244 532350, gladstoneslibrary.org

11th TUESDAY

The Middle Pillar and the Seven Stringed Lyre Susan Bayliss brings her talk to us in Bangor. This talk is sponsored by the Theosophical Society (Reg. Charity No. 1167737). Starts at 7.30pm, £5, TS members £3. Hiraal Hall, Ambrose St, Bangor. Enquiries: Toddy Alcock 01248 600267. See *ad p. 35*

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

Shaping Your Community The role of Community Plans and Place Place Hosted by Planning Aid Wales and One Voice Wales. A relatively new initiative introduced by the Welsh Government aimed at making communities more able to improve their area. 10am - 4pm. Held at Glasdir Conference Centre, Plas yn Dre, Llanrwst LL26 0DF. Tickets: eventbrite.co.uk

Amazing Grace (U) Film: Director Sydney Pollack and his team spent two nights capturing Franklin at the height of her powers, as she thrilled a shouting and dancing audience that included Franklin's father, Reverend C.L. Franklin, gospel legends Clara Ward and Mother Ward of the Ward Family Singers, Mick Jagger and Charlie Watts, and the members of The New Temple Missionary Baptist Church. 8pm, £6.50, £5. Galeri, Caernarfon 01286 685222, galericaernarfon.com

The Middle Pillar and the Seven Stringed Lyre A talk by Susan Bayliss and the Bangor Theosophical Society. This talk looks at how symbolically the Temple of Wisdom is concealed within the allegorical Pillars of the Living Man. It will examine what it means in the context of the seven fold mysteries of initiation, and correlating states of consciousness. The esoteric truths ignite the flame of aspiration and guide ustowards the Fountain Spring of Life. 7.30pm - 9pm approx. Followed by refreshments, ends 10pm. All welcome, book sale. Held at Clwb Hirael Club, Ambrose St., Banogr LL57 1BL. Enquiries: 01248 600267, toddyalc@gmail.com

Gong Bath Breathe and relax then observe the mind beginning to slow and your whole being is gently returned to harmonic balance. 7pm, £13. Memorial Hall, Penmorfa, Porthmadog LL49 9RY. Steph Healy 07534 118899, puresound.org.uk

ROH Ballet Live: Romeo and Juliet With music by Sergei Prokoviev; full of passion and tragedy. 7.15pm, £13, £11 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org **Also** Pontio, Bangor 01248 382828, pontio.co.uk, £15/£12.50 over 60s /£10 students and under 18s.

Jim Rattigan's Pavilion Jazz French horn master, leads ensemble of 3 saxes, 2 trombones, French horn, piano, double bass and drums. 8pm, £15, £5 u18s. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

Final Ascent: The Legend of Hamish Macinnes Film. The story of a Scottish climber, exploring his accomplishments as well as his struggles with mental health. 8pm, £7. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

11th TUESDAY - 14th FRIDAY

Social Forestry OCN One of the leading training programmes specialising on the benefits of woodlands to promote human wellbeing. £550, deposit £300. Woodland Skills Centre, Bodfari, Denbigh 01745 710626, woodlandskillscentre.uk

11th TUESDAY - 15th SATURDAY

The Wolves Theatre performance. An all-girl high school soccer team on a journey of self-discovery; tackling what it is to be a young woman today. 7.45pm daily, 2.45pm on 14th. £10. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

12th WEDNESDAY

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, ellaspairs@hotmail.com

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.

Llandudno Writers ~ Ruth Waterhouse - Collaborative Writing Meets 2nd Weds/month. 2 - 4pm. Meet Llandudno Library, Mostyn St. Visit: llandudnowriters.weebly.com

Amazing Grace See 11th, except at 2pm.

Walk: Pensychnant Centre A walk around the land with Julian Thompson. 6pm, free. Pensychnant Centre, Conwy LL32 8BJ, 01492 592247, pensychnant.co.uk

Gong Bath Breathe and relax ... then observe the mind beginning to slow and your whole being is gently returned to harmonic balance. 8pm, £13. Source Yoga Studio, 294 Conway Rd, Mochdre, Colwyn Bay LL28 5DS. Steph Healy 07534 118899, puresound.org.uk

Mold Riots Theatr Clwyd stage their first production. A community cast of 100 will take over the streets of Mold and retell the story of the Mold Riots 1869. 2019 marks the 150th anniversary which saw tension between English and Welsh miners erupt in a series of disturbances which left four people dead. There are many ways you can volunteer and get involved in creating this exciting and ambitious theatrical event right here in Mold. Head to our Get Involved page on our website to check out the numerous groups and workshops you can join. Young person audition: 5.30 - 7pm; adult: 7.30 - 9pm. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

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

Friends of the Earth Conwy Meet 2nd Weds/month. 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. Held in the rear room of the Albion Ale House, Upper Gate St., Conwy LL32 8RF. Contact Kay 07918 663640, kaypitt40@gmail.com

Psyence 2019: Walkabout (12A) Film of two-city bread siblings stranded on the Australian Outback, where they learn to survive with the help of an Aboriginal boy on his Walkabout. The live ritualistic, hypnotic music is provided by the Trappist Afterland Band. 8.15pm, £10, £8 concs. Pontio, Bangor 01248 382828, pontio.co.uk

Madame Blavatsky, Head and Heart A talk by Wayne Gatfield and the Chester Theosophical Society. 7 for 7.30pm, £5.50, £3.50 concs., refreshments available. Quaker Meeting House, Frodsham St., Chester 01248 377170, chestertheosophy.org

13th THURSDAY

Women's Wellness Workshop: Osteoporosis and Bone Health Are you peri- or menopausal and/or at risk of osteoporosis... or haven't even thought about it? Come and learn what to do today, to protect your body of tomorrow! Come and join us for a FREE and informal talk around your bone health, Osteoporosis, risk factors and, most importantly, how to minimise those risks! Hosted by women's fitness and core restoration specialist Sarahjane West-Watson of Fit Fanny Adams and Registered Osteopath Anja Borum of Vitality Matters. 1.30 - 2.30pm, free. RVSP via sarahjane@fitfannyadams.com or 07595 471422. Held at Fit Fanny Adams Studio, 2nd Floor, The Old Bank Building, Uxbridge Square, Menai Bridge, LL59 5DG. Visit: fitfannyadams.com ~ vitality-matters.co.uk

Involution and Evolution Principles of

Materialization and Spiritualization A talk by Eric McGough. Eric McGough is ex-president of the Theosophical Society in England and the author and director of the International Diploma Course in Theosophy. 2pm, £5, TS Members £3, free refreshments. Held at Parkway Community Centre, off Rhos Rd., Rhos-on-Sea LL28 4SE. New enquirers are welcome: theosophywales@yahoo.co.uk

Witness / Cwmwl Tystion Perform a newly composed Suite incorporating elements of jazz, avant-garde, improvisation and Welsh folk music. The name 'Cwmwl Tystion' is derived from a poem by the great Welsh poet Waldo Williams – the music 'bares witness' to these complex and difficult times. 8pm, £10, Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

Footpath Maintenance 10am. Come and help us maintain some of the most popular footpaths in the country. Bookings: Snowdonia Society, Dan 01286 685498, dan@snowdonia-society.org.uk

Beats (18) Film. Two friends spend one last night at an illegal rave before parting ways indefinitely. 8pm, £6, £5, Galerï, Caernarfon 01286 685222, galericaernarfon.com

14th FRIDAY

Tokyo Tales: Shoplifters (15) Film of the Shibata family - Profound and quietly revolutionary. 8.15pm, £7.50, £6.50 over 60, £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, pontio.co.uk

Rocketman (15) Film. A musical fantasy about the human story of Elton John's breakthrough years, his struggles with depression and his sexual orientation. 7pm, £7, £6 u16s. Cellb, Blaenau Ffestiniog LL41 3AD, 01766 832001, cellb.org **Also** Neuadd Dwyfor, Pwllheli, 8.15pm, neuadddwyfor.com

Capricorn One (PG) Seconds before the launch of NASA's first manned mission to Mars, the three astronauts are pulled from the capsule and the rocket leaves earth unmanned. 7 for 7.30pm, Denbigh Film Club, Theatr Twm o'r Nant, Denbigh LL16 3DA. Lillian Jones 01745 813426, denbighfilmclub.co.uk

The Favourite (15) Film. Dark comic look into the strange world of Queen Anne and her courtiers. 7.30pm, £8, £6. New Dot Cinema, Llangollen Town Hall, newdotcinema.org

Jonathan Richards ~ Classical Guitarist 7pm, St Mary Magdalene's Church, Gwaenysgor, Anglesey. Contact 01745 855801, jonathanrichardsguitar.co.uk

14th FRIDAY - 16th SUNDAY

Dive into Yoga ~ Yoga and Wild Swimming Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk *See 7th - 10th for details*

About Welsh This course will explore some quirks of the Welsh language and literature in a fun and accessible way. It is suitable for people with no previous knowledge of Welsh, but also aims to give new insights to Welsh speakers of all levels. £219 - £239. Plas Tan y Bwlch, Maentwrog 01766 772600, eryri.llyw.cymru

Walk, Camp, Climb The weekend will consist of scrambling, walking, camping, climbing and abseiling in the magnificent Ogwen Valley. All kit provided for the weekend. Bring good hiking boots & suitable outdoor weather clothing. £220, 4 - 9 people needed. Contact Mountain Escapes 07958 365122, info@mountainescapes.co.uk

Wild Women Solstice Gathering - Reclaim Your

Soul A 3-day women's camp gathering to connect, create and inspire. We offer a weekend of divine feminine happenings, new friends, a retreat, deep connection with the land, the elements, nature connection. Ceremonial Cacao, Yoga, Dance, Sound Healing, Crafting, heart circles, breathwork, skill sharing, healing area, sauna, fire ceremony, wild swimming, delicious vegetarian food, transformational talks. Glyndyfrdwy, Corwen LL21 9BN. Tickets: Weekend ticket including camping, breakfast, lunch, evening meal, teas provided, all activities included. £155, Campervan tickets £5 available from brownpapertickets.com. Contact Andrea 07795 668590 or Facebook: of event name



Vox Lux (15) Film; follows popstar Celeste, as a survivor of a high school massacre to her public breakdown 20 years later. 8.15pm, £7.50, £6.50 over 60, £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, pontio.co.uk

Rocketman (15) Film. A musical fantasy about the human story of Elton John's breakthrough years. 8pm, plus 2pm 16th. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com *Also Senior Screen on 19th 2pm.*

14th FRIDAY - 17th MONDAY

Formless Meditation and the Heart Wish Looking at how to bring together our formless meditation practice with our deepest longing to awaken to the true nature of our being. Meditation instruction for newcomers, reflections to deepen our meditation practice and personal practice time. Also time for discussion. Please book room/food with The Hermitage of the Awakened Heart, Crickieth LL52 0NT. 01766 530839, ahs.org.uk

14th FRIDAY - 21st FRIDAY

Divinicus ~ Openhand Retreat A profound opportunity to break through into your Divine Being, the next Evolution of Humanity, and live it. More info from: openhandweb.org/contents/events. Held at Cae Mabon, Fachwen, nr Llanberis, 01286 871542, caemabon.co.uk

15th SATURDAY

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, saorimor.co.uk

Questioning Difficult Perspectives in Ordinary Spaces : Making Art Write ~ Gallery Spaces as Writing Inspiration A lecture by Dr DeAnn Bell. See 1st for details. 2.30pm, free. Mostyn, Vaughan St., Llandudno LL30 1AB, 01492 879201, mostyn.org

Balsam Bashing We are building on our successful Himalayan Balsam work in Bala to work with local communities providing the experience and know-how to control this invasive plant. 10am. Dan, Snowdonia Society 01286 685498, snowdonia-society.org.uk

Non-violent Communion Workshop The day is open to those new to NVC as well as those who wish to deepen their practice. Booking is essential as places on the workshops are limited to maintain a sense of intimacy. 10am - 5pm, please arrive before to be ready for 10am start. costs: £10 - £80 depending on resources. Bring veggie pot luck. Bethesda. *Please see Rik's article on page 36 for more information.*

Branwen: Through Story and Song Retelling of the second branch of the Mabinogi with storyteller Michael Harvey and singer Pauline Down. This event is bilingual. One of the greatest myths of Celtic mythology, this ancient Welsh story has an intimate relationship with the landscape. It is a story of magical transformation, extreme characters, wildness, fury and longing. Michael and Pauline will also share the Tale of Taliesin. £8, £6 concs, or on the door £10, £8 concs. Held at Aberffraw Village Hall, 52 Church Street, LL63 5LQ. Tickets in advance from anadlu.com or 07970 409 724.

Tokyo Tales: Tokyo Story (PG) Film. A profoundly stirring evocation of humanity, family and heartbreak. 8.15pm, £7.50, £6.50 over 60, £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, pontio.co.uk

Botanical Art Class With artist in residence Doreen Hamilton. Come along every 3rd Sat/month for some expert guidance Doreen. 10.30am - 3.30pm, £15 session, £10 students; refreshments provided. Treborth Botanic Gardens, Bangor LL57 2RQ. Book through Doreen: 07508 728418, doreensbotanicals@gmail.com

Rocketman See 14th, *Neuadd Dwyfor, Pwlheli, except 7.30pm*

Jamie Smith's Mabon Blend of world music and Celtic roots. 7.15pm, £15. The Memorial Hall, Criccieth. Visit: cricciethfestival.org.uk *Part of the Gŵyl Criccieth Festival*

Turn Your World Upside Down This workshop will focus on working towards 3 inversions; headstand, handstand and pincha mayuransana (forearm stand). Prices for the session are members £18 and non-members £20. 2 - 4.30pm, Source Yoga, Nutrition and Health, 294 Conwy Rd.,, Mochnre, Colwyn Bay LL28 5DS. Tickets: bookwhen.com

Bangor Community Choir Bangor Choir will be joining forces with their sister choir Coastal Voices for a delightful promenade performance from the top lawn at 10.45am - 2pm, down the terraces to the Pin Mill. A capella close harmony singing drifting through the gardens! Bodnant Gardens, Colwyn Bay LL28 5RE. Facebook: same name

Know Your Trees Learn how to recognize British native trees. We will also look at the wildlife value of different trees and the uses of the timber. £50, deposit £25. Woodland Skills Centre, Bodfari, Denbigh 01745 710626, woodlandskillscentre.uk

ZipRoc 2019 The music and entertainment festival will see revellers rock out at Penrhyn Quarry, Bethesda, to the likes of Cast, Miles Hunt, Elin Fflur and Mike Peters. 2 - 11pm. Zip World, Penrhyn Quarry, Bethesda LL57 4YG. Contact 01248 601444.

15th SATURDAY & 16th SUNDAY

Connecting with Trees Learn to identify common tree species, understand their basic biology, interpret how trees fit into the wider landscape ecology, explore the myth, legend and folklore surrounding different species, and take the time to really connect with the natural world. 10am - 4pm daily, £195. CAT, Machynlleth 01654 704966, cat.org.uk



Nature of Snowdonia - Arctic Alpine Special Environment Workshop Come join us on an arctic-alpine flower hunt amongst some of the best spots around Cwm Idwal to see a range of arctic-alpine species growing in niche environments. These workshops are primarily aimed at Mountain Leaders and Instructors or trainees working towards those awards. Be prepared for 6 hours outdoors, bring packed lunch, camera, pen, paper. 9.30am - 4.30pm. Cwm Idwal Visitor Centre, Bangor LL57 3LZ. Tickets: eventbrite.co.uk Facebook: of event name

Bushcraft Course content will include seasonal wild food and medicinal plants, natural fire lighting techniques, wood carving, natural cordage, tracking and navigation techniques. £140, deposit £70. Woodland Skills Centre, Bodfari, Denbigh 01745 710626, woodlandskillscentre.uk

Reiki 1st Degree Course Reiki is a simple form of healing and self-healing. Vivien teaches the original form of the Usui System of Healing. She offers continuous on-going support to all of her students. £150 class fee, accommodation is available £30 per night. The Healing Centre, Tregarth, 07771 280824, vivreiki@hotmail.com

Mindful Woodland Management Learn some of the basic techniques of traditional woodland management and coppice craft whilst developing mindfulness skills in the peaceful surrounds of the CAT woodlands. 10am - 4.30pm daily, £180. CAT, Machynlleth 01654 704966, cat.org.uk

15th SATURDAY - 20th THURSDAY

Mindful Self-Compassion Silent Retreat. An orientation session on arrival, practice in the morning and afternoon, sitting and lying down practices, plus silent morning practice. Shared accommodation £695; single £795. Held at Trigonos, Nantlle 01286 882388, trigonos.org Bookings through: mindfulness-secular-retreats.org.uk

15th SATURDAY - 22nd SATURDAY

Gŵyl Criccieth Festival Music, crafts, art, dancing, singing, flower festivals and walks. Includes **Art Exhibition** of Paintings, Textiles, Ceramics and Sculptures. 10am - 5pm daily, free admission, donations welcome. Castle Gallery, Criccieth. Most events in and around Criccieth. Visit: cricciethfestival.org.uk *See Calendar dates for details.*

16th SUNDAY

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

Freeing the Storyteller's Voice Workshop Learn simple and effective techniques to help you use your voice with resonance and spontaneity, and to get more satisfaction and joy from your voice, whether as a storyteller, in public speaking or communicating with others. This course is led by storyteller Michael Harvey and voice coach Pauline Down. The workshop is aimed at adults but is open to anybody 10 years and older who is keen to attend. 10am - 4pm. £50, £40 concs. Book in advance at www.anadlu.com or on 07970 409 724. *See article on Page 6*

Garden Trail Visit some of the town's gardens between 12noon and 4pm, sculptures, crafts and exhibitions, plus refreshments in Bishop Gwilym Room, St Catherine's Church. Criccieth. Two day ticket £5, with map - also 17th *Part of the Gŵyl Criccieth Festival*

Timber Processing We will demonstrate all the machinery we use to turn a round trunk into value-added products. £50, deposit £25. Woodland Skills Centre, Bodfari, Denbigh 01745 710626, woodlandskillscentre.uk

Music: A Celebration of "Slap, Tickle and Saw" with Bronwen Naish and Maurice Horhut, using different instruments and tools to make music. 7pm, free, The Memorial Hall, Criccieth. *Part of the Gŵyl Criccieth Festival*

17th MONDAY

Full Moon in Gemini 9.30am

Bangor Cellar Writing Group 3rd Mon/month. Writers of prose and poetry can share their work with others by reading out their manuscripts. We also have a programme of writing challenges and workshops. All abilities are welcome from beginner to more experienced writers. The aim is to encourage people in their writing and able to meet with others who share their interest. 7 - 9.15pm, 1815 Café, Bangor. Mary Ward - merielward75@gmail.com

David Lloyd George Memorial Lecture "David Lloyd George - Politician as Prophet". Delivered by Elfyn Llwyd, Barrister and former MP. 7 for 7.30pm start, £12, includes light refreshments. Village Hall, Llanystumdwy. *Part of the Gŵyl Criccieth Festival*

Strawberry Full Moon Gong Bath June's full moon is called the Strawberry Moon because it signaled to some Native American tribes that it was the time of year to gather ripening strawberries, according to the Old Farmer's Almanac. All levels of your Being - physical, energetic, emotional, mental and spiritual - will benefit from the deep, healing resonance of the gong. For most people, a gong bath is a deeply relaxing and peaceful experience. 7 - 8.15pm, £13 paid in advance. Caernarfon Royal Town Council, Pavilion Hill, Caernarfon LL55 1AS. Bookings: cat@trudruyoga.co.uk

Chester Amnesty International 3rd Mon/month. 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, amnesty.org

The Story of Jodrell Bank With Professor Ian Morison, a radio-astronomer at the Jodrell Bank Observatory. He will describe some of its most exciting early discoveries along with its current role in observing pulsars to test Einstein's theories. He explains how, as part of both the e-MERLIN array and also an array that stretches across Europe, it has enabled the details to be seen of exploding stars in a galaxy twelve and a half million light years away. 7.30pm, Held at grosvenor Museum, Chester. Visit societyofthirteen.org.uk

17th MONDAY - 21st FRIDAY

Dive into Yoga ~ Yoga and Wild Swimming Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk *See 7th - 10th for details*

18th TUESDAY

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

Chester Humanists 3rd Tues/month. We seek to make the best use of the one life we have by creating meaning and purpose for ourselves, using reason, experience and shared human values. Meet at 7.30pm, Custom House, Watergate St., Chester. Stuart 07954 166 567, Richard 07530 225268, chester.humanist.org.uk

The Healing Well Hands on Healing; 2 session, 7 - 9pm, donations welcome. Pentrefelin Community Hall, nr Criccieth. Mayamara 01766 770874.

Balsam Bashing 10am. Snowdonia Society will be joining the Tregarth group for a fun day out on the river Ogwen. "Come to Dyffryn Ogwen and help with the fight against the invasive plant, Himalayan balsam. We'll be pulling up balsam in a beautiful riverside location where this invasive plant has been taking over and crowding out native plants - the more volunteers that can come the better!" Bookings: Owain 01286 685498, owain@snowdonia-society.org.uk

Rocketman *See 14th, Neuadd Dwyfor, Pwlheli, except 5.30pm*

Gong Bath Breathe and relax... Then observe the mind beginning to slow and your whole being is gently returned to harmonic balance. 7pm, £12. Follow Your Bliss Café, 307-309 High St, Bangor LL57 1UL. Steph Healy 07534 118899, puresound.org.uk

Prestatyn Reading Group 3rd Tues/month, 2pm, Prestatyn Library, King's Ave., 01745 854841.

Fisherman's Friend (12A) Film. A music executive wants to sign up a group of shanty singing fishermen. 7.30pm, £6, u15s £5. Theatr Colwyn, Colwyn Bay 01492 556677, theatrcolwyn.co.uk

Variety Show by Starlight Players A colourful array of characters as they rehearse and showcase the performance with sketches, dialogues and singing. 7 for 7.30pm start. £8, U15s £6. The Memorial Hall, Criccieth. *Part of the Gŵyl Criccieth Festival*

Jazz Night Versatile saxophonist and flautists plus guitar and bass with music from the American Songbook classics. 7.30 - 10pm, £5 on door. Cadwaladers, Castle St., Criccieth. *Part of the Gŵyl Criccieth Festival* (alexclarkejazz.co.uk)

19th WEDNESDAY

Craft Workshop with Andi Chell On this workshop you will be able to experiment with needle felting using different wools, fabrics and techniques. You will then be able to create a needle felted picture to make into a greetings card. 10am - 12.30pm. £25, includes materials. Memorial Hall Green Room, Criccieth. *Part of the Gŵyl Criccieth Festival*

Wildflower Meadow Management ~ Clynnog Fawr Take a step back in time as we visit Cae Tan y Bwlch - a site that has escaped the pressure of modern farming practices that now dominate much of our landscape. It is this lack of disturbance that has allowed wildlife here to flourish and why it is recognised as a Site of Special Scientific Interest. We will be undertaking several basic tasks such as bracken clearing and fence repairs. 10am, booking essential, free transport from Bangor and Caernarfon. Snowdonia Society, Dan 01286 685498, dan@snowdonia-society.org.uk

Make a Scarf Pin Brooch with Kitty & Flo. Using hand embroidery in the style of a seed head or cow parsley flower, you will be shown a variety of stitches using the materials provided, beginners and experienced crafters welcome. 1.30 - 4pm, £25 includes materials. Memorial Hall Green Room, Criccieth. *Part of the Gŵyl Criccieth Festival*

Gong Bath Breathe and relax ... then observe the mind beginning to slow and your whole being is gently returned to harmonic balance. 7pm, £13. Canolfan Beaumaris, Rating Row, Beaumaris LL58 8AL. Steph Healy 07534 118899, puresound.org.uk

Tokyo Tales 2 films: An Autumn Afternoon (PG) Film; Tokyo widower Shuhei lives comfortably with his daughter, until a series of events leads him to accept and encourage her marriage and departure from their home. 5.30pm. **Also Maborosi**, (12A) Yumiko is a troubled young woman who feels she brings death to people close to her. 8.15pm, £7.50, £6.50 over 60, £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, pontio.co.uk

Rocketman See 14th, *Neuadd Dwyfor, Pwlheli, except 2.30pm*

Storytelling Club in Conwy 3rd Weds/month. 7.30pm, All welcome - no charge! Held at The Blue Bell Inn, 19 Castle St., Conwy LL32 8AT. More info from Suzi and Simon Moore 01490 460563, 07984 637068.

Music - "The Trout" Pisces Piano Quartet present a varied evening of music of Schubert and others. 7 for 7.30pm, £12. The Memorial Hall, Criccieth. *Part of the Gŵyl Criccieth Festival*

The Keeper (15) Film. The true story of Bert Trautmann, a German soldier who eventually became the Goalkeeper for Manchester City Football Club. 7.30pm, £7. Theatr Colwyn, Colwyn Bay 01492 556677, theatrcolwyn.co.uk

20th THURSDAY

RS Thomas and ME Eldridge - Stations to the Untenanted Church A contemplative walk inside the church with poetry; 7.30 - 8.30pm, £5. (limited to 20 people) St Hywyn's Church, Aberdaron. Part of the Spirit of Place Festival. More details from: rsthomaspoetry.co.uk susanafogarty@gmail.com ~ 01758 703039.



Balsam Bashing at Hafod y Llyn Help to clear this invasive species. 10am, Snowdonia Society, Owain 01286 685498, owain@snowdonia-society.org.uk

Denbigh Library Reading Group 3rd Thurs/month, 2pm. Denbigh Library, Hall Square 01745 816313.

The Merry Wives of Windsor ROH Live screening from Shakespeare's Globe Theatre. Sir John Falstaff sets about improving his financial situation by wooing Mistress Page and Mistress Ford. But the 'Merry Wives' quickly cotton on to his tricks and decide to have a bit of fun of their own at Falstaff's expense. 7.20pm, £15, £12.50 over 60s, £10 students & u18s. Pontio, Bangor 01248 382828, pontio.co.uk

Pink Wall (Q&A after) Film. A modern day romance of a young couple, and how friendship and resentment grows as the pressure of adult life confronts them. 8pm, £6, £5, Galeri, Caernarfon 01286 685222, galericarnarfon.org.uk

Mamma Mia! Here We Go Again! (PG) Film. Dementia Friendly screening; low lights and audience is free to wander around, sing, and come and go as they please; must be accompanied by family, a friend or carer. 2pm, £4.50, carers go free. Theatr Colwyn, Colwyn Bay 01492 556677, theatrcolwyn.co.uk

20th THURSDAY - 23rd SUNDAY

RS Thomas and ME Eldridge - Spirit of Place - Poetry & Art Festival Aberdaron 6th annual poetry and art festival inspired by RS Thomas, poet and priest and his wife, the artist ME Eldridge, who lived in Aberdaron for nearly 30 years. Events held in and around Aberdaron. Prices vary from free - £55 for one day writing workshop. More details from 01758 703039, rsthomaspoetry.co.uk ~ susanafogarty@gmail.com See dates in Calendar for details of events.

20th THURSDAY - 24th MONDAY

Yoga, Meditation & Walking Retreat This yoga holiday will include mornings and evenings of Dru Yoga and Dru Meditation, afternoon guided walks in the beautiful mountains and landscape of Snowdonia National Park. Delicious organic, home cooked vegan meals. £600 full price. Canolfan Y Fron, Snowdonia. Cat Stuijt 07816 103064, cat@trudruyoga.co.uk

21st FRIDAY

Summer Solstice 4:54pm

Jude Lane ~ Live in the Woods A local singer-songwriter, playing acoustic guitar and dulcimer. 7 - 9pm. £20 per car with 2 free tickets. £5 each for 3rd & 4th person payable at event. Woodland Skills Centre, Bodfari, Denbigh 01745 710626, woodlandskillscentre.org

RS Thomas and ME Eldridge - Spirit of the Land Creative writing workshop with Menna Elfyn. Menna is a Professor of Creative Writing and poet (mennaelfyn.co.uk). 11am - 4pm, £55, limited to 15 people. Held at Felin Uchaf, Rhosirwaun, nr Aberdaron. More details from 01758 703039, rsthomaspoetry.co.uk ~ susanafogarty@gmail.com

Summer Solstice Stargazing Join astronomers from Dark Sky Wales as they unearth the Celtic stories hidden in the stars. DSW Astronomer Martin Griffiths will tell the tales of our ancestors written large in the sky on a laser guided tour of the heavens. There will be plenty of telescopes available for you to enjoy some of our celestial wonders and ask questions of the astronomers present. Booking recommended as a popular event. 11.30pm - 2.30am. £13.25. Bryn Celli Ddu Burial Chamber, Llanddaniel Fab, Anglesey LL61 6EQ. Tickets: eventbrite.co.uk

Beach Clean Our aim is to gather as much litter as possible and remove it from Harlech beach. We will also be completing a litter survey so that our efforts can be added to the UK beach clean database run by the Marine Conservation Society. 10am. Snowdonia Society, Owain 01286 685498, owain@snowdonia-society.org.uk

Craft Workshop with Mel Roberts Mel from "Mazin Mosaics" will share her experience of mosaic making; create your own design, all materials provided. 10am - 12pm, £25. Memorial Hall Green Room, Criccieth. *Part of the Gŵyl Criccieth Festival*

RS Thomas and ME Eldridge Spirit of Place Festival 3 events: Minibus Tour ~ Spirit of Llyn Exploring the landscape which inspired the poetry. 12.30 - 3.30pm, £15, 15 people. **Guided Walk - "In His Footsteps"**, with Susan Fogarty. A 4 mile walk from the church to vicarage and back by the river with poetry along the way. 1.30 - 4pm, £10, 15 people. **Bards Around The Fire** Menna Elfyn with the writers from the creative writing workshop and a local harpist. 7.30 - 9pm, £7, Felin Uchaf Celtic Roundhouse, Rhosirwaun, Aberdaron. (felinwales.org) More details from 01758 703039, rsthomaspoetry.co.uk ~ susanafogarty@gmail.com

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 bawb! A warm welcome to all! Suzi 01490 460563.

Live Music and Dancing with London Swing Orchestra Leading exponents in the re-creation and interpretation of original arrangements of popular music from the great dance days. 7.15 for 8pm start, £15. The Memorial Hall, Criccieth. *Part of the Gŵyl Criccieth Festival*

Outlook Festival Official Launch Party Funky sounds, Bass Culture and Ritual Collective. DJ, Dub, Jungle, Bass. 8pm - 3am. Noah's, Abergele Rd., Colwyn Bay LL29 7RS. Tickets: skiddle.com

RS Thomas and ME Eldridge : Art Exhibition with Ted Harrison Come and meet Ted speak about his work. 11am - 12pm. St Hywyn's Church, Aberdaron. *Part of the Spirit of Place Festival.* More details from: 01758 703039, rsthomaspoetry.co.uk ~ susanafogarty@gmail.com

Snowdon Sunset Summer Solstice Join us to watch the sunset on the longest day of the year. Slightly different from the last few years, when we have done the sunrise, but as the longest day is a Friday this would give more people the opportunity to witness this amazing sight. We will meet in Llanberis and catch the Sherpa bus to Pen Y Pass and ascend via the Pyg Track (bus is £2 and leaves at 17:50 and takes 15 mins) to reach the summit in time for sunset at around 21.45. We will then ascend down the Llanberis path back into town to your car. 5pm - 1am. £35. Contact 07958 365122.

Welcoming in the Summer Solstice Gong Bath A special 2 hour meditation and Gong Bath morning to celebrate the Summer Solstice. Observe the mind beginning to slow and your whole being is gently returned to harmonic balance. 6.30pm, £20. Neuadd Goffa, Mynydd Llandegai, LL57 4LQ. Steph Healy 07534 118899, puresound.org.uk

Restorative Yoga Workshop The theme of this natural-light yoga class will be unwinding and letting go, moving into a profound state of relaxation and 'not doing'. We will explore slow and gentle movements to gently relax and release tension. Then we will work with restorative yoga poses, where we will rest comfortably, with the support of props and blankets, for extended periods of time. Open to all, including beginners. 7 - 9pm, £16 (concessions available). Held at The Old Rectory, Llanfachraeth, Ynys Môn LL65 4YA. Bookings: Claire 07970 409724, inspiratrix.co.uk

21st FRIDAY - 23rd SUNDAY

The Diversity of Invertebrates in West Wales Learn about the diversity of the invertebrate world, practice your identification skills with tips from an expert tutor, and explore the amazing life cycles of woodlice, millipedes, spiders, mollusc, earthworms and insects. £120, £100 concs. Accommodation is extra: £130 shared; £170 single. This course is run at CAT by Aberystwyth University. Please book the course through Aberystwyth University on 01970 621 580 before booking accommodation at CAT.

Alibis in the Archive (Crime Writing) Back by popular demand, Alibis in the Archive (in association with the Crime Writers' Association and The Detection Club) returns for a third year to bring some of the UK's best-loved crime writers to Hawarden. Over a weekend of talk sessions and panels, this event centres around The Crime Writers' Association Archive which incorporates the archives and documentation of The Detection Club, the oldest and most august society of crime writers in the world, and for which Gladstone's Library is the proud home. Gladstone's Library, Hawarden, Chester. 01244 532350, gladstoneslibrary.org

21st FRIDAY - 27th THURSDAY (not 23rd)

Rocketman (15) Film. An epic musical about the human story of Elton John's breakthrough years. 7.30pm daily; Tuesday's showing is subtitled, £6. Theatr Colwyn, Colwyn Bay 01492 556677, theatrcolwyn.co.uk

22nd SATURDAY

RS Thomas and ME Eldridge Spirit of Place Festival

Day time: Dr Rowan Williams ~ From Our Patron A talk and presentation plus conversation within the theme of the Spirit of Place Festival. 10.30am - 12.30pm. **Revisiting Thomas: poetry, prose and conversations** with Sandra Anstey 2 - 3.30pm. Sandra met RS Thomas as a student and is an editor of his collective works. £25 day ticket. **Evening: Meet The Board: RS Thomas & ME Eldridge Society,** a conversation about the festival and your ideas for the future, 4 - 5pm. **Member's Dinner Buffet & Wine Evening** 6.30 - 7.30pm, £10. Crud y Werin School, Aberdaron. **St Hywyn's Concert** - Spirit of Aberdaron Garnguwch Welsh Male Voice Choir & Menna Elfyn, a truly Welsh cultural evening. 8 - 9.30pm, £8. Aberdaron. More details from 01758 703039, rsthomaspoetry.co.uk ~ susanafogarty@gmail.com

Solstice Craft and Holistic Wellbeing Fayre Crafts, photography, homeade gifts and jewellery, psychic mediums and tarot, crystals, holistic and spiritual treatments, and much more. 10am - 4.30pm, free entry. Venue Cymru, Llandudno. Contact Sammy 07983 985886. Facebook: of event name

Jonathan Richards ~ Classical Guitarist 7.30pm, Village Hall, Cemaes Bay, Anglesey. Info 01407 239143. jonathanrichardsguitar.co.uk

Dorothy Russell and Liesbeth Williams Textile Artists discuss their work. An opportunity to view "Fooling the Eye" - an exhibition of small quilts by members of the Modern Quilt Group. 2 - 4.30pm, £10. Storiell, Bangor 01248 353368, storiell.cymru See Exhibitions

Breaking the Cycle of Suffering To help explain how to break out of the cycle of suffering, known as Samsara, Buddha drew a special, timeless diagram called 'The Wheel of Life'. Learn the essential steps we all need to take in order to gain liberation and enlightenment - the only way to cease suffering permanently - as revealed in this extraordinary diagram. 10.30am - 4pm, £20, (£24 with veggie lunch). Kalpa Bhadra Buddhist Centre, Craig y Don, Llandudno, 01492 878778, meditatenorthwales.com

Synthesis Encouraging scientists and artists working in the performing arts to develop ideas together which bridge different worlds. Two projects today: **Carnival on Wings** puppetry, arts and dance; and **Slow-time** Crystallisation and corrosion by salt are transformed in scale and time from the microscopic into a macroscopic interactive installation. 2 - 6pm, free. Pontio, Bangor 01248 382828, pontio.co.uk

Corwen Food Festival Local, National and International Food Producers, crafts, street food, artisan goods, live music, family entertainment. 9.30am - 6pm, £3, u16s free, free parking. War Memorial Park, Green Lane, Corwen LL21 0DN. Contact 07778 489496, corwenfoodfestival.wordpress.com

Rocketman See 14th, Neuadd Dwyfor, Pwlheli, except 7.30pm

Yoga Workshop: Softness and Stability Structure is necessary to function in a world that is at times complex and chaotic. Feeling grounded and supported and strong is helpful.



But when does that become too much structure? When it becomes too hard, defensive and always 'on alert'. Many people carry around hidden core tension on some level. This leads to an internal closing off and shutting down, and it is not always easy to let go. In this workshop Natalie Barton will lead you through a Forrest Yoga sequence exploring the balance between being open and being closed, between hardness and softness. 10am-1pm. £25 (concessions available). Held at St Mary's Church Hall, Longford Road, Holyhead LL65 1TR. Bookings: Claire 07970 409 724, inspiratrix.co.uk

Mug Building Course Learn slab building techniques with potter Tom. £40, includes one mug, fired and glazed; extra mugs £12. Glosters, 2 Bank Place, Porthmadog. Visit: glosters.co.uk

Gig: The Garifuna Collective & DJ Adam Isbell Racubah! A foundation of ancestral beats, the unmistakable and powerful sound of the two traditional Garifuna drums - the Primero and the Segunda - along with driving maracas, turtle shells, acoustic and electric guitars and swinging bass grooves blending with evocative melodies and powerful call and response vocals, these artists tell their stories through music and dance. 7.30pm, £15. Neuadd Ogwen, bethesda LL57 3AN, neuaddogwen.com

Vivaldi Gloria & Mozart Vespers with Côr Glyndwr in Concert. 7.30pm, £10. St Giles Church, Wrexham. Bookings: Theatr Clwyd, Mold 01352 701521, theatrclywd.com

Annette Bryan Parri and Tristan Evans Concert ~ Film Classics and Glass Up to 50 musical themes from films throughout the ages to entertain you on two pianos in the Main Hall. 2pm, £10. Plas Glyn y Weddw, Llanbedrog 01758 740763, oriel.org.uk

The Movable Feast ~ Part of Gŵyl Criccieth Festival A whole day of exciting and delicious local street food, accompanied by a brilliant line up of live music. There will be arts and crafts, as well as children's activities. A great all day event for the family. 12noon - 10pm, £3, £2 concs., children free. The Esplanade, Criccieth. Visit: cricciethfestival.org.uk

Gŵyl Criccieth Festival Fireworks Display from the Castle, approx 10.30pm. Criccieth Castle.

22nd SATURDAY & 23rd SUNDAY

Wood Carving A two day adult masterclass learning to use the tools and materials to create a two or three dimensional wooden object inspired by nature. Suitable for beginners. 10.30am - 4.30pm, with Tom Hanson. £130 to include lunch and all materials. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

23rd SUNDAY

Family Day in The Woods We explore the woods and learn about them and do some basic bushcraft and woodcraft. If you come on a 2 or 5 day course, then there is free camping as well. Come as a family to enjoy a day in our beautiful woodland. We will explore the woods and look at what lives in them. There will be games for the children and the chance to learn about the woodland. We will provide a mid-day meal cooked over the camp-fire. £35 per adult, £10 per child 8-16, U8 free. Deposit: £10 per paid place. Woodland Skills Centre, Bodfari, Denbigh 01745 710626, woodlandskillscentre.uk See *ad on Page 32*

Becoming Friends with the Natural World Ways to experience and live your life more closely to nature, access its essence at a deeper level and why it is of vital importance for our survival that we learn to do so. (Involves work specifically with trees and elemental tree energies). 10am - 5pm, £45 includes lunch and refreshments. Cae Non, Pen Llŷn. Gillian Monks 01286 881786, gillianmonks.com

Canu am Noddfa/Singing for Sanctuary Bangor Community Choir and North Wales Rugby Choir join other choirs from the area in support of two local charities working with refugees. Each choir will entertain you with their own selection of songs before coming together in a joyous finale. Bilingual event. 5pm. Pontio, Bangor LL57 2TQ. bangor Community Choir *Also on 24th at 8pm*

RS Thomas and ME Eldridge Spirit of Place Festival

Eucharist Service with Barry Morgan, a bilingual service, 10 - 11am, St Hywyn's Church, Aberdaron.

Meet the Artist - Ted Harrison Conversation with Ted Harrison about his art inspired by Thomas' life, 11.30am - 12.30pm, free admission. St Hywyn's Church, Aberdaron. Revd Nicholas Fisher will introduce and play the recording of choral work from five of Thomas' poems and John's Gospel, composed by Francis Pott. 1.30 - 3pm, £5, 50 people. St Maelrhys Church, nr. Aberdaron. More details from: 01758 703039, rsthomaspoetry.co.uk ~ susanafogarty@gmail.com

Make and Move The concept behind Make and Move is simple: take a little time out of your everyday life to connect with yourself. We use gentle movement, being in nature and a supportive community to help you make this reconnection - to allow you to take a step back and re-evaluate. Midsummer as the perfect time to check-in with yourself. Come and join us for some gentle yoga, mindful movement, crystal sound alchemy and ceremonial cacao as we help you to delve inwards. 9.30am - 4pm, £75, held at Menter Y Felin Uchaf Cyf, Rhoshirwaun, Pen Llŷn. Bookings: makeandmove.me

108 Sun Salutations for Charity We will be joining yogis all over the world for this event which has been pioneered by Fierce Calm to raise money for charity by completing 108 Sun Salutations. The cost of the class is £10, will go towards charity. The Studio's charity of choice is The Railway Children, a charity who look after children in India, East Africa and UK. 4 - 6pm. 294 Conwy Rd., Mochdre Conwy LL28 5DS. Tickets: bookwhen.com

Yoga Workshop: The Centre and the Edges Do you live in your centre or do you live at your edges? In this workshop we'll explore the core, the periphery and the connections in between. Your vital life functions are in your middle, in the very centre of your being. Your ability to move in the world, to relate to objects and others, happens through the periphery, via the arms and legs. When you are mildly or severely stressed, then your arms and legs get ready to carry you to a place of safety. Only when you relax do your central life functions like digestion and cellular renewal work most effectively. In this workshop Claire will guide you into an exploration of your core, your edges, and joining the dots in between them, using tools from Forrest Yoga and Restorative Yoga. 10am - 1pm. £25 (concessions available). Held at St Mary's Church Hall, Longford Road, Holyhead LL65 1TR. Bookings: Claire 07970 409 724, inspiratrix.co.uk



23rd SUNDAY - 30th SUNDAY

Practical Industrial Archaeology This year we hope to return to the Llanberis area to begin work on the Dinorwig site. This offers an opportunity for new participants to explore the old industry of this wonderful region. New members are always welcome, as are old hands. £685 - £755. Plas Tan y Bwlch, Maentwrog 01766 772600, eryri.lyw.cymru

24th MONDAY

Rocketman See 14th, *Neuadd Dwyfor, Pwllheli, except 10.30am.*

Canu am Noddfa/Singing for Sanctuary See 23rd

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, legal experts available each month for help with queries. 2 - 4pm. Kinmel Bay Community Library, Kendal Road, Kinmel Bay, Denbighshire LL18 5BT, 01745 772150, homeinstead.co.uk

24th MONDAY - 28th FRIDAY

Poetry in Our Past We will explore hidden stories using archives, family tales and history as given and re-told. We will delve into the uncertainties and draw inspiration from what has been erased or omitted to create poetry. Includes *Tongue Fu* - an improvisation of words and music. £425 - £550. Ty Newydd Writing Centre, Llanystumdwy, 01766 522881, tynewydd.wales

Cultivating & Establishing Mindfulness This silent retreat will focus on exploring the teachings of mindfulness as they are presented in the early Buddhist tradition. In particular, we will explore the four ways of establishing mindfulness as described in the Satipatthana Discourse and the ways that these teachings inform contemporary teaching and mindfulness programmes. You will have attended an 8 week course already. Held at Trigonos, Nantlle 01286 882388, trigonos.org. Bookings: mindfulness-secular-retreats.org.uk

25th TUESDAY

Woodland Volunteering The monthly woodland workday parties offer something for everyone with a chance to test out some of your practical skills in woodland management! 10am. Tŷ Hyll. Snowdonia Society, Dan 01286 685498, dan@snowdonia-society.org.uk

Reincarnation - Identifying the Thread that Links The Lives A talk by Robert Woolley, sponsored by the Theosophical Society (Reg. Charity No. 1167737). A practical exploration of this key teaching and what it means for us here and now. What past lives can I know? What value is this to our spiritual journey? All welcome. Starts at 7.30pm, £5, TS members £3. Free refreshments available, book sale. Hirael Hall, Ambrose St, Bangor. Enquiries: Toddy Alcock 01248 600267, toddyalc@gmail.com See *ad p. 35*???

Max de Bernardi & Veronica Sbergia Play country blues and ragtime, hokum, jug band and rural music of the American Deep South from the 20's and 30's. Open 8pm £10 tickets from Palas print, Caernarfon & Mudshark Records, Bangor. Held at The Vic, Menai Bridge LL59 5DR, 01248 712309, vicmenai.com

Rocketman See 14th, *Neuadd Dwyfor*, except 8.15pm

26th WEDNESDAY

WoodBUILD 2019 Expert speakers will address the new products and construction solutions that are driving an exciting new era of timber construction and forest science. 9am - 5pm, £40 - £120. Neuadd Reichel, Bangor LL57 2TW. Tickets: eventbrite.co.uk

How to Marry A Millionaire (U) Film. Dementia friendly screening for those living with dementia, their families and carers. Low lights, no trailers and the audience is welcome to wander around and sing along to musical numbers. 1pm, £4, carers free. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

Don Pasquale Opera by Donizetti. The story of an old bachelor's romantic delusions and the young lovers who outwit him. 7.30pm, £10+. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

Amazing Grace (U) Previously unseen documentary film of Aretha Franklin singing with the choir of New Bethel Baptist Church, Detroit in 1972. 8pm, £7. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

Rocketman See 14th, *Neuadd Dwyfor*, except 7.30pm

26th WEDNESDAY - 30th SUNDAY

Make a Windsor Chair Learn to cleave your log and shape each component of your chair with a drawknife. Then, fashion other parts of your chair such as the comb & seat, all made within in the woods from which your chair originated. For 18yrs +. £450 tuition and basic materials. Camping £8, basic wild camping; refreshments and lunch included in course price. Breakfast and evening meal extra. Held in Wernog Wood, Ruthin LL15 1YE. Bookings: 07765 251531, courses@wernogwood.co.uk

27th THURSDAY

Chester Poets Last Thurs/month. The group is a meeting place for members to share information about: poetry events, members news, poetry news and Chester Poets in general. 8pm in The Old Boot, Chester. All are welcome. Facebook: Chester Poets

Singing For The Soul 4th Thurs/month. Calling all those who find a soul connection through singing, in particular chants from a range of different spiritual traditions. Led by Felicity Jones, we meet once a month at Hillside Retreat, Rhosesmor near Mold from 11.30am - 1pm. No need to feel you are a 'good' singer, just enjoy the energy and harmonies our voices create. Cost £5. If you are interested to come along please email helen@soul-life.co.uk

Dry Stone Walling Come learn the art of dry-stone walling as we team up with the National Trust rangers at Ganllwyd and learn the basics through helping to construct one of these beautiful structures. 10am, booking essential. Snowdonia Society, Dan 01286 685498, dan@snowdonia-society.org.uk

Open Doors 4th Thurs/month. A monthly evening of Holistic Healing: Chair Reiki, Thai Foot, Indian Head, Soul Connection. 7 - 10pm, £5 include 10min Reiki session. Above Archies, in Lola's Bar, 151 High St., Prestatyn LL19 9AS. Bookings: 07584 022005.

Colwyn Bay Theosophical Society Open discussion for members and enquirers. Several books on Theosophy and related subjects will be on sale at only £1 each. Donations of unwanted books are appreciated. 2pm, £5, TS Members £3, free refreshments. Held at Parkway Community Centre, off Rhos Rd., Rhos-on-Sea LL28 4SE. New enquirers are welcome. Enquiries: theosophywales@yahoo.co.uk

National Theatre - Small Island (12A) Film of live performance of three connected stories of women travelling from Jamaica to UK on Empire Windrush. 7pm, £15. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com. *Also* Neuadd Dwyfor, Pwllheli, £13, £10. *Also* Pontio, Bangor 01248 382828, pontio.co.uk,

28th FRIDAY

Cybi Poets Meets last Fri/month to read and share poetry. 7.30pm, free. Iorwerth Arms, Bryngwran, Holyhead. Contact Karen 07929 069235.

Last Summer (15) Film set in Welsh countryside during 1970s; 4 friends find their own adventure and unexpected tragedy strikes. How will they cope? 5.30pm & 8.15pm. Neuadd Dwyfor, Pwllheli 01758 704008, neuadddwyfor.com

Stan & Ollie (PG) Film; following the last tour Stan & Ollie take in UK. 7.30pm, £8, £6. New Dot Cinema, Llangollen Town Hall, newdotcinema.org

Women Gardeners in Wales 1750 - 1860 An appreciation by Jean Reader, Garden Historian, of the contribution made by women in the 18th & 19th centuries and a consideration of how Elizabeth Morgan's Diary enhances knowledge of the subject. 2pm, £5. Storiell, Bangor 01248 353368.

Footpath Maintenance See 13th

NT Live: Small Island (15) Based on Andrea Levy's book; 3 intricately woven stories about women journeying from Jamaica to Britain on Empire Windrush. 7pm, £12.50, £11.50 concs. Theatr Colwyn, Colwyn Bay 01492 556677, theatrcolwyn.co.uk

Murmurations: The Make Chester Talks Creating ideas to inspire culture and business. Sit-down together for lunch and share local treats, break-bread, listen and begin something new. 8.30am - 5pm, £60. St. Mary's Creative Space, Chester CH1 2DW. Tickets: themurmurations.co.uk

28th FRIDAY - 30th SUNDAY

Identifying Flowering Plants Learn about plant structures and terminology and get started with keys, field guides and microscope work. This course is run at CAT by Aberystwyth University. £120, £100 concs. Book through Aberystwyth University online or by calling 01970 621 580 before booking accommodation at CAT, Machynlleth, cat.org.uk

Divine Camping Take part in our workshops and classes, (some included in the ticket price and some more with an additional cost). Have a treatment with one of the therapists on site or take a look around the Craft Stalls. There'll be camp fires, swimming in the river, delicious food and so much more. From 12pm Friday - 4pm Sunday. Prices: adult weekend £30; day ticket: £15. Payment upfront. Children free; dogs free and welcome on a lead. Llangollen. Contact 07725 164323. Facebook: of event name

28th FRIDAY - 2nd JULY, TUESDAY

Sisters of The Wild 2 Weekend getaways where we share ancestral skills and stories, remembering the simple pleasures of living in harmony with nature. This is an opportunity to retreat from the attachments of everyday life and tune into the simplicity of gathering together in community, bonded by our love for the earth. Held at Cae Mabon, Fachwen, nr Llanberis, 01286 871542, caemabon.co.uk Bookings: sistersofthewild.com

29th SATURDAY

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

Introduction to Encaustic Painting (Hot Wax Painting) with Susie Liddle. An introduction to the ancient art of encaustic painting, also known as hot wax painting. It involves using encaustic medium prepared from beeswax and damar resin and coloured pigments. All materials are provided. 10.30am - 4pm, £65, £60 concs. Mostyn, Vaughan St., Llandudno LL30 1AB, 01492 879201, mostyn.org

Willow Weaving with Mandy Coates. A one day adult masterclass making a small round fruit basket using different coloured home grown willow. 10.30am - 4.30pm, £70 includes lunch and all materials. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Build A Lapsteel Guitar During this one-day practical course you will build a simple guitar to take away with you, based mainly on reclaimed materials. 10am - 4pm, £85. CAT, Machynlleth 01654 704966, cat.org.uk

Music and Tales from Ancient Wales with Geraint Wyn Roberts and Owen Davies - bagpipes, cherango music and histories from the past. 11am - 4pm, normal entry charges apply. Criccieth Castle, LL52 0DP, 01766 522227.

29th SATURDAY - 1st JULY, MONDAY

Wildlife Tracking and Bird Language A unique insight into the secret life of woodland animals. Develop your wildlife identification and tracking skills as you immerse yourself in nature during this wonderful weekend course. £295, all inclusive. CAT, Machynlleth 01654 704966, cat.org.uk

30th SUNDAY

Alpine Flowers This course will help you to recognise and identify mountain and alpine flowers. We will look at the adaptations and ecology of these plants and develop your skills and confidence in identifying plants in the field. Bring along a notebook, pencil and camera to help you remember the plants you discover once you've returned home. £45. Snowdonia, Nature's Work 01248 361142, natureswork.co.uk

M ... Spaced Yoga & Meditation Half day yoga retreat, combined with healthy food, mindfulness and meditation. Start 9.30am, please arrive in time. £30, includes veggie/vegan option. Meet at Y Sgubor Hall, Nant Gwrtheyrn, Llithfaen, Pen Llyn. Simply Yoga & Therapies 07969 70395, juss_delish@outlook.com

Birth Preparation with Partners For you, the pregnant mother and whomever is your birthing partner. We will be exploring: what to expect in labour, what to do and what not to do! Breathing together, hands-on techniques, moving together, attending to the birthing partner's needs, recovering afterwards will all be discussed. 2 - 5pm, £35 per couple. Quaker Meeting House, Dean Street, Bangor, LL57 1UP. Laura 07914 917711, birthingmamas.co.uk

Mind, Body & Spirit Festival Ethnic, FairTrade and festival clothing, crafts, upcycled, recycled, artisan stalls, crystals and aromatherapy. New stalls always welcome. A variety of hot food and refreshments available; free workshops throughout the day. 11am - 4pm, free admission. Theatr Clwyd, Mold CH7 1YA. Visit: rainbowbiz.org.uk

Equine Mindfulness and Yoga Horses are experts at living in the moment. We as humans can struggle with this which is where so much of our stress and anxiety can come from. Come and take some time out to be in the moment in nature, with a horse as your partner. Cathy Ibbotson will lead you through an hours open air yoga practice followed by half an hour spent mindfully with horses. 10 - 11.30am, £20. Sadie Beech Horsemanship, Llanelwy LL17 0DH. Facebook: of event name

Music and Tales from Ancient Wales See 9th

Plas Brondanw Midsummer Garden Tour Though not as famous as Portmeirion, many people consider the gardens at Plas Brondanw to be Clough William Ellis's most marvellous creation. 11am - 2pm. Join us for a private tour of the gardens followed by lunch in the cafe. Note: steep winding paths on uneven ground, £5 entry on arrival with 20% off for members of the Snowdonia Society! Advance booking essential. Snowdonia Society, Claire 01286 685498, claire@snowdonia-society.org.uk

Cinderella (12A) Opera with Glyndebourne Tour. The classic Cinderella story is told with composer Massenet's sensuous and lavish score. 5.30pm, £15, £13, £10. Pontio, Bangor 01248 382828, pontio.co.uk

Copydate for July Issue:

June 18th

info@network-news.org

07777 688440

Anno's Africa

yn cyflwyno diwrnod elusennol o berfformiad a hwyl i deuluoedd
presents a charity day of performance and fun for families
Mae'r diwrnod yn cynnwys / the day includes:

'Mi Glywais gan Aderyn Bach' 'A Little Bird Told Me'

Sioe Syrcas a Phyped gan Syrcas Ieuenctid Cimera a Ffrindiau
A Circus and Puppet Show by Cimera Youth Circus & Friends
Perfformiad yn Gymraeg 2yh / Performance in English 3pm



Gweithdy Syrcas Teuluoedd
Family circus Workshop
Cymeriadau Stilt
Stilt Walkers
Tombola

Digwyddiad yn rhad ac am ddim. Gofynnwn am roddion i'r elusen os gwelwch yn dda ar gyfer prosiect celfyddydol Anno's Africa ym Malawi
Free event. We kindly ask for donations to the charity towards Anno's Africa's arts project in Malawi

www.annosafrica.org.uk

Mehefin 9 June 1-5pm



Llanbedrog . Pwllheli . LL53 7TT
01758 740 763
www.oriel.org.uk
enquiry@oriel.org.uk



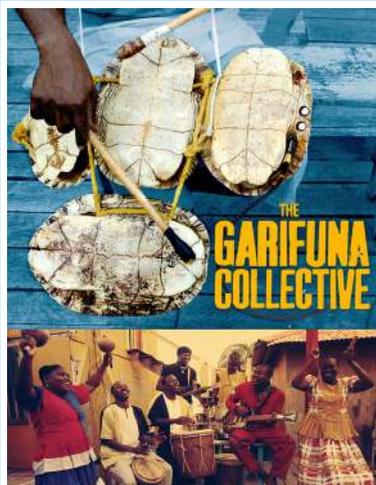
Workshops in July & August

JULY

- 5 - 7 **Yoga, Wild Swimming and Walking** Snowdonia. Info: morrismountains.co.uk
- 5 - 8 **Yoga and Walking Retreat** Snowdonia Lodge, Bethesda 01248 602900, druyoga.com
- 6 **Welcome to Crystals** Chester Health Store. Contact: cariadcrystalhealingandspiritualguidance.weebly.com Facebook: of event name.
- 6 **Gardening for Physical and Mental Wellbeing** Treborth Botanic Gardens. Organised by Wild Elements. Tickets: eventbrite.co.uk
- 12 - 16 **Ayurveda Certificate Course** Snowdonia Lodge, Bethesda 01248 602900, druyoga.com
- 14 **Breathing & Moving Freely ~ Feldenkrais Method** Llangollen. Veronica Rock 07990 825783, vhrock@feldenkrais.co.uk
- 19 - 21 **Yoga with Danny Paradise** Llanfrothen. Bookings: traceyyogamassage.co.uk
- 19 & 21 **A Weekend of Yoga** Venues: 19th - TBC, 20th - Blaenau Ffestiniog; 21st Portmeirion. Tracey 07809 485323, traceyyogamassage.co.uk
- 19 - 22 **Nomad 3** Journeying within and amongst the Snowdonia landscape. Based in Henbant Bach Farm, Tain Lon, Caernarfon LL54 5DF. Contact: nomadwales.com
- 27 **Create Your Own Macrame Plant Pot Hanger** Llandudno 01492 879201, mostyn.org

AUGUST

- 4 **Map Reading for Trail Runners** Llithfaen LL53 6PA. Bookings: no-mad-running.com
- 7 - 12 **Nomad 5 ~ Journey with Purpose** Based in Henbant Bach Farm, Tain Lon, Caernarfon LL54 DF. Contact: nomadwales.com
- 9 - 12 **Yoga and Walking Retreat** Snowdonia Lodge, Bethesda 01248 602900, druyoga.com
- 11 **Beginners Contemporary Calligraphy** Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org
- 11 **Energy Healing and the Celtic Chakra System** Pistyll, Pen Llyn. Gillian Monks 01286 881786, gillianmonks.com
- 17 - 21 **Make a Windsor Chair** Wernog Woods, Ruthin LL15 1YE. Contact 07765 251531, courses@wernogwood.co.uk
- 28/8 - 6/9 **Ayurveda Certificate Course** Snowdonia Lodge, Bethesda 01248 602900, druyoga.com



THE GARIFUNA COLLECTIVE

A seasoned collective of musicians from across different generations, with a dynamic that comes from of playing and traveling the world together, sharing their music and stories with global audiences. The Collective take their place in a long line of ancestors, maintaining and growing the Garifuna cultural identity, in a conversation between generations and traditions.

Plus DJ Adam Isbell Racubah!

22nd June ~ 7.30pm, £15

**Neuadd Ogwen, Bethesda LL57 3AN,
neuaddogwen.com**

Centres in North Wales: Workshops in July & August

Centre for Alternative Technology (CAT)

Machynlleth SY20 9AZ
01654 704966, cat.org.uk

JULY

- 1 - 3 **Identification of Grasses, Sedges and Rushes**
- 4 & 5 **Stove Installers Course**
- 6 **Compost Toilets**
- 6 & 7 **Building with Ecobricks and Cob**
- 7 - 12 **A Work That Reconnects Retreat: Meditation & Volunteering**
- 7 **Reedbeds and Waste Water Management**
- 8 - 11 **Installation of Dry Appliances & System Chimneys**
- 8 - 11 **Build a Shed - Beginners**
- 12 - 14 **Introduction to Permaculture**
- 13 **Introduction to Rush Weaving**
- 20 - 23 **Introduction to Rewilding**
- 22 - 26 **Build a Natural House**
- 26 - 29 **A Way of Building**
- 27 & 28 **Cob Building**

AUGUST

- 3 **DIY Furniture**
- 5 - 9 **Timber Frame Self Build**
- 17 & 18 **Intro to Solar PV and Off Grid**
- 19 - 23 **Building with Straw Bales**
- 24 **Earth Oven Building**

Gladstone's Library

Hawarden, Chester CH5 3DF
01244 532350,
gladstoneslibrary.org

JULY

- 12 - 14 **The Gladstone Umbrella**
- 26 - 28 **Modern Theology, Supernatural Miracles and the Bible**

AUGUST

- 5 - 11 **Hebrew in a Week**
- 12 - 18 **Greek in a Week**

Cae Mabon

Fachwen, nr Llanberis LL55 3HB
01286 871542, caemabon.co.uk

JULY

- 3 - 7 **Movement & Contact in Nature**
Bookings: Rosalind 07772 387737, rosalingholgatesmith@gmail.com
 - 5 - 7 **Awakening to Sacred Union**
 - 11 - 15 **Sweet Darkness ~ Working with the Shadow**
 - 19 - 25 **Sacred Ecology ~ A Rewilding Apprenticeship** *Bookings: wildgaiansoul.com*
 - 26 - 29 **Spontaneous Storytelling Fiesta**
- #### AUGUST
- 2 - 5 **Fruits of Inner Awareness**
 - 8 - 11 **Sound Medicine: Singing & Chanting**
 - 12 - 18 **Greenspirit Wild Week**
 - 18 - 23 **Cae Mabon Open Week**
 - 30/8 - 1/9 **Women's Retreat**

Field Studies Council

Rhyd-y-Creiau, Draper's Field
Betws-y-Coed, Conwy LL24 0HB
01690 710494,
enquiries.rc@field-studies-council.org

JULY

- 17 - 20 **A Botanical Odyssey**
- 20 - 23 **Fern Identification**
- 27/7 - 4/8 **Real Adventure Holidays**

AUGUST

- 10 - 14 **Real Adventure Holidays**
- 11 - 16 **History and Natural History of Conwy Valley - Source to Sea**
- 16 - 23 **Geology and Scenery of NW**
- 16 - 23 **Adventurous Activities in Wild Wales**
- 16 - 23 **Landscape Painting in Snowdonia**
- 19 - 24 **Discover Snowdonia Residential**
- 30/8 - 1/9 **Bird Identification**

The Healing Centre

8 Fron Ogwen, Tregarth, nr Bangor
01248 601388, 07771 280824
vivreiki@hotmail.com

JULY

- 6 & 7 **Reiki 1st degree course**

AUGUST

- 24 & 25 **Reiki 1st degree course**

Kalpa Bhadra Buddhist Centre

34 Mostyn Street
Craig y Don, Llandudno LL30 1YY
01492 878778,
meditatenorthwales.com

JULY

6 & 7 **Vajrasattva Retreat**

AUGUST

23 - 28 **Lamrim, The Stages of The Path**

Plas Tan y Bwlch

Maentwrog LL41 3YU
01766 772600,
eryri.llyw.cymru

JULY

8 - 12 **Painting in Snowdonia**
21 - 26 **Painting Flora and Fauna**
26 - 28 **Lloyd George**
26 - 28 **A Closer Look at Trees**
29/7 - 2/8 **Cross Stitch Workshop**
29/7 - 2/8 **Butterflies and Moths**

AUGUST

4 - 9 **Transforming the Artist**
9 - 11 **A Glimpse at the Slate Industry**
11 - 18 **Heritage Railways**
30/7-1/8 **Darwin Geologising in Snowdonia**

Tŷ Newydd Writing Centre

Llanystumdwy, nr Criccieth LL52 0LW
01766 522881, tynewydd.wales

JULY

12 - 14 **Poetry and the Sea**
15 - 20 **Poetry: The Shapes of Sound**
20 - 25 **Emerging Writers: Poetry and Prose**
29/7-2/8 **How to Write Young Adult Fiction**

AUGUST

2 - 4 **Write it Out! LGBT+ Writing**
5 - 10 **Nature Writing**
12 - 17 **Refining and Editing Your Fiction**
19 - 24 **Poetry - The Personal and The Political**

Trigonos Environment Centre

Plas Baladeulyn, Nantlle LL54 6BW
01286 882388, trigonos.org

JULY

6 - 13 **Teacher Training Mindfulness Level 2** *Booking through: training@mindfulness-network.org*
13 - 17 **Mindful Solutions**
17 - 20 **Storytelling Workshop**
20 - 27 **Teacher Training Mindfulness Level 1** *Booking through: training@mindfulness-network.org*
27/7-1/8 **Drawing on the Right Side of the Brain**
27/7-1/8 **Living More Mindfully Silent Retreat**

AUGUST

1 - 4 **Boundaries & Space: a Yoga Retreat**
4 - 10 **Mindfulness-based Compassionate Living**

Woodland Classroom

Wrexham area
07876 794098,
woodlandclassroom.com

JULY

19 **Mindfulness in the Woods @ Erddig, Wrexham**
20 **Forest Bathing @ Erddig, Wrexham**

AUGUST

10 **Mindfulness in the Woods @ Chirk Castle, Wrexham**
17 **Bushcraft Basics @ Chirk Castle, Wrexham**
18 **Family Bushcraft: Shelter Building @ Chirk Castle, Wrexham**
31 **Mindfulness in the Woods @ Hawarden Estate, Flintshire**

Woodland Skills Centre

The Warren, Bodfari, Denbigh
01745 710626, woodlandskillscentre.uk

JULY

6 **Pegloom Weaving**
13 & 14 **Make a 3 Legged Stool**
27 **Watercolour Painting in the Landscape**

AUGUST

5 - 9 **Family Week in the Woods**
10 **Gypsy Crafts 1**
11 **Gypsy Crafts 2**
25 **Family Day in the Woods**
31/8 - 1/9 **Growing and Using Medicinal Herbs**

Exhibitions

Karel Lek ~ 90th Birthday

Exhibition 8th June - 13th July. Oriel Uchaf, RCA Conwy LL32 8AN, 01492 593413, rcaconwy.org

Fooling the Eye ~

Twyllo'r Llygad

22nd June - 31st August. Creating optical illusions and playing with perspective. A collection of 20x20 inch quilts, created by members of the

Modern Quilt Group, also items by guest speakers and textile artists Dorothy Russell and Liesbeth Williams (Talk on 22nd June, 2pm). Storiel, Bangor 01248 353368, storiel.cymru

Alan Palmer ~ Blynyddoedd y Rhaeadr/Flights of Fancy, drawings 1996 - 2019

8th June - 13th July. Oriel Isaf, RCA Conwy LL32 8AN, 01492 593413, rcaconwy.org

Open Art ~ Celf Agored Until 15th June. Selected artworks in various media creating a diverse open exhibition with something to suit all. Works are also for sale. Storiel, Bangor 01248 353368, storiel.cymru

Migrating Metal ~ Metel yn Mudo Until 6th July. A collaborative project examining the themes of trade and migration. Metal items from Storiel's collection from Bronze Age to Medieval period as well as artefacts from the community archaeology Saving Treasures project. Storiel, Bangor 01248 353368, storiel.cymru

Under Your Feet ~ The Contemporary Rug Until 14th July. A celebration of rugs designed in the British Isles. 19 of the best rug makers today are represented in this exhibition. Their rugs will be spread out in a colourful, textured and timely reminder that underfoot, or on a wall, rugs remain as vibrant and relevant as any other craft medium. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Ros Hornbuckle ~ Weaving the Coast / Gwehyddu'r Arfordir Until 9th June. "These tapestries celebrate the beauty of the coast of Wales. Mountains, sea, beach, rocks, birds and sky, and the ever changing effect of weather and light, are all my inspiration. The many hours spent weaving the coast enhances my affection for and relationship with this country". Long Gallery, Oriel Ynys Mon, Llangefni, Anglesey LL77 7TQ, 01248 724444, kyffinwilliams.info

Folded Forest ~ Sky on High to Burrow Below Until 2nd June. Showcasing the creative partnership of Ruth Viqueira and Sarah Peel; limited edition prints, homewares and textiles screen-printed with inspiration from the natural world; woodlands, moorlands, jungles, the frozen arctic and deep ocean depths. Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org



Karel Lek

Drawn From The Collection / O'r Casgliad Until 7th July. Previously unexhibited broad range of works on paper. Includes work by Williams, Tunnicliffe, Leslie Jones, TG Walker, Keith Andrew, Iola Spafford and others. Oriel Ynys Mon, Llangefni, Anglesey LL77 7TQ, 01248 724444, kyffinwilliams.info

Charles Tunnicliffe - The Commercial Artist

Until 1st September. Showcasing the artist's role as a creator of timeless and evocative images, and presents original artwork from both public and private collections. Oriel Ynys Mon, Llangefni, Anglesey LL77 7TQ, 01248 724444, kyffinwilliams.info

NW Potters ~ Maker of the Month of June is Carol Morris

1 High St., Conwy LL32 8DB, 01492 593590, northwalespotters.org

Pensychnant Wildlife Art

Exhibition Until 29th

September. Exhibition of originals, prints and

photographs in various styles and media, works by Philip Snow, Julie Horner, Liz Bolloten, Betty Mills, Angela Rigby-Doble, Emma and Steve Stansfield, Ian Wright, Paula Salmons, Chris Slinn, Bee Williams, John and Tracy Langley and Barbara Winrow. *If anyone else wishes to exhibit please contact Julian.* Pensychnant Centre, Conwy. Julian 01492 592595, julian.pensychnant@btinternet.com

Derek Boshier: It's Only When The Tide Goes Out

Until 30th June. Selected works and ephemera by English pop artist Derek Boshier who first came to prominence as part of the British Pop Art movement in the early 1960s. Boshier is also known for his work with cultural icons such as The Clash and David Bowie. Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org

New Works Until 19th June. **Pete Monaghan** : Bold and clear paintings of Welsh vernacular architecture.

Susan Kane : Always balanced, understated and elegant, the paintings seem almost to have materialized instantaneously. **Matthew Wood** : Often drawing on a passing glimpse through a corridor or doorway and always responding to light and the way it travels in and around the structure of the building and its contents. **Sharon Griffin** : With their grace, beauty and self-possession her figures speak eloquently of resilience and survival. Ffin Y Parc, Llanrwst LL26 0PT, 01492 642070, welshart.net

S. Mark Gubb: The Last Judgement

Until 30th June. Taking Michelangelo's Sistine Chapel painting of the same name as a starting point and reference, the exhibition includes a range of new and existing sculptural works exhibited as an installation. Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org



Carol Morris



S. Mark Gubb



Jacob Buckland

Jacob Buckland Until 14th July. Jacob's first solo exhibition - Landscape and Nature. Oriol Plas Glyn y Weddw, Llanbedrog, Pwllheli LL53 7TT, 01758 740763, oriel.org.uk

Gŵyl Greadigol Llŷn Arts Festival Until 2nd June. Exhibiting and selling work by local artists and crafts people in various venues around the Llŷn. Programmes available from local venues/ shops/ churches. Facebook: of event name

Elizabeth Morgan 18th Century Gardener Morgan's meticulously kept garden diary written between 1754 - 1772, gives us insight into the garden practices of that period. Storiel, Bangor 01248 353368, storiel.cymru



Primmy Chorley Until 14th July. This is the lived everyday, depicted with a purity of intent that borders on innocence. It is the wonder of the commonplace made manifest in simple forms and humble materials. Home, family, the surrounding land and beloved dogs. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Anne Lewis ~ The Waterfall Years 1996 - 2019 Until 1st June. An exhibition of linocuts; and **David Jones 'From My Imagination'**. Upper Gallery, RCA Conwy LL32 8AN, 01492 593413, rcaconwy.org

Quarry Women ~ Merched Chwarel Until 7th September. A collaborative exploration of who we are - the quarry women of past, present and future. Storiel, Bangor 01248 353368, storiel.cymru

Philippa Jacobs ~ Four Quartets Until 1st June. An exhibition based on T S Eliot's poem of same name. Lower Gallery, RCA Conwy LL32 8AN, 01492 593413, rcaconwy.org

Inter/Verba ~ Remy Dean Until 7th June. Local author and artist Remy showcasing his latest works. Oriol Maenofferen Gallery, Blaenau Ffestiniog Library 01766 830415.

Clare Marie Bailey: Parallel Lives ~ Bywydau Paralel

Until 7th July. Analogue self-portraiture. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org



NW Open 2019 22nd June - 23rd August. This large annual art exhibition features the diversity of artistic talent in North Wales, and includes painting, drawing, printmaking, photography and mixed media works. open to submissions from professional and amateur artists over the age of 17 living in the counties of Flintshire, Denbighshire, Wrexham, Conwy, Gwynedd and Anglesey. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

Seven Llangollen Artists Until 14th June. Carys

Roberts, Des Jones, Jenny Saltmarsh, Louise Edwards, Phil Parker, Richard Buxton and Simon Collinge. An exhibition of



Des Jones

paintings and photography. Llangollen Pavilion, LL20 8SW. Contact 01978 860111, llangollenpavilion.co.uk

Cynefin ~ Dafydd Davis Until 19th July. Local landscape exhibition. *"The time I spend in the hills is active to recreate my connection to the amazing area I live in it, while painting is taking my mind and therapeutic."* Hwb Croesor, Oriol Caffi. Facebook: of event name

Have your exhibition listed here:
07777 688440
network-news.org



Ros Hornbuckle

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enquiries@woodlandskillscentre.co.uk
www.woodlandskillscentre.uk

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Principles of materialization and spiritualization.

A Talk by Eric McGough

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All welcome

At Parkway Community Centre
 off Rhos Rd. Rhos-on-Sea.

LL28 4SE

Admission £5 ~ Members of the TS £3

Free Refreshments ~ Book Sale

Meetings are held on the 2nd and 4th
 Thursdays in the month

Enquiries theosophywales@yahoo.co.uk

Helena Hawley

Intuitive Vocal Sound Healer,
 Channel, Speaker & Authoress



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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

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XR Pen Llŷn

Lucy Wright

We are facing an unprecedented global emergency. Life on Earth is in crisis: scientists agree we have entered a period of abrupt climate breakdown, and we are in the midst of a mass extinction of our own making.

It's a scary and overwhelming prospect, and easy to feel that it's beyond our control. This was certainly how I felt when I realized the true extent of the climate crisis earlier this year.

I have long been an environmental enthusiast and nature lover – leaving a life in London for one closer to Mother Earth in coastal Wales – doing “my bit”: recycling, giving up meat, flying less, but it took the birth of my daughter last year for me to confront the perilous position we are currently in.

I believe in the power of community and physically coming together to express shared thoughts so when I heard about Extinction Rebellion (XR) and their planned protests over Easter to draw attention to the current crisis it piqued my interest. Extinction Rebellion is an international movement that uses non-violent civil disobedience to achieve radical change in order to minimise the risk of human extinction and ecological collapse. They have three demands:

- * Tell the truth: The Government must tell the truth by declaring a climate and ecological emergency, working with other institutions to communicate the urgency for change.
- * Act Now: The Government must act now to halt biodiversity loss and reduce greenhouse gas emissions to net zero by 2025.
- * Beyond Politics: The Government must create and be led by the decisions of a Citizens' Assembly on climate and ecological justice.

The planned protests, called “International Rebellion” lasted for 10 days, in more than 80 cities in 33 countries. In London, there were four key sites that became festivals of creativity and peaceful



protest with fringe events happening across the city. My baby and I took part in a “die-in” at a supermarket to highlight food sustainability and its' precariousness in the UK; around 50 people including families, babies and children joined the action as we quietly lay down amongst the fruit and vegetables mimicking the death of crops, the death of the soil and the death toll that will come from global food shortages. The energy was nervous and infectious, I came away wanting to get more involved and help XR to achieve its' objectives.

I looked up XR groups in North Wales and joined the closest one in Bangor but driving a 70mile roundtrip to attend meetings felt counterintuitive so with some trepidation I started setting up an XR group in the Llŷn Peninsula. On 14th May we held our first meeting, 9 eager adults and 2 enthusiastic babies joined me as we discussed our hopes for this fledgling community. The conversation was broad, wide-ranging and full of passion and love.

We all hold concern over the danger our future holds and are united in the feeling that the time for denial is over.

It is time to act.

Next Meeting - Tues 28th May, 10.30am, Plas Heli, Pwllheli. Held fortnightly

Facebook: XR Pen Llŷn, Gwynedd
Email: xr-penllyn@protonmail.com

Three Years & Counting

Adam May

I am at the three-year stage now. Three years since the cancer in my digestive system declared itself by pressing hard enough on the wall of my bile duct to collapse it, causing an acute episode of jaundice. At the time, I coped by getting my head around the idea that I would almost certainly be dead within a matter of months. Even at the time, this was slightly over-egging things. The most reliable statistic I could find suggested a five-year survival rate of 30%. Thinking the worst wasn't great, but it spared me the agonies of uncertainty, the pain of hope. Yet here I am, three years on, admittedly rather the worse for wear after three surgical interventions and a course of chemotherapy, but with no signs of cancer, and still upright.

Back in January of this year, two years after my course of chemotherapy finished, I began to realise it was time to take my courage in my hands. I began to entertain the possibility that the question of my longevity was as open ended as the next person's. When I thought I inhabited a dying body, I was sad and resigned, as was to be expected, but also at peace. Thinking that I might be around for a while longer has proved to be much more anxiety provoking. Whereas before there was acceptance, I now find myself plagued

with uncertainty. For most of us, uncertainty wears an anxious face. Now there is everything to play for. This time last year, it felt risky to plan more than three months ahead. I now find myself thinking a year ahead, even longer sometimes...and then I catch myself, and

feel very scared. How do I flourish in the context of uncertainty? That's the challenge for many people who seek psychotherapy, and for me too nowadays. For me, this is not a question to be addressed in some abstract, philosophical realm. It's very concrete and very corporeal. When I get strange feelings in my body, how do I decide if they are the signs of a new cancer; or merely sensations returning to

tissue damaged by surgery; or cramp from sitting awkwardly; or maybe just wind? When do I petition the doctors for more tests, and when do I just wait and see? And then there is the syndrome of Cancer Related Fatigue (CRF), which I learned only recently is A Thing, a thing which must be taken seriously because it has a TLA: Three Letter Acronym.

Frustratingly, it's a thing that nobody knows anything about, except that people who have had cancer commonly report feeling it. Nobody can tell me how long it will last, what causes it, or what I should do about it. With most fatigue experience,



Portrait Of A Patient by Sinead Lawless
www.sineadlawless.com

you typically get a paradoxical effect: the fatigue makes you want to rest, but if you push through and keep going, you usually feel more energised. Cancer Related Fatigue seems to operate differently: it's a sort of thought that "I just can't be arsed" and you continue to feel tired no matter what you do. For the time being, I'm adopting a strategy of pushing on through because I figure that's got to be better for my muscle tone, but it's an effort.

The author, Colm Tóibín, has written an arresting article in The London Review Of Books (Vol 41, April 2019, accessible online) describing his recent experience of testicular cancer with secondaries on the liver. The article would speak to anyone who has experienced the ghastliness of medical intervention for cancer. Its single redeeming feature, and it's a big one, is that it may buy you time, as indeed it has for me, but the you who walks out of treatment is not the you who walked in.

You may have a good life after diagnosis, maybe even a more fulfilled life than the one you had before, but it's a different life. And if you want it to be fulfilled, you probably need to find a way, along with everyone else, even those fortunate souls who have never experienced cancer, of embracing uncertainty, and being more than okay with not knowing what tomorrow may bring.

"Let us prepare our minds as if we'd come to the very end of life. Let us postpone nothing. Let us balance life's books each day ... The one who puts the finishing touches on their life each day is never short of time." Seneca.

Adam May is a CBT Psychotherapist who, happily, continues to live and work in Llanddaniel, for the time being at least. Only God knows for how long.

www.adammay.co.uk

BANGOR THEOSOPHICAL SOCIETY
Clwb Hiracl Club, Ambrose Street, Bangor, LL57 1BL

A TALK BY: SUSAN BAYLISS
"THE MIDDLE PILLAR AND THE SEVEN-STRINGED LYRE"

Tuesday, 11th JUNE, 7:30pm ~ 9pm
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leaving the hall by 10pm. £5, £3 (members)



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BANGOR THEOSOPHICAL SOCIETY
Clwb Hiracl Club, Ambrose Street, Bangor, LL57 1BL

A TALK BY: ROBERT WOOLLEY
"REINCARNATION:
IDENTIFYING THE THREADS
THAT LINK THE LIVES"

Tuesday, 25th JUNE, 7:30pm ~ 9pm
followed by free refreshments & book sale
leaving the hall by 10pm. £5, £3 (members)



A practical exploration of this key teaching and what it means for us here and now. What reincarnates? What past lives can I know? How can I know? What does it tell me about the present? What value is all this to our spiritual journey?

ALL WELCOME

Enquiries: 01248 600 267 ~ toddyalc@gmail.com
Charity No: 1167737

Empathy Guessing: Using Nonviolent Communication

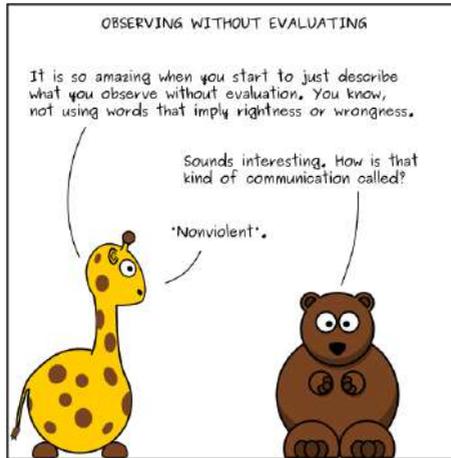
Rik Midgely

Nonviolent communication (NVC) is an awareness process which uses the media of language to illuminate our underlying yearnings that motivate us to think, speak or act. Having clarity of what is of value, both for ourselves and the others leads to a sense of mutual understanding and connection. From this energetic creative strategies will naturally evolve maximising the meeting of the needs of all parties.

NVC is supportive in finding effective wording in difficult conversations. When people say things to me that I find hard to hear, such as criticism and judgment, perhaps the part I find hardest is to recognise that I have a choice as to how I respond.

This is supported for me by awareness of my body and my emotions, my breath, my sense of grounding, feeling the awareness of my weight on my feet or the air in my face. Anything to bring me to presence, self connection and awareness of how I may impact the world around me. Two options of response suggested by NVC are to either empathically guess what is of value to the other, or to express what is of value to me.

If I sense energy in their words, it may be that the other person is caught in their own emotions. In this case they may need reassurance that they have been heard before they have openness to hear what is alive in me, so I may choose empathy. This



shows care for the other, steps towards building an understanding and connection, thus creating the space for me to be heard myself. I can begin by guessing at what they are feeling and what it is they are wanting. For example, I can guess 'Are you annoyed because you want to be heard?' The important thing

here is not whether I am correct or not, but rather that I am trying to connect to the other person, reaching for understanding of what is alive for them. Also, I am making it clear that I am not responsible for their feelings, by stating that their feelings are a consequence of their own yearnings.

It may be necessary to repeat these empathy guesses until I sense sufficient trust is created to share my experience.

Rik Midgely is an internationally certified NVC trainer and has been practising Vipassana Meditation and Qigong since 1990.

Rik@LiveNonviolence.uk

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Dance For You

Liz Lane



I had a realisation

early last year that I really, really love to dance! I've always known this

at some level and yet I hadn't really embraced the *full* way that dancing might enhance my life, health and wellbeing in general.

I undertook an 'experiment': I challenged myself to discover what I *really* enjoyed doing, to write a list with no limitations, then ask myself what reasons I could find for NOT doing them!!

The answer was simple... *just do more of the things that you enjoy!* Other voices in me might have responded differently: "It's not that easy", "I haven't got time", "Who am I to have fun all the time?"

But this voice was clear: "Who am I NOT to have fun all the time!!! Is life not to be lived with joy and ease? Who is making the choices here?!" Is it my *present* self - who in this moment has all things available as an infinite being? Or some fragment of self that feels the need to be heard for reasons relating to experiences earlier in life?

My answer, as I type, is *my present self*, who breathes into the space and possibility around her, who listens for the music, who starts to move, curious for where these beats and rhythms will take her: *As I dance I expand, I witness myself through movement.*

Me, myself and I, we dance together embodied, connected, embracing movement, stillness, flow, staccato, exuberance, laughter, excitement, sadness,

a whole range of emotions expressed and felt and released. I am creativity. I am joy. I am movement. I am stillness. I am transition. I am connection. I am expression. I am breathing. I am alive. *And so are you.*

The invitation to dance is around you: listen to the wind, listen to your heart, listen to the radio, listen to records on your player, listen to someone singing, listen to yourself singing, listen to the silence; breathe it all in and extend a hand out to explore the space around you and see where you go. Dance for You.

There will be 2 introductory sessions to Groove Dance in June - see Calendar 5th & 9th for details
Also Thursdays 6.30 - 7.45pm, Coed Mawr Community Centre, Bangor.

Liz lives on Anglesey and as well as teaching Groove Dance, is an Equine Gestalt Coach
heartsandhoovesconnectioncoaching.com
07732 470482

Full Moon Meditation Network

Gemini: May 21st ~ June 21st

Festival of Goodwill:

Full Moon: June 17th at 9:30am

Summer Solstice: June 21st at 4:54pm

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.

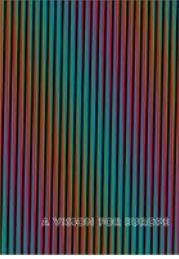
From the centre where the Will of God is known
Let purpose guide the little wills of men -
The purpose which the Masters know and serve.

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

A Vision for Europe, published by Eris Books, £19.99



The European Union was an exceptional achievement. It brought together and in peace peoples speaking different languages and submersed in different cultures, proving that it was possible to create a shared framework of human rights across a continent that was not long ago tormented by murderous chauvinism, racism, and barbarity. It could have been the proverbial Beacon on the Hill, showing the world how peace and solidarity may be snatched from the jaws of age-old conflict and bigotry.

But things turned out differently. Today, a common bureaucracy and a common currency divide Europeans who were beginning to unite despite their different languages and cultures. A confederacy of myopic politicians, economically naïve officials, and financially incompetent ‘experts’ submit slavishly to the edicts of financial and industrial conglomerates, alienating people and stirring up a dangerous anti-European backlash. Proud peoples are being turned against each other. Nationalism, extremism and racism are being re-awakened.

With contributions from some of the world’s foremost thinkers, artists and politicians covering the full spectrum of concerns for the future of the Union, this volume presents realistic and viable alternatives to the mainstream barrage of dreadful prospects - a true vision for Europe.

Writing in *A Vision for Europe*:

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A Network of Goodwill

In every neighbourhood we can find kindred spirits who share a vision of a beautiful and humane world, and who share a commitment to making it a reality.

They might be found planting organically - food, herbs, flowers, forests; or simplifying their lives, using less fossil fuels, recycling and repairing, going by bus and by bicycle, pouring less poison down the sink and less waste into the landfill. They might be working to restore the soul in science; or creating artefacts that are sustainable and beautiful; or sharing their craft in sound, colour or form.

Others are reaching out to those that society has abandoned; or reminding big organisations to respect life at human scale; or challenging "expert" opinions. They may be choosing a more compassionate diet, moving their money to a more ethical bank or credit union, raising their children without force or fear. They may be pioneering new ways to exchange ideas, skills and resources; experimenting with different kinds of household or community; or simply remembering how to play, sing and dance together without dependence on drugs or alcohol.

Some are learning to heal - bringing together wisdom and skills from different ages, cultures and dimensions. Then there are those who are advocates for the voiceless kingdoms - animal, vegetable and mineral - that depend on human beings for their welfare and survival.

Others are struggling to uproot violence - in the nation, the community, the home and the heart - learning to think, to speak and to act without cruelty.

Most are politically engaged, but each with their own unique mix of causes and ideals. Many prefer to "follow the money" rather than a party line - aware that every donation and purchase they make every day is a powerful vote for good or ill.

Most are spiritually active, but without a conventional creed. They may practice meditation or mindfulness, and use the insights and strength from their inner work to inform their service in the world.

Some are reclaiming the great seasonal rituals, aligning themselves with the cycles of Earth, Sun, Moon and Stars; or reinventing those essential rites of passage: the initiations of birth, coming of age, marriage, death and spiritual unfoldment.

Many sense that the world will need a vast outpouring of goodwill if it is to make it through the next few decades intact. Some found their deeper purpose through personal crisis - perhaps global crisis is humanity's great opportunity?

Do you recognise yourself here? Are you a member of this extraordinary group? Are you one of those resisting the great tide of materialism that would engulf our civilisation? Are you among those building little altars and centres and refuges of hope for a more compassionate world? If so, *you need support!* **Network News** exists to reach, encourage and support all members of this "network of goodwill". A space where members can meet, share their gifts and celebrate their unity and their diversity. A place to vision, to collaborate, and to affirm that, truly, **"another world is possible"**.