network news

a guide to inspiring events in north wales

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#futuregen: towards an empathic civilisation ~ taxpayers for humanity ~ what’s my role?

insights from the planetary government-in-exile
June 2020

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Humanity Rising

Full Moon Meditation Network

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Welcome to the June Network News. With a little help from social media, Old King Virus continues to “divide and rule” the world. The Materialists say: “The death rate is too low to sacrifice our economy and freedom”; the Idealists say: “This is the biggest outpouring of collective empathy in history”; the Realists say… Ah. Do you actually know any Realists? Real realists?! The sort who actually can “see a world in a grain of sand”, and civilisations as waves on a shore?

There are accounts of Realists in every age and culture, and for those with a sound intuition, they may be found among us today - we might call them Planetary Elders. What would they want to say?

“Humans are born helpless and remain dependent for years. Watching other newborn creatures just get up and go in a few hours seems to have given us a huge inferiority complex! We compensate by deciding that “Consciousness” can only exist in human form - and that we are the pinnacle of creation. Yet Life has already patented everything we aspire to do. Yes, we can play with the pieces Life has provided, try them this way and that, but there’s a vivid difference between our creations and Life’s creations. Life wastes nothing, while we waste at least two billion tonnes of stuff every year - into earth, sea and sky. Humanity is still in the dark ages, using just five senses and a brain.

“People still think in “pieces” while Life thinks in “wholes”. So people can be motivated by a lone virus that threatens 0.1% for a season, but unable to grasp an Extinction Event that threatens 99.9% for millenia.”

If the Planetary Elders - the Realists - gather representatives of all humanity into a circle to counsel our way forward, they would listen intently to all the voices from North, South, East & West - and then their representative would summarise: “Our house is on fire!”. Blessings to all beings
The good news is that Wales can claim at least one “Planetary Elder” ~ Jane Davidson, the visionary behind the Well-being of Future Generations Act. On June 4th, her book of her journey is published by Chelsea Green, and here is the foreward - written by another Planetary Elder, Satish Kumar!

Hopi Indians of North America believe that ‘before you take any action, meditate for a moment and think, “what will be the impact of your action on the seventh generation to come?” If the answer is positive and if in your heart you genuinely think that your action will be beneficial to the seventh generation, then act. But, if you have any doubt, and if you think that your action may have even a smallest possibility of harming the seventh generation, then abstain from such action. Because the earth does not belong to you, you are only borrowing it from the future generations. You are merely the trustees and the guardians of the earth, not the owner’.

We, the people of modern civilisation, have forgotten this age-old wisdom of indigenous people. We think we own the land, the forests, the animals and all the other resources of the earth. We own nature. Nature is there simply for the use of the present generation of humans.

In our modern economy, greed is good. Materialism is magnificent and the culture of consumerism is the height of civilisation. The loss of nature is considered necessary and is the price worth paying for the financial profitability of a business. The mining of metals, minerals, oil and coal is undertaken with the highest of speeds, as if there is no tomorrow. Food, forests, land, animals and all the rest of nature is seen as commodities for sale. Make money, never mind nature or future generations. The consumer society seeks to increase the quantities of material possessions at the expense of the quality of our own life; the life of the present generation as well as that of the coming generations.

But there is one small nation on this planet earth, Wales, that is embracing the ancient indigenous wisdom in the contemporary context and is recognising the rights of future generations in law. This is a rare and radical law, and the architect of this law is a wonderful woman, Jane Davidson.

It has been my pleasure and privilege to know her. She has acted like a powerhouse to energise, enthuse and inspire the politicians and the lawmakers of Wales to think big, think out of the box and think of our great, great, grandchildren whose survival will be in peril if they have to live in a deforested world, a world of depleted soil, and rising sea levels.
I am delighted that Jane has now written her story in this book. It is a compelling read as it describes the simple, yet outstanding vision of how our generation should leave the legacy of a beautiful world behind for the well-being of future generations.

The consequence of this historic law, and that of Jane’s work, is profound. If carried through, they ensure that the future generations have clean water to drink, clean air to breathe, healthy soil to grow their food, unpolluted oceans to swim in and that forests will remain intact so they can continue to absorb our carbon and offer us life-sustaining oxygen.

This book gains even greater importance because Jane has included many voices of sanity and common sense from around the world who highlight the responsibilities of our generation to eliminate the landfills full of poisonous pollution and waste. When we have done that, our precious planet will be able to maintain its integrity and health for now and for ever.

Jane Davidson has dedicated her whole life to change the law as well as our attitude towards nature. The Earth for her is not merely a collection of objects but a community of subjects. The Earth is not dead rock; she is Gaia, the living organism, and she is alive. Rather than exploiting the Earth, we need to revere the Earth. As we recognise human rights, we need to recognise the rights of the Earth and the rights of nature. We need to recognise the intrinsic value of nature rather than value nature only in terms of her usefulness to humans. Nature is not a resource for the economy, nature is the source of life itself. This is the heart of the matter in this book: may Jane Davidson’s message reach far and wide. May the governments of the world follow the shining example of Wales and enshrine their own Well-being of Future Generations laws as the foundation of their legal systems.

I congratulate Wales and Jane Davidson for being the pioneers of this new paradigm.

Satish Kumar is a lifelong environmental activist & author who edited Resurgence magazine for over 40 years.

Yes! It’s OUT NOW! Three Years in the making…

800 Pages of Welsh Vision and Action!

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The Future Generations Report 2020

Let’s create the future together

Free to download from…

futuregenerations.wales/public_info/the-future-generations-report-2020/
**Pandemic policy** – UK national and global – has barely drawn on psychology (now often labelled ‘behavioural science’) and where it has done so it is instrumental - advising how to induce citizens to conform to stringent and unwelcome restrictions. Pandemic policies lack a psychotherapeutics, a psycho-social and eco-psycho-social perspective. ‘Isolation’, ‘distancing’ (these already culturally common), masking and protective gear prevail.

Where there is ‘distancing’, there is absence of touch; where there is isolation, there is a lack of intimacy; where there are masks, open communication is undermined. Where couples and families are incarcerated together, domestic abuse multiplies. Where there are concerned and compliant families, grandparents staying behind closed windows and doors, there are puzzled grandchildren too young to understand the sudden withdrawal of contact, affected by the loss. How could Psychology help deal with these potentially profound effects? What do we know about working with rupture, and falling apart? None of this is available in current political dialogue.

With “virtual” connections, how denuded is the experience that depends on vision and hearing detached from the fullness of bodily presence? How do we love at a distance, someone asked on the CPA discussion forum? Is it only touch we lose at 2 metres or is something else strained? How to recognise the profound quality of a loving hug? This is Climate Psychology Alliance (CPA) territory, addressing the public and domestic domains, and also professionally as psychotherapeutic practise goes online and therapists reflect on the changing qualities of their relating.

(Full version of this article in CPA May Newsletter)

*Wendy Hollway is a British psychologist specialising in feminist psychology, social psychology and qualitative methods.*

climatepsychologyalliance.org

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**Climate Psychology Alliance Annual Community Day**

June 6th (Online)

“*What Times Are We In? CPA, Climate Change and an Uncertain Future.*”

We are at an end of holocene stability and a liminal in-between locked down world where nothing quite fits. Although strange (curiouser and curiouser) and frightening, there are creative pathways that we could take though our very vulnerability – playful paths to presence and being present to the strangeness.

The Climate Psychology Alliance (CPA) has been in a parallel transition – evoked by its own climate undercurrents of moving to greater member ownership and democratic accountability in becoming a Community Benefit Society.

Catalysed by Covid we have been trying to ride the turbulent wave of inner and outer transformation, reaching out with Zoom spaces, therapeutic spaces, climate cafes and training while simultaneously re-imagining our function as hybrid community of alliances that utilises its creative diversity to support cultural transformation.

This community meeting welcomes members to participate in this transformational process with no guarantees of outcomes but much attention to how we engage together.

*Full program at [Eventbrite.co.uk](https://eventbrite.co.uk)*  
*CPA Membership: [climatepsychologyalliance.org/join-in/become-a-member](https://climatepsychologyalliance.org/join-in/become-a-member)*
I am a rapid responder but over the past few weeks as the coronavirus pandemic has spread across the world, I have felt disoriented and lost.

In the wake of 9/11, I built my rapid response muscle, and over the past 20 years, I’ve relied on it to spring into action and respond to crises by supporting community-centered campaigns, interventions, and mobilizations. But lately, I’ve been stuck in a fog, cycling through periods of motivation and stillness, outrage and exhaustion, determination and grief. Even though I’m connected to various networks, mentors, and organizations, I couldn’t figure out where I fit in, what my lane was, or how to begin.

What is slowly awakening and centering me is my broader ecosystem. As I listen to and understand what others are doing and how they are (re)imaging what is possible in this moment, I have been reflecting and asking myself: what are my values, how can I be aligned and in right relationship with them, what are the needs of the communities who anchor me, and what can I offer with my full energy?

Identifying the right actions in times of crisis requires reflection, and it’s in that spirit that I’m offering a new version of a mapping exercise that helps us identify our roles in a social change ecosystem. The map includes new roles that I’ve learned about through workshops and trainings: Weavers, Experimenters, Frontline Responders, Visionaries, Builders, Caregivers, Disruptors, Healers, Storytellers & Guides.

I’ve also developed a reflection guide that goes with the map. Together, the map and reflection guide can be used at an individual level to reflect, assess, and plan, as well as at staff and board retreats, team-building meetings, orientations, and strategy sessions. This exercise can especially be helpful to re-align ourselves when we feel lost, confused, and uncertain in order to bring our fullest selves to the causes and movements that matter to us.

As the pandemic crisis unfolds, I am inspired by the healers on the front lines of emergency rooms and triage stations, the weavers who are connecting the current crisis to the climate, the economy, and racial justice, the builders who are organizing mutual aid collectives, the caregivers who are sewing homemade masks and dropping meals off to elders, and the storytellers who are reminding us of how our planet and our people have survived over time.

Follow the link below, and feel free to adapt it to suit your individual and organizational needs and goals.

buildingmovement.org/blog/mapping-our-social-change-roles-in-times-of-crisis/
Without going anywhere,  
You can know the whole world.  
Without even opening your window,  
You can know the ways of Heaven.  
You see: the further away you go, the less  
you know…

Tao Te Ching: Chapter 47

Life is often described as a journey, and spiritual life as a quest in which we seek out answers: answers that can only be won by enduring hardship and heartache.

My journey began at 16 when a close friend was killed in a car crash. My path became Qigong (the Chinese system of body-posture and movement, breathing, and meditation).

Recently the world changed, turning upside down and sending shock waves through humanity. In my 30 years of practicing Qigong, one thing had been abundantly clear to me: You can only truly learn from being in the presence of an experienced teacher.

How then could I deliver classes?

I had never heard of Zoom and when told about it couldn’t see how it would be useful to me. Serendipity presented itself via an email from a past teacher, offering her on-line classes.

I have no inclination for “technology”; I didn’t know what to expect, certainly not practising with 36 strangers, yet at the same time being alone in my room.

Afterwards I was exhilarated by connecting with people following a shared practice.

Now, every Tuesday I join this group. I will never meet them, but it gives me a sense of purpose. I can (and do) practice on my own at home but this is different and inspiring.

I started my own sessions, beginning with 40 minutes using the free Zoom platform. Initially, this wasn’t a smooth ride.

⭐ The first barrier was convincing people to try it. Of the 30 people I was teaching before the lockdown only 10 joined the first Zoom Class (including two from Spain).

⭐ My second barrier? Struggling with the technology. Not knowing how to link up, not having sound or vision when linked and interrupted internet connections.

⭐ And thirdly? Adapting my Qigong to this new format.

With these obstacles navigated there are currently 4 sessions - all stand-alone but also synergistic when combined.

✴ Session 1: Letting go of stress / anxiety and boosting the immune system
✴ Session 2: Seated, focussing on breathing
✴ Session 3: Developing awareness of Qi
✴ Session 4: Stimulating the meridians

Feedback has been positive:

“I am very grateful for the Zoom classes. Spending so much time at home in this present situation I really look forward to and enjoy them. It is good be in contact with other class members and I would encourage anyone to give it a try.”

“I have really enjoyed the classes. It is like having a private one to one lesson because each of us can see and hear our teacher and his explanations.” Caris.

“Experience the difference between an on-line work meeting and a joyful afternoon on Wudang Mountain.”

After every journey there is the return home and the discovery that all you needed was right there – without going anywhere.

Phil East used to teach Qi Gong in Gwynedd but now teaches anywhere & everywhere!

taichiphil@outlook.com
network news
a guide to inspiring events in north wales

There is no ordinary “calendar of events” for June,
but we have tried to gather on the following pages some of the new ways we
are finding to meet each others needs.

Most of the centres, galleries, shops and other gathering places that usually
fill our pages are necessarily closed for the time being, but the beautiful souls
who have nurtured these enterprises are all discovering alternative ways to
serve and share their gifts.

Wherever possible, our homes and rooms have become our art galleries, our
temples, our exercise classes and our libraries.

We are also connected via the Web, where (so long as we sidestep the swirls
of fear and marketing and conspiracy theory!) we can find oases of wisdom
and beauty from every age and culture.

We have also tried to share some useful thoughts about books, movies,
podcasts and other online resources we can explore and share at this
extraordinary time.

Urgent Product Recall!

In the May Network News, we promoted the new
documentary “Planet Of The Humans“, directed by
Jeff Gibbs & produced by Michael Moore.
Unfortunately, due to our going to press before its
release we hadn’t actually watched it! We have been
such supporters of their previous work, that we didn’t
think we were taking a risk... Lesson learnt. The film
contains much outdated material, but most sadly, it
is pitched to divide eco activists - which is perhaps
the stupidest thing to do right now. A quick online
search will lead you to all the “for & against” views.

Apologies. Watch “It’s A Wonderful Life!” instead!

www.femkevangent.art
You can freely download back issues of Network News at network-news.org

Discover your Garden Nature in Wales Nature Week! 30 May - 7 June

Why not connect with nature on your doorstep? Gardens, large and small are fantastic places for all kinds of plants and animals. This year, Wales Nature Week is all about nature in our gardens- and we need your help! We want you to share your encounters with the amazing variety of birds, native plants, bees and bugs that share your garden. You may be lucky enough to have a hedgehog visit! And of course, you can join in if you don’t have a garden by spotting nature from your window. Our community of experts will be on hand throughout Wales Nature Week to answer your queries, offer tips on how to make your garden wildlife-friendly and help you to record your sightings to build a better picture of our nature neighbours.

biodiversitywales.org.uk

Fancy planting trees?
The Forest Garden Nursery (nr. Corwen) has a lot of germinating Sweet Chestnuts and Hazelnuts. Anyone is very welcome to let us know how many you want to have and plant. Every year there are valuable seeds and cuttings going spare. Last year there were a 1000 sweet chestnuts available.

FB: Paramaethu Cymru / Permaculture Wales or FB: Forest Garden Centre at Llanfihangel Glyn Myfyr
Incredible Edible

“Earth my Body
Water my Blood
Air my Breath
Fire my Spirit”

Mother I hear you under my feet ~
Mother I hear your Heartbeat

You can find these chants on YouTube

De-escalation Skills Training
9, 15, 20 June
with XR Cymru Non-violence
A workshop delivered by experienced practitioners of non violent communication and de-escalation skills.
6.30 - 9pm online, free, register: eventbrite.co.uk

Bwyd Bendigedig Port / Incredible Edible Porthmadog
An inspiring 4 min video about the community garden project & recycled bottle use from S4C Heno
FB: Bwyd Bendigedig Port / Incredible Edible Porthmadog

Hwb Croesor
Short video celebrating Gwyl Gwrthsafiad 2020
YT: of same name

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Rebel Wisdom
A media channel founded by BBC & Channel 4 journalist and filmmaker David Fuller, to uncover the most rebellious ideas in philosophy, human potential and transcendence to find direction through the chaos of the times.

*Join the Festival*
30th & 31st May
FB: Rebel Wisdom
rebelwisdom.co.uk

Natural Resources Wales / Cyfoeth Naturiol Cymru
Wales Nature Week
30th May - 7th June
This year, it’s all about nature in your garden.
More from:
FB: Cyfoeth Naturiol Cymru / Natural Resources Wales

Grwp Darllen ~ Reading Group
June 1, 3, 5, 8, 10, 2 - 3pm
Hosted by Canolfan Abbey Road Centre, see FB

Full Permaculture Design Course
Hosted by Graham Bell, online
*Tues 2nd June* 1pm. 3 x half days for 4 weeks
Contact:
graham@grahambell.org
FB: Full Permaculture Design Course

Penumbral Eclipse Rose
Moon Meditation
June 5th at 7.45pm
Register with Creuynni on eventbrite.co.uk

Liz Lane ~ Groove Dance
June 5th & 12th 10am, donations, via Zoom
FB: Liz Lane

Pregnancy Meet & Meditation
2nd June, via Zoom
FB: Laura Birthing Mamas Doula, Pregnancy & Postnatal Yoga.

Mums & Babes Sing, Share & Relax
4th June - via Zoom
Thurs 10am - 12noon.
Time for relaxing body and mind; soothing ourselves and our babies with gentle songs; and connecting with other mothers on a deeper level than the every day chit chat. Open to pregnant women to join! £3 - £7.
FB: Mums & Babes Sing, Share & Relax

Anglesey Story Share
Tuesday 2nd June
hosted by Siân Miriam and Claire Mace. All welcome! Come along with a story to share, a song to sing, a poem to read, or feel free to sit back, relax and listen. 7.30 - 9.30pm. Free. via Zoom
Link anadlu.com or FB: Anadlu

S Sieve
Online sharing event - Share your work, meet other writers, discover new talent.

June 4th, 6.30 - 8.30pm
You can book a place for free via Eventbrite website or to share please contact penny.gunter@keap.org.uk

Adult Creative Writing - Everybody Has A Story
Online workshop - Creative writing can support our wellbeing. Join these friendly, relaxed creative writing workshops. Mondays, 12.30 - 2.30pm, June 1st, 8th, 22nd, & 29th and July 6th. £25 for all sessions. Book: thewritersblock.org.uk

C.A.T. Virtual Open Days
5th June: MArch Sustainable Architecture Course at 10.30am - 12pm, plus MSc Course at 2pm;
19th June: MSc Course 11am
Free Webinar
a taster of our Zero Carbon Britain course as Paul Allen, ZCB Knowledge and Outreach Coordinator, takes you through the extraordinary story of human beings, energy and happiness.

June 10th, 7.30pm, 1 hour,, via Zoom Info: cat.org.uk

Deepen Your Yoga Workshop: Summer Solstice Flow
Saturday 20th June
A 2 hour Forrest Yoga practice; a chance to go deeper, let go, and explore how you’d like the second half of your year to be. Led by Adrian Kingsley-Hughes, suitable for all, including beginners. 11am - 1pm. £15, £7.50 concs, via Zoom To book: inspiratrix.co.uk

All Wales Public Service Virtual Summer School 2020
22nd - 26th June
Looking back at the wealth of talented inspirational keynote speakers from past events, to create a Summer School designed to support our leadership and learning needs in the current situation. The daily programme will mainly consist of pre-recorded sessions. More info and link to programme: academiwales.gov.wales

Summer Solstice Ceremony & Meditation
20th June
10.10pm - 11pm
Register with Creuynni on eventbrite.co.uk

Pregnancy Meet & Meditation
2nd June, via Zoom
FB: Laura Birthing Mamas Doula, Pregnancy & Postnatal Yoga.

Mums & Babes Sing, Share & Relax
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FB = Facebook; YT = YouTube
**MEDITATION**
Kalpa Bhadra Buddhist Centre
Online day course Saturday 13th June - 10am - 3pm, £20, meditatenorthwales.com
*Liberation From Sorrow
Every 8th day of the month, all welcome to join.
tharpa.com
*World Invocation Day
June 5th - a day for universal prayer, invocation and meditation. See 5 min video about this day from lucistrust.org
(see page 29 for The Great Invocation)
*Global Daily Prayers
for healing Covid-19
1.30pm BST - All welcome
FB: Yoga North Wales

**TAI CHI & QI GONG**
45 mins with Dr Paul Lam
YT: Tai Chi for Beginners
*YT: Master Chungliang Huang - Tai Chi Elements
4 mins
*Qigong for Beginners
30 minutes
YT: Yoqi Yoga and Qigong
*Qi Gong Classes
via Zoom
taichiphil@outlook.com
See Phil’s article page 8 and advert page 23

A calm mind is the greatest asset to challenges ahead

**Steph Healy ~ Pure Sound**
I’ve made a YouTube channel, with free relaxation and sound meditations! Feel free to pop over and subscribe or share, thank you, Steph x
YT: Pure Sound

**Pilates with Carys**
First part of a video that introduces key elements of Carysmatic Pilates
YT: Introduction to Carysmatic Pilates 1
40 mins

**At Home Foot Massage**
Learn how to do a simple foot massage in the comfort of your home. Led by Sandra Leyland Williams.
10 mins
YT: At Home Foot Massage

**YOGA**
Emily Kyle Yoga
Contact: 07775 798536
FB: Emily Kyle Yoga

Rosslyn Falconer Yoga Friends
FB: Yoga Friends

Tru Dru Yoga
Cat Stuijt 07816 103064
Book: trudruyoga.co.uk

Claire Mace
FB: Claire Mace & YT: Yoga Sequence Warm Up 30 mins
See Claire’s “Deepen Your Yoga Workshop” on p.11

Easy and Gentle
YT: Yoga with Dhananjay

OM Yoga North Wales
YT: OM Yoga at Home
FB: OM Yoga North Wales

Dru Yoga North Wales
druyoga.com
FB: Dru Worldwide

Yoga Shala
FB: Yoga Shala North Wales

Source Yoga Nutrition & Health
YT: 40 minutes Yin Sequence - Backbends and Hips

Derwen Hatha Yoga
FB: Derwen Yoga (North Wales)

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45 mins with Dr Paul Lam
YT: Tai Chi for Beginners
*YT: Master Chungliang Huang - Tai Chi Elements
4 mins
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OM Yoga North Wales
YT: OM Yoga at Home
FB: OM Yoga North Wales

Dru Yoga North Wales
druyoga.com
FB: Dru Worldwide

Yoga Shala
FB: Yoga Shala North Wales

Source Yoga Nutrition & Health
YT: 40 minutes Yin Sequence - Backbends and Hips

Derwen Hatha Yoga
FB: Derwen Yoga (North Wales)

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Contact: 07775 798536
FB: Emily Kyle Yoga

Rosslyn Falconer Yoga Friends
FB: Yoga Friends

Tru Dru Yoga
Cat Stuijt 07816 103064
Book: trudruyoga.co.uk

Claire Mace
FB: Claire Mace & YT: Yoga Sequence Warm Up 30 mins
See Claire’s “Deepen Your Yoga Workshop” on p.11

Easy and Gentle
YT: Yoga with Dhananjay

OM Yoga North Wales
YT: OM Yoga at Home
FB: OM Yoga North Wales

Dru Yoga North Wales
druyoga.com
FB: Dru Worldwide

Yoga Shala
FB: Yoga Shala North Wales

Source Yoga Nutrition & Health
YT: 40 minutes Yin Sequence - Backbends and Hips

Derwen Hatha Yoga
FB: Derwen Yoga (North Wales)
The Documentary
*Don’t Log Off* - Alan Dein connects with individuals from all over the world during Covid-19 trying to find space from those around them. In 2 parts. / 30 mins
World Service / BBC News
bbc.co.uk

Free Thinking
In Depth Conversations with authors and artists, discussions, interviews and plenty of music
BBC Radio 3 / 45 mins
bbc.co.uk/sounds

Join the Conversation
Through reporting and analysis of social and political issues, we seek to educate citizens to challenge power and encourage democratic debate across the world
opendemocracy.net

Natural Climate Solutions
The risk of climate breakdown is real, but it can be reduced if we protect, restore and fund natural climate solutions. Our aim is to prevent climate breakdown by restoring our life support systems.
naturalclimate.solutions

Virtual Online Events
Subscribe and discover online events during this time: art, activity, fitness.
List your event here too!
allevents.in

Gaia Films & Docs
to awaken consciousness in Body, Mind & Spirit
gaiacom

The Alternative UK
A political platform aiming to transform the language and practice of politics.
thealternative.org.uk

The Yogis of Tibet
Documentary Film, including Tibetan monks and their prayers / meditation
YT: The Yogis of Tibet

New Dimensions Radio
An infinite array of inspiring spiritual and practical programmes
newdimensions.org

Sarah Cooper - Comedian
Sarah lip-synchs Trump to hilarious and genius effect
Twitter and YouTube

Reset: George Monbiot
Reflections on ‘alternatives’ to engage with, post lockdown. Reset your mind.
YT: George Monbiot: It’s time for a Great Reset
15 mins
Part of 5x15 bringing together five outstanding individuals to tell of their lives, passions and inspirations.
YT: 5x15 Stories

Democracy Now!
A daily, global, independent news hour with Amy Goodman and Juan González.
democracynow.org

Nonviolent Communication (NVC)
Learning to communicate with empathy and observation. Connect through Skype with Lisa Mundle
FB: Lisa Mundle

Beauty & the Beast
Anatole the Beast discovers that the true beauty is in the heart.
YT: Beauty & the Beast

GLADcast
The digital archive of Gladstone’s Library. Listen on:
podcasts.apple.com
FB: Gladstone’s Library

Caroline Myss talks about transitioning from Covid-19 epidemic and the truth that “We create our own reality”
YT: I want to give you a word today that is pure grace (30 mins)

My Stroke of Insight with Jill Bolte Taylor
If you haven’t already seen it - Jill’s story of studying her own stroke as it happened is insightful and captivating - 20 mins.
YT: My stroke of insight

The Wonderland Challenge for the NHS
165 voice artists record 1 minute of *Alice in Wonderland*
Hear the whole story at: isomeet.co.uk
with an option to donate to the NHS

Mark Thomas Podcast
“The Things About Us”
The comedian activist has been prevented from touring, but even a virus can’t stop his podcast!
soundcloud.com/themarkthomaspodcast

XR: Climate Crisis Video
We are writing the climate future of the next decade now; from distressing to empowering. 4 mins
FB: Extinction Rebellion

Kirsty Schneeberger: The climate & biodiversity crises.
24th June
Kirsty is chief executive of Synchronicity Earth.
Tickets: resurgence.org

Resurgence Voices
Podcasts on the themes of ethical living, ecoactivism and the arts.
resurgence.org

Deepak Chopra: The coronavirus and the need for spiritual well-being
cnbc.com

Join the Conversation
Through reporting and analysis of social and political issues, we seek to educate citizens to challenge power and encourage democratic debate across the world
opendemocracy.net

GLADcast
The digital archive of Gladstone’s Library. Listen on:
podcasts.apple.com
FB: Gladstone’s Library

Caroline Myss talks about transitioning from Covid-19 epidemic and the truth that “We create our own reality”
YT: I want to give you a word today that is pure grace (30 mins)
Covid-19 Mutual Aid UK

Covid-19 Mutual Aid UK are a group of volunteers aiming to support the network of local community groups organising to support people through the coronavirus pandemic. We are not in charge of this network and have no say over what local groups do. We exist merely to provide resources that will help them flourish. Mutual aid is where a group of people organise to meet their own needs, outside of the formal frameworks of charities, NGOs and government. It is, by definition, a horizontal mode of organising, in which all individuals are equally powerful. There are no ‘leaders’ or unelected ‘steering committees’ in mutual aid projects; there is only a group of people who work together as equals. Mutual aid isn’t about “saving” anyone; it’s about people coming together, in a spirit of solidarity, to support and look out for one another.

Local groups listed on covidmutualaid.org

#GoodNewsCymru

An online resource showing how people do good in their communities of Wales. wales.coop

The Cinnamon Trust

A national charitable organisation that offers help to the elderly, disabled and terminally ill with dog walking and pet care. cinnamon.org.uk

FB: The Cinnamon Trust

North Wales PPE Support

Can you help?

A group fundraising for adequate PPE for frontline workers; mask making, sewing scrubs, cotton bags

FB: North Wales PPE Support

Laundry Bags & Button Bands - NHS Wales Key Workers

FB: Page of same name

Love: North Wales Coronavirus Help & Support

Making PPE items and support

FB: Page of same name

The Scrub Team

Shower gels, Handwash & care packages put together

FB: The Scrub Team

Yellow Hearts to Remember

A place to meet for those who have lost loved ones

FB: Yellow Hearts to Remember - Covid 19

GIG / NHS Health Visiting Service

It has been necessary to pool our Health Visitor service for Gwynedd and Anglesey into area Hubs. To speak to a Health Visitor please contact the number for your area:

Arfon (Bethesda, Bangor, Caernarfon) 03000 851609 / 851610

Meirionydd - Blaenau Ffestiniog 03000 853489

Dwyfor (Cilan) 01758 701152

Anglesey - Tŷ Derwydd 03000 853174

Holyhead Area, Jesse Hughes 01407 762507

Available from St Davids Hospice: stdavidshospice.org.uk

If you’re based in Wales and would like to get involved with helping promote and build a wellbeing economy, we can connect you to the team setting up the brand new WEAll Cymru Hub.

Get in touch at info@wellbeingeconomy.org mentioning “Wales” in the subject line.

wellbeingeconomy.org


We are looking for items that reflect everyone’s experiences in the community during this period:

artworks, photographs, videos, poetry, extract from a diary, recipes or objects.

stories.cymru/covid-recollect
<table>
<thead>
<tr>
<th>Movement, Women’s Groups &amp; Home Schooling</th>
<th>Activities for home-schooling; YsCWL - venuecymru.co.uk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chakradance with Roz</td>
<td>A variety of short, educational, inspiring (mostly child centred) videos; bbc.com/ideas</td>
</tr>
</tbody>
</table>
| Connect with Roz Daws for some freeform, spontaneous dance in response to music designed to balance the chakra system via Zoom.  
**FB: Chakradance with Roz** | |
| Polynesian Dancing                      | Play Wales  
A place for finding ideas and articles  
**FB: Play Wales and website:** playwales.org.uk |
| Every Thursday 8 - 8.50pm Online via Zoom  
Led by Rachel  
**FB: Under The Dancing Tree** | |
| Monthly Continuum Practice Class Online class, free and open to all. Explore movement through self nourishment and awareness.  
**FB: North Wales Continuum Movement** | |
| National Dance Wales                    | Arts Council of Wales / Cyngor Celfydda Cymru  
lots of creative activities, ideas and plans to keep children engaged  
**CreativeLearning Zone**  
**FB: of same name** |
| Join in, or relax and enjoy the music and movement class from home.  
**FB: National Dance Company Wales** | |
| Kitchen Disco                           | The World in Your Classroom  
For all educators bringing a global dimension to your work  
globaldimension.org.uk  
-------  
**Ynys Mon Outdoor Learning North Wales**  
**FB: Page of same name** |
| Sing-a-long & dancing with Sophie!  
**FB: Sophie Ellis-Bexter** | |
| Domestic Disco                          | **Bedtime Stories**  
with Jarvis Cocker / approx 15-20 mins  
**FB video:** Jarvis’ Bedtime Stories  
-------  
**Garden Dragon Watch Survey**  
If you’re lucky to have a garden we would love you to spend a few minutes finding out if there are any reptiles and amphibians there. Look under compost heaps, around water/pond, rock piles and garden borders. Fill in a form and send results to: arc-trust.org |  
| Play-list / about 2hrs  
**YT: Jarvis Cockers’ Domestic Disco.** | |
| Globalhead                               | Ubiquity University Humanity Rising  
“If you want to go far go together”  
See p.22  
If you missed the live stream you can watch all the sessions from the video library. The Summit will continue for as long as the pandemic lasts.  
humanityrising.solutions | |
| Music from around the world.  
8 - 10pm, last Tues / month - monfm.net or via  
**FB: DJ fflyffybybl** | Luminate @ Home  
Creative ageing organisation encouraging audiences at home to participate in activities, twice a week drop-in, Tues & Fri, Dance moves, music, dementia singing network, sing-a-longs, making paper birds. 2pm. vimeo.com |
| Art Enthusiasts London                  | Garden Dragon Watch Survey  
If you’re lucky to have a garden we would love you to spend a few minutes finding out if there are any reptiles and amphibians there. Look under compost heaps, around water/pond, rock piles and garden borders. Fill in a form and send results to: arc-trust.org |
| Bringing art into your home with educational webinars for children or anyone who likes to learn! Visit their page for timings of events:  
**FB: Art Enthusiasts London** | |
| WOMEN’S GROUPS                           | |
| Red Tent Gwynedd Pabell Goch            | |
| Almost every Monday & Thursday ~  
8.30 - 9.10pm, prompt start. Join other women for support time, led by Helen McGreary, via Zoom. Also Tent meetings once or twice a month as organised.  
More from:  
**FB: Red Tent Gwynedd Pabell Goch** | |
| Online Sister Circles                   | |
| sistercircletemple.com  
**FB: Sister Circle** | |
| Free Weekly Meditations                 | |
| and a community for all women  
**FB: Sisters Circles Under the Dancing Tree** | |
| National Dance Wales                    | |
| Join in, or relax and enjoy the music and movement class from home.  
**FB: National Dance Company Wales** | |
| Garden Dragon Watch Survey              | |
| If you’re lucky to have a garden we would love you to spend a few minutes finding out if there are any reptiles and amphibians there. Look under compost heaps, around water/pond, rock piles and garden borders. Fill in a form and send results to: arc-trust.org | |
Being Creative at Home

There is a huge creative explosion going on in homes across North Wales! Hopefully the links and ideas on these pages will lead to online creative sessions and for you to find time to play and find your inner creative - indoors and out!

“Boredom is one of the most creative forces - there are benefits to doing nothing. Get through the pain barrier and discover your creativity that is waiting to emerge”.

Integrated Living Systems

It doesn’t matter if you teach science, maths, languages, history, geography or music - it’s all related. How about a session which looks at the science, language, history, geography and music of a blackbird? Visit: rspb.org.uk

Do you have a self-care kit?

... warm blanket, hot water bottle, favourite tea, notepad & pen, sunglasses, cushion, earplugs for listening to music/radio, puzzle book, story, photograph.

Can you find a rock in the shape of a country? This one of Africa was unexpectedly uncovered in a garden wall.

There are many mushrooms in Springtime - check out which ones you can eat with - see wildfooduk.com

RSPB North Wales

Visit their website for ideas and assistance with nature activities: bird spotting, pond making and planting different seeds for different birds and other creepy crawlies.

rspb.org.uk/wales ~ FB: RSPB North Wales

Q. What are the following and what do they look like?

1. A surface integral
2. A reversed tild
3. N-ary summation
4. A closed superset

Answers on p 18

Understanding Shoulder Pain & How To Fix It

Who doesn’t suffer from this, especially after weeks of not moving around so much?! A really clear and helpful video explaining muscles, tendons and ligaments and some exercises to help with various areas of pain in the shoulder area. 15 mins

YT: Understanding Shoulder Pain & How To Fix It
Online art tutorials for adults and children from art-k.co.uk

**QUIZ**

1. What’s the name of the longest River in Wales?
2. How high is Snowdon/Eryri in metres?
3. What is the total ground surface of Wales in acres?

Create a persona for the day - be an animal, your favourite cartoon character - what would you wear? Teach your family a made up language !!

What type of soil do you have? find out what type of soil you have to know the best use of it and how it interacts with other ecology. There’s a website which gives details on texture, fertility, drainage and habitat. landid.org.uk/soilscapes .... and for the younger ones: kidsecologycorps.org

1. Draw/paint/doodle something you are grateful for/makes you happy.
2. Take a photograph of your artwork and inbox it to us.

“Take Yourself on a Date”
OK, so you might not be able to go far ... but if you wanted to do exactly what you could in your home for yourself (or during an hour outside) what would it be? Maybe sit in silence, sing to yourself, watch a favourite DVD, write a poem, make a shrine, encourage yourself to play ! And then do it. Every day.

Canolfan Abbey Road Centre
Art has so many benefits for mental wellbeing - art relieves stress, encourages creative thinking, encourages brain activity and helps boost self-esteem.
1. Draw/paint/doodle something you are grateful for/makes you happy.
2. Take a photograph of your artwork and inbox it to us.

FB: Canolfan Abbey Road Centre

Wild Days ~ Earthwatch Environmental conservation organisation; spin your own spider web! wild-days.org earthwatch.org.uk FB: Earthwatch Europe

Wish you were here!
Send someone you love a postcard - stay in touch!

NWWT invite you to:
* 30 days of Wildness in June
* Be part of a Traineeship for 2 weeks starting 20th July for 16 - 24 year olds, covering all things wildlife. Info from website
* Plus a Fortnightly quiz on FB (next one on 27th May) and then 10th June
* Plus videos about the nature of North Wales from FB: North Wales Wildlife Trust northwaleswildlifetrusts.org.uk

Make a Salt Bowl for Cleansing and Blessings
Find a bowl. Fill it about a quarter full with salt - Himalayan, pink, or Anglesey organic sea salt. You can then add any herbs and spices that appeal to you and sprinkle over the salt. You might want to add some dried flowers to give some colour. You can write a little blessing and leave it in the salt bowl to read daily. “May I be cleansed, purified and protected today and all of my days; may it be so”. Or say your own affirmations, prayers and gratitude. Run the mix through your fingers as you say your blessing/prayer. Place the bowl somewhere you will see it each day. Salt bowls are considered a protective and cleansing agent; absorbing water, emit ions and kill bacteria. More info from: patheos.com

Learn Acrylic art techniques
YT: Jennifer Funnell Visual Arts

Canolfan Abbey Road Centre

Answers on p.18

[Image]
**The Welsh NHS Confederation**

Find out how the arts are supporting the Welsh health and social care response to COVID-19

“... if you feel you need to access health and care, please come forward so the NHS can help you through these uncertain times.”

Community Arts charities, sessions of singing and beatbox workshops, including “I’m Thinking of You” - a virtual postcard project inviting people to connect with themselves and others. The project will support young people till mid-July.

There are many more projects to be part of: nhsconfed.org

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**Osprey Chicks**

are hatching! Watch the filmed event on FB: Bywyd Gwyllt Glaslyn Wildlife - Glaslyn Ospreys.

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**Into The Woods**

“A tale of moonlit nights and early May mornings, roaming the coastal woods around my home out on the Llyn Peninsula” with Dafydd Davies Hughes,

YT: Seahorse

12 mins

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**Open Culture**

1,150 free movies online - openculture.com/ YT

Many documentaries freely available:

documentaryheaven.com
topdocumentaryfilms.com
futurelearn.com

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**Films to Inspire**

**Baraka** (PG) A collection of expertly photographed scenes of human life and spirituality/religion - 1hr 36

**The Story of the Weeping Camel**

(U) Mongolia; a musician helps a camel. 1hr 33

**Atanarjuat - The Fast Runner** (15)

The telling of an Inuit legend of an evil spirit causing strife in the community and one warrior’s endurance and battle of its menace. 2hr 40

**Ram Dass~ Fierce Grace**

Documentary. The life and spiritual unfoldment of Richard Alpert / Ram Dass. 1hr 33mins

**The Journals of Knud Rasmussen**

A portrayal of the lives of the last great Inuit shaman, Avva, and his beautiful and headstrong daughter, Apak. 1hr 52

**The Dhamma Brothers**

A dramatic tale of human potential and transformation as it closely follows and documents the stories of the prison inmates at Donaldson Correction Facility (USA) who enter into an arduous and intensive meditation Vipassana Retreat. 1hr16

**Fly Away Home**

(U) A young girl finds herself in charge of a dozen orphaned goslings. 1hr 47

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**Quiz Answers {page 9}**

1. River Severn - 354km
2. 1,085 metres
3. 5,101,000 acres

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**Quiz Answers {page 8}**

They are all mathematical symbols and look like this:

1. ∫ 2. ☺ 3. ∑ 4. ☐
A big Thank You to all those who shared their Art & Craft during lockdown

Traci’s colourful clothing in sunny Rhyl

Paula’s fabulous seahorse is made out of a pair of jeans

Tamzyn

Carved spoons by David

Sara - picked up a brush 4 weeks ago!

Anthony Jones - scroll saw project

Tamzyn knitted a dinosaur scarf

Lynn-Amanda, crochet, knitting, felt and sewing

by Kelly - finding time to enjoy drawing again

Paula’s fabulous seahorse is made out of a pair of jeans

Chris, Gwynedd

Curtains and cushion cover for a friend’s boat by Sian Twigge

Sara - picked up a brush 4 weeks ago!
LOCAL FRESH FOOD - Deliveries (as of 20th April)

Village Veg, Waunfawr/Caernarfon Delivery Fri or Sat. Free delivery over £8.50 order. Phone Kevin 07962 214347. For updates:Facebook: Village Veg

Moelyci, Tregarth Orders/payment over the phone and will let you know when it is ready to collect from outside the shop. 01248 602793, Facebook: Moelyci

DJ's Fruit and Vegetables, Penrhyneddu - Takeaway and home delivery with B&M Taxis. Can include Porthmadog. Call 01766 770292

The Eating Gorilla in Penrhyneddu - Takeaway and home delivery with B&M Taxis. Can include Porthmadog. Call 01766 770292

Moelyci, Tregarth Orders/payment over the phone and will let you know when it is ready to collect from outside the shop. 01248 602793, Facebook: Moelyci

Siop a Caffi y Garreg in Llanfrothen are doing grocery deliveries to vulnerable people. They can also deliver simple hot meals. Box collections available, call 01766 770094.

Grapes in Maentwrog are now offering takeaway. 01766 590365, grapeshotelsnowdonia.co.uk

Henbant, Clynog Fawr, Caernarfon Now taking orders for their veg boxes £15/ week standard or £10/week small. Sign up: henbant.org. matt@henbant.org / 07786 316413

Kyffin Cafe Deli, Bangor Kyffin are making food for takeaway and delivery, including packs of various loose leaf tea. You can find them on Facebook or call 01248 355161.

Wildings Vegan Kitchen, Colwyn Bay Soups, main dishes and cakes; home delivery (for a small tip?) for those within 3 miles for orders over £15. Phone 07980 112698 or Facebook

Soulvegan Bakery Online orders welcome. Emma 07583 947472, emma@soulvegan.co.uk, soulvegan.co.uk FB: Soulvegan bakery

Tredafydd Organic Farm You can order online seasonal veg bags, fruit bags, chutneys and jam. Local delivery or pick up in person. Based in Llithfaen; deliveries around Pen Llŷn. Orders: tredafyddorganic.co.uk

Eat Your Greens Grown using environmentally friendly methods. Delivery service available, based in Denbigh. Order from 01745 289160, hello@eatyourgreens.wales ~ eatyourgreens.wales

Central Bakery Delivering in Anglesey. Contact 01248 810386 to place your orders, payment can be made over the phone. See Facebook: Central Bakery for more info.

Phoenix Bistro, Llangollen Operating a take away service. Order via phone or email, pay over the phone, beep/call when outside, pick up your food from collection point. Service available 12pm & 8pm. Contact 01978 469829, thephoenixbistro2018@gmail.com Facebook: The Phoenix Bistro.

Zero Food Waste and Food Share Llangollen See their page on Facebook: offering food to those in need

Premier Nefyn Will deliver anything from a newspaper to a full basket. Open 7am - 10pm: phone in order/pay over phone with card, free delivery. 01758 721700.

Blodeuwedd Botanics Variety of veg available / collect. Message 07799 224636, FB: Blodeuwedd Botanics

Plant-based recipes and ideas from Beach House Kitchen - Plenty of ideas for vital nourishment. Check out: beachhousekitchen.com or Facebook of same name eatweeds.co.uk ~ a foraging guide to the edible and medicinal wild plants of Britain

See also our inside back cover as most of the health food shops are open for collection or deliveries.
‘When you go out into the woods and you look at trees, you see all these different trees. And some of them are bent and some of them are straight. Some of them are evergreens, some not, and you look at the tree and you allow it to be. You see why it is the way it is; you understand that maybe it didn’t have enough light to grow high. And you don’t get emotional about it, you just allow it. You appreciate the tree.

The minute you get near humans you lose all that. And you are constantly saying: “You’re too this or I’m too that”. The judging mind comes in.

So I practice turning people into trees. Which means appreciating them just the way they are.’

Ram Dass
ramdass.org

SLEEPING IN THE FOREST
I thought the earth remembered me, she took me back so tenderly, arranging her dark skirts, her pockets full of lichens and seeds.

I slept as never before, a stone on the river bed, nothing between me and the white fire of the stars but my thoughts, and they floated light as moths among the branches of the perfect trees.

All night I heard the small kingdoms breathing around me, the insects, and the birds who do their work in the darkness. All night I rose and fell, as if in water, grappling with a luminous doom. By morning I had vanished at least a dozen times into something better.

Mary Oliver; June 13, 2013
HUMANITY RISING
A Global Solutions Summit

Humanity Rising represents a movement of people and organizations coming together to take counsel on how to leverage the crisis of the coronavirus pandemic into an opportunity for human renewal and increased resilience to future challenges.

The goal of the Summit is to create an international coalition strong enough to transform conversations that matter into actions that make a difference.

Please join us as we come together to chart our course to new specifications, navigate with sustainable coordinates, and embrace new models that take the wellbeing of our planetary ecology and all communities into account.

*For the first time in history, the entire world has been forced to confront the same challenge at the same time. In every country, people are having the same feelings about their wellbeing, the same anxieties about survival, and the same questions about how they are going to rebuild beyond the pandemic. This is true whether you are an individual, a company, an organization or a country. Everything has been disrupted and everything needs to change. This crisis is creating an extraordinary opportunity to build a world that is more resilient to future crises and more aligned with human and ecological renewal.*

The Summit started on May 22nd and will continue for as long as the pandemic lasts!

The Summit is an ongoing global dialogue and coalition of activists and organizations which will consider ideas and take action on proposals to create a world that is more socially equitable and ecologically regenerative.

*If you can’t join the live conversations, all sessions will be recorded and you can access the complete video library.*

The world will shapeshift many times over the next months. We must be in a position to continue to adapt and evolve as the global situation does.

The essential imperative is that we all come together in dialogue and action to ensure that the world community seizes the opportunity to rebuild beyond the pandemic in more abundant, resilient and sustainable ways, as framed by the UN Sustainable Development Goals.

humanityrising.solutions
Also on YouTube channel: Ubiquity University
In December 2018, the Democracy in Europe Movement (DiEM25) and the Sanders Institute issued an open call to all progressive forces to form a common front. “It is time for progressives of the world to unite. The Progressive International takes up that call. We unite, organise, and mobilise progressive forces behind a shared vision of a world transformed.”

We aspire to a world that is:

- **Democratic**, where all people have the power to shape their institutions and their societies.
- **Decolonised**, where all nations determine their collective destiny free from oppression.
- **Just**, that redresses inequality in our societies and the legacy of our shared history.
- **Egalitarian**, that serves the interests of the many, and never the few.
- **Liberated**, where all identities enjoy equal rights, recognition, and power.
- **Solidaristic**, where the struggle of each is the struggle of all.
- **Sustainable**, that respects planetary boundaries and protects frontline communities.
- **Ecological**, that brings human society into harmony with its habitat.
- **Peaceful**, where the violence of war is replaced by the diplomacy of peoples.
- **Post-capitalist**, that rewards all forms of labour while abolishing the cult of work.
- **Prosperous**, that eradicates poverty and invests in a future of shared abundance.
- **Plural**, where difference is celebrated as strength.

**Join Us!**
[diem25.org](http://diem25.org)
One of the Planetary Elders we have respected for many years is Kirkpatrick Sale. It is notable that the latest of his 14 books - The Collapse Of 2020 - was written last year, and published just before Covid-19 hit. Indeed he first predicted the date of the collapse in 1995...

Q: When Edward Abbey wrote “Growth for its own sake is the philosophy of the cancer cell,” he was referring to rampant development and resource depletion. By extension, it was a critique of unfettered capitalism. You also rail against capitalist excess in your book, but what are our alternatives?

A: The alternatives to capitalism are obvious enough, once it is agreed that capitalism is the greatest system ever developed to promote growth, and growth is killing us. It’s a finite world, we are approaching its limits, and when it’s over, we die. Simple. If we quickly revert to no-growth systems, small scale, small impact, small self-sufficient communities, there’s a chance some may survive a while. But the temperatures will be going up inexorably, don’t forget, the residue of industrial collapse will be all around us, and that has to be factored in. But go ahead. Now’s the time to start.

Q: Your analysis, and your message, seem profoundly pessimistic. You once predicted the collapse would begin in 2020. And here you revise it. Just how close to the precipice are we?

A: In 1995, I predicted collapse in 2020 and made a bet on it. My book is a look at that prediction, and how close we’ve come. Nothing’s changed. I would say that even with COVID-19 we haven’t yet collapsed, but, of course, there’s no thought now about changing courses to avert the threats that were there before. Hence, collapse is coming, helped by COVID-19, but maybe postponed by a year.

Q: If a total breakdown is unavoidable, what can individuals do to protect themselves and their communities from catastrophe?

A: I see the future now in only the starkest terms. Be a community, form a community, gather together, learn life skills, hunker down. Think of all the ways of living before industrial capitalism clamped down on human life, say, 300 years ago. Try to resurrect them.

We usually think of politics as a straight line from extreme left to extreme right. If, instead we project the political spectrum onto a sphere, we see that the Left and Right sides are not so far apart.

At one pole you have the authoritarians of both camps, the Stalinist Left and the Hitlerian Right, for example, (and there’s not much to choose between them); then down in the middle, along the equator, you have the squishy middle-ground liberal-moderate types of both Left and Right - who like to believe they are miles apart!

At the other pole you have the anti-authoritarians, the decentralists of all stripes, anti-big government, anti-statist, communitarian, the anarchocommunalists and communitarians and communards and anarchists on the Left, and the libertarians and Jeffersonians and individualists on the Right.
I am a decentralist. Decentralists know that big is bad - the corollary of Schumacher’s “small is beautiful”. The mass-society state is inherently a failure: it is authoritarian and anti-liberty, imposing checks and laws on all individual actions; it is hierarchical and arbitrary, with power at the top and subservience for the great majority below; it is bureaucratic in order to function at all, but it functions poorly nonetheless because bureaucracies are always inefficient and clumsy and self-perpetuating; it is undemocratic, because it is too big to allow direct face-to-face decision making and substitutes various forms of representation, all of which take power from the individual.

In my book Human Scale, I have a chapter called “The Law of Government Size.” In a few words: “Economic and social misery increases in direct proportion to the size and power of the central government of a nation or state.” Decentralists also agree that power should be diffused, and to the lowest level possible - which means to a bioregional level, and beyond that to a community level, a neighborhood level, a family level, an individual level. Everything should be decided at a level where the people affected can have their say and participate in carrying it out.

Following from that, as a next point of agreement, is that the community is the most important human institution in the life of the species - the small, place-based community, where each member is known to every other. It is primarily there that power should reside - social, economic, political, whatever.

However, we live in the era of the large and powerful nation-state, a condition only made worse by the fact that it is also the era of the global corporation, superpowerful entities that have all the characteristics of the state, except any vestige of responsibility, and operate with their own free-wheeling authoritarian ways. Yes, what we face today, in both political and economic spheres, is Authoritarianism Triumphant.

And yet… these are facts: decentralism is the basic human condition; decentralism is the historic norm for human societies; and, despite everything, decentralism is alive and well today:

The wonderful bioregional movement, the resurgent societies and organizations for tribal culture; the growth of worker-owned firms, the phenomenon of local cooperatives, the spread of such schemes as community land trusts and community-supported agriculture and local farmers’ markets; the burgeoning of the intentional community movement. All of this is evidence that this great tradition, this basic human impulse thrives, no matter how autocratic a nation may become.

Now of course that doesn’t mean that I am telling you decentralism necessarily will prevail, considering all the stark force of the nation-state to prevent its triumph. I am telling you, however, that it can triumph - it should triumph; for the sake of the earth and all its species, including the human, it must triumph.

Think locally, act locally, think locally, live locally - it is, really, our only hope.

Kirkpatrick Sale is an author who has written prolifically about political decentralism, environmentalism, luddism and technology.

resurgence.org
Climate change will be with us for thousands and thousands of years; the question is: can we, as a species, be resilient and adapt to totally different environments. The Second Industrial Revolution, which caused climate change, is dying - thanks to the low cost of solar energy, which is now more profitable than coal, oil, gas and nuclear energy. We are moving towards a Third Industrial Revolution.

The new Industrial Revolution brings with it new means of communication, energy, transportation and logistics. The communicative revolution is the Internet - as were the printing press and the telegraph in the First Industrial Revolution, and the telephone, radio and television in the Second.

The internet of knowledge is combined with the internet of energy and the internet of mobility. These three internet create the infrastructure of the Third Industrial Revolution. These three will converge to develop an Internet of Things infrastructure that will reconfigure the way all activity is managed in the 21st century.

We are creating a new era called glocalization. The zero emission technology of this third revolution will be so cheap that it will allow us to create our own cooperatives and our own businesses, both physically and virtually.

Big companies will disappear. Some of them will continue but they will have to work with small and medium-sized companies with which they will be connected throughout the world.

These large companies will be network providers and will work together rather than compete with each other.

In the first and second revolution, infrastructures were made to be centralized, private. However, the third revolution has smart infrastructures to unite the world in a glocal, distributed way, with open networks.

All my hopes are pinned on the millennial generation. Millennials have come out of their classes to express their concern. Millions upon millions of them demand the declaration of a climate emergency and ask for a Green New Deal.

The interesting thing is that this is not like any other protest in history, and there have been many, but this one is different: it moves hope, it is the first planetary revolt of the human being in all history that proposes to eliminate all limits and borders, prejudices, everything that separates us. They begin to see themselves as an endangered species and try to preserve the other creatures on the planet.

This is probably the most momentous transformation of human consciousness in history.

Jeremy Rifkin has been an activist since the 70s, and is author of 21 books about the impact of scientific and technological changes on the economy, the workforce, society, and the environment. He established the Foundation On Economic Trends: foet.org

See also a wonderful animation: www.ted.com/talks/jeremy_rifkin_the_empathic_civilization
The evidence from recent left-wing election campaigns in Britain and the US is disappointing. Both the Jeremy Corbyn-led general election campaign and the Bernie Sanders-led presidential campaign appeared blind to the impact of the international financial system on their own policies and on the lives of their voters. Odd, given that their anti-globalisation electorates loathe the current system.

Both Corbyn and Sanders offered sound analysis, deep compassion and sincere solidarity to the victims of globalisation and climate breakdown. But they focused on domestic issues – health systems, affordable housing, nationalisation of the railways, kindness to the poor and homeless – and ignored the globalised financial infrastructure that makes reform of these sectors virtually impossible.

As citizens we would not feel so powerless if we understood that the private, globalised financial system depends utterly on public, taxpayer-backed resources. Just look at the current crisis unfolding. Global markets, which we are often told are best left to their own devices, we discover with every crisis, are slavishly dependent on the largesse of publicly backed central banks, and in particular on the Federal Reserve.

The Federal Reserve is increasingly essentially nationalising, not just bailing out, the private finance sector.

Central banks are only able to undertake these bailouts, because they derive their power to create new money from a nation’s taxpayers. The United States has a well-developed system of collecting taxes from about 60 million law-abiding US Americans. Those regular tax collections make up the collateral that backs up the central bank’s actions, guarantees future government income, and determines effectively the value of a currency. Countries that lack a well-developed tax collection system lack the collateral needed for a strong central bank and sound currency.

So what we need is to form a new taxpayers’ alliance, an alliance that spreads understanding of how dependent the global financial system is on public resources – resources made available by regular taxpayers. And as taxpayers, we should set the conditions: that public resources should only be made available on terms that ensure the finance system is transformed into the role of servant, not master of the economy.

The coronavirus pandemic is a moment of reckoning for globalisation and our international financial system. But it is vital that we first condemn the current system – rather than wish to save it. Then we need to expand both our understanding and discussion of alternatives in a way that makes it easy for all – not just economists – to grasp the centrality of the system to everyday life.

As taxpayers, the power is all of ours. Now we must use it.

Ann Pettifor is best known for her early prediction of the 2008 Great Financial Crisis. Her latest book “The Case For The Green New Deal” is published by Verso. The above is extracted from Ann’s recent article at: theCorrespondent.com annpettifor.com
World Invocation Day is a world day of prayer and meditation when men and women of every spiritual path join in a universal appeal to divinity and use the Great Invocation. Together they focus the invocative demand of humanity for the light, the love and the spiritual direction needed to build a world of justice, unity and peace.

As we begin the new millennium, we face the fact that materialistic values have led humanity to a state of profound crisis. Our very survival is threatened, not only by militarism, but by our lack of wisdom and will to feed the hungry, to share our plentiful resources, and to solve the many other critical problems which confront the human family.

Yet the solution exists. One of the greatest insights of our time is that of the interdependence and interrelatedness of all life. Today millions of people share the conviction of an inner spiritual unity within humanity which transcends any outer differences of race, nation and creed. As men and women of goodwill the world over give expression to this conviction in their lives, a process of planetary transformation is taking place. A new civilisation is emerging which embraces all peoples and is founded upon the recognition of our common humanity and right human relations.

The world’s problems are of humanity’s making and they are for humanity to solve. But the essence of the spiritual life lies in knowing that we are not alone. The energies of divinity are abundantly available and, on World Invocation Day, an appeal is made for the release of the energies which will enable humanity to create the new civilisation.

Today the reappearance of the World Teacher is expected by millions, by those of every faith who expect the Avatar under such names as the Christ, the Lord Maitreya, Krishna, Messiah, Imam Mahdi and the Bodhisattva. The use of the Great Invocation is one of humanity’s most potent tools in preparing human consciousness for the reappearance of this World Teacher.

To use the Great Invocation is world service, for it speaks directly to world need today. We need light to illumine the way ahead and reveal the vision of a new civilisation; we need love to govern the relationships between people and bring to an end the reign of hatred and separatism; we need the power of the will-to-good to direct human choice and decision making. The universal use of the Great Invocation on World Invocation Day charges this day with deep spiritual significance, for it builds a channel through which light, love and power can reach and irradiate the hearts and minds of people everywhere.
Most of the festivals of the major world religions are held in accordance with the lunar calendar. The date of World Invocation Day is also determined in this way. It follows on two months from the Christian Festival of Easter and one month from the Buddhist Festival of Wesak.

Each year, since 1952, people everywhere have celebrated World Invocation Day, joining in the affirmation of the oneness of humanity, the livingness of our relationship to God and the responsibility of humanity for the working out of the divine Plan on earth.

Will you join in observing World Invocation Day through the united use of the Great Invocation, and will you join in making this day widely known?

www.lucistrust.org
Author and Professor of Plant Neurobiology, Stefano Mancuso says that plants are the George Baileys of this world (ref: the film *It’s A Wonderful Life*); “…we have no more than a vague idea of how many there are, how they work; yet, without them, the life of each of us would not be possible… it would behove us if a master of the calibre of Frank Capra could show us one day what our world would be like if plants had never been born.”

As if he was playing the role of Guardian Angel Clarence Odbody, Mancuso introduces us to the life-affirming contents of *The Incredible Journey of Plants*. His passion for flora and geochronology is unmitigated as he takes us on a journey of how plants migrate around the globe. Whether via their own choice - feather, fur and wind - or other, plants have a vital impulse to colonise every possible environment on Earth. Having a similar impulse, humans have also travelled around the world introducing seeds to different climes over vast periods of time; the parallel migration of plant and human cultures goes back many years. As the book describes, the humble plant has often adjusted to being uprooted and replanted out of its original environment. This migration - whether man led or not - is an astounding phenomenon of how plants adapt to the environment and survive, highlighted in the book by including stories of “Pioneer Plants, Combatants of Chernobyl and Veterans of the Atomic Bomb”.

Mancuso also writes about trees that inspire him the most - those that have made it despite all the odds. Take ‘The Three Trees of Solitary Life’, for example: The Spruce Tree of Campbell Island - survives in an atrocious climate; The Acacia Tree of Ténéré - lived in the most uninhabitable desert on the Earth; and The Tree of Life/Shajarat al-Hayat, in Bahrain - there’s no clarity on how old it is but it’s thought to have been brought by the Portuguese from South America in 1521. Trees are not supposed to be solitary! They survive by using the root network (the wood wide web), feeding off each others’ mycorrhizas.

I am equally inspired by Mancuso’s thought that “the invasive plants of today are the native flora of the future, just as the invasive species of the past are a fundamental part of our ecosystem today”. Of course. His knowledge of global climate change and how human cultures effect the change is thorough and very relevant to this day, leaving him with “no doubt human activity is changing the planet so much that the current period has been called the 6th mass extinction.”

If we are to survive at all at this time, we need to know our stuff!! Plants are the stuff of life. Find out for yourself - learn about at least one plant’s journey to your window box/ back garden or local park. As Capra’s film reveals to us, life is wonderful. Every living thing is connected, let’s protect it.

*Sue works at NN and is delighted to share this book with you.*
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Message of Peace and Goodwill from the young people of Wales 2020

Stop the Clock and Start Again
Stopio’r Cloc ac Aildechrau

To the people of the world
Nature has shaken us - awakened us
We are spending needlessly
We are wasting needlessly
We are travelling needlessly

To the young people of the world
The time has come for thanks
Thank you to the front line workers who’ve been our lifeline
Together we can create a better future
A future of caring for ourselves and others
A future of caring for the less fortunate in our communities
A future of caring for our planet
It’s time to act

Dear leaders of the world
Coronavirus has stopped the clock
Listen to the young people of Wales and the world, standing together
Act now and be responsible for our future
The world has awoken
Now you must wake up too.