network news
a guide to inspiring events in north wales

wildlife in lockdown ~ qigong ~ the cult & the cheerleader ~ a flock of trees?
the un at 75 ~ david graeber (1961 - 2020) ~ missions, emissions & omissions

i am not a number, i am a free man!
October 2020

Articles

The Cult & The Cheerleader 4
*Michael Cohen*

Wildlife In Lockdown 6
*Snowdonia Society / Ben Porter*

A Flock Of Trees? 8
*Connie O’Neill & Colin Osborne*

Self Awareness is a Social Change Movement 10
*Rik Midgley*

Memorial for David Graeber: October 11th 26
*Nika Dubrovsky & Friends*

Passing The Baton 28
First of a 2 part series on the United Nations’ 75th Anniversary
*Richard Shirres*

Missions, Emissions & Omissions 32
The “Whole” Truth About Climate Change
*Anthony Peters*

This Month

What’s Goin’ On?! 11 ~ 25

Full Moon Meditation Network 33

Local Food Supplies 34

Network News is a Community Interest Company (cic); Registered in England and Wales, Company No: 06264367; Registered Office: 20 Penlan Street PWLLHELI, LL53 5DE

Printed on 100% post consumer waste paper by Network News cic, Pwllheli
Welcome to the October Network News. It is 53 years since a raging cry from a thunderstruck beach in North Wales echoed in living rooms across the land: “I am not a number, I am a free man!”

Fans still gather to explore and explain the intricacies of Patrick McGoohan’s TV epic The Prisoner, but it had a simple core: The struggle of an individual to be FREE in a world of bureaucracy.

By the 1960s, this primal conflict was a nuclear standoff between the USA - representing a gun-toting, winner-takes-all version of “Freedom” - and the USSR representing a coercive version of a Welfare State. The Extinction Rebels of the day marched against instant incineration rather than the present creeping suffocation.

Just recently, citizens felt so oppressed by “the deep state” that they invited maverick TV personalities like Bojo, Bolso & The Don to restore their liberty… The results are in: Britain, Brazil & America are facing the current pandemic and the approaching threat of extinction without any sane leadership at all. Now the standoff between the Individual and the Collective has been reduced to a social media catfight between the masked and the unmasked!

Can we resolve this fatal tension between “personal freedom” and the “common good”? In The Philosophy of Freedom Rudolf Steiner prescribed “ethical individualism”: Much of what we do arises from our genes, our friends, our culture, our senses, our screens… We must reach into our deepest self to find something that is truly free. Then - if we do our utmost to express the fruits of this freedom in our daily lives - it will inevitably serve the common good. If we can respect and support each other on our deeply individual journeys - however opposing they may at times appear to be - we will find we are organically united in Life’s heart, and all will be very well…

Blessings to all Beings
The time to testify nearing, I asked the Sergeant at Arms for a few minutes of privacy and the room was cleared. Sitting alone, my thoughts and heart racing, I had the first panic attack of my life. I struggled to breathe and stand. The pressure was too much; I had contemplated suicide in recent weeks, as a way to escape the unrelenting insanity. Reaching for a seat, I started to cry, a flood of emotions overwhelming me: fear, anger, dread, anxiety, relief, terror. It felt something like when I was in the hospital awaiting the birth of my daughter and son, with so many powerful and unprecedented emotions welling up in anticipation. Only now, I was that child being born, and all of the pain and blood were part of the birth of my new life and identity. Trying to pull myself together, I went to the private bathroom and checked my eyes to see if they were bloodshot or puffy. To my relief, they weren’t. I splashed my face with cold water and felt a calm coming over me, and then a surge of confidence and adrenaline.

I had pled guilty to multiple federal crimes, including lying to Congress, but I was there to tell the truth, the whole truth, and nothing but the truth.

For more than a decade, I was Trump’s first call every morning and his last call every night. In some ways, I knew him better than even his family did, because I bore witness to the real man, in strip clubs, shady business meetings, and in the unguarded moments when he revealed who he really was: a cheat, a liar, a fraud, a bully, a racist, a predator, a con man.

There are reasons why there has never been an intimate portrait of Donald Trump, the man. In part, it’s because he has a million acquaintances, pals, and hangers on, but no real friends.

I was the one who most encouraged him to run for president in 2011, and then again in 2015, carefully orchestrating the famous trip down the escalator in Trump Tower for him to announce his candidacy. When Trump wanted to reach Russian President Vladimir Putin, via a secret back channel, I was tasked with making the connection in my Keystone Kop fashion. I stiffed contractors on his behalf, ripped off his business partners, lied to his wife Melania to hide his sexual infidelities, and bullied and screamed at anyone who threatened Trump’s path to power.

I made choices along the way - terrible, heartless, stupid, cruel, dishonest, destructive choices, but they were mine and constituted my reality and life. During my years with Trump, to give one example, I fell out of touch with my sisters and younger brother, as I imagined myself becoming a big shot.

In the pitiful sight of Republicans throwing aside their dignity and duty in an effort to grovel at Trump’s feet, I saw myself and understood their motives. My insatiable desire to please Trump to gain power for myself, the fatal flaw that led to my ruination, was a Faustian bargain: I would do anything to accumulate, wield, maintain, exert, exploit power.

In this way, Donald Trump and I were the most alike; in this naked lust for power, the
President and I were soul mates. I was so vulnerable to his magnetic force because he offered an intoxicating cocktail of power, strength, celebrity, and a complete disregard for the rules and realities that govern our lives.

To Trump, life was a game, and all that mattered was winning.

I testified to Congress, exhorting them to learn from my example. “Given my experience working for Mr. Trump, I fear that if he loses the election in 2020 that there will never be a peaceful transition of power,” I concluded. “This is why I agreed to appear before you today.”

Representative Elijah Cummings had the final word, as chair of the Oversight Committee. I sat in silence, listening to this (now deceased) man with decades of experience in the civil rights movement and other forms of public service, who as a lawyer had represented disgraced lawyers like me.

He understood that even the least of us deserve the opportunity to seek penance, redemption and a second chance in life. Cummings was the lone politician I encountered in all my travails who took an interest in me as a human being.

When I reported to serve my sentence, he even took steps to ensure my security in prison. It was a selfless act of kindness for which I will always be grateful. “I know this has been hard,” Cummings said to me and the nation, his words hitting me like a kick in the gut. “I know you’ve faced a lot. I know that you are worried about your family. But this is a part of your destiny. And hopefully this portion of your destiny will lead to a better Michael Cohen, a better Donald Trump, a better United States of America, and a better world. And I mean that from the depths of my heart.” Cummings concluded by saying, “We are better than this.” Amen, I thought.

Now, sitting alone in an upstate New York prison, wearing my government-issued uniform, I’ve begun writing my story longhand on a yellow legal pad. I often wrote before dawn so as not to be disturbed in my thoughts when my fellow inmates awoke. I had to report to the sewage treatment plant where some of us worked for a wage of $8 a month.

As the months passed by and I thought about the man I knew so well, I became even more convinced that Trump will never leave office peacefully. The types of scandals that have surfaced in recent months will only continue to emerge with greater and greater levels of treachery and deceit. If Trump wins another four years, these scandals will prove to be only the tip of the iceberg. I have lost many things as a consequence of my decisions and mistakes, including my freedom, but I still retain the right to tell this story about the true threat to our nation and the urgent message for the country it contains.

One last thing I can say with great confidence, as you meet the real real Donald Trump for the first time: this is a book the President of the United States does not want you to read...

“Disloyal” by Michael Cohen is available now in print & e-book and his riveting podcast is called “Mea Culpa”.

skyhorsepublishing.com
The coronavirus lockdown had a profound effect on the natural world in north west Wales, a new environmental survey has revealed.

Undertaken over a three-week period in June at key sites in Snowdonia and Newborough on Anglesey, the survey shows that bird species and plant life flourished during lockdown due to fewer disturbances and less litter.

Naturalist Ben Porter was commissioned by Natural Resources Wales (NRW), Snowdonia National Park Authority and the National Trust to undertake the survey under the unique conditions experienced this spring.

With all relevant permissions in place, four uplands were surveyed – Snowdon, Cader Idris, Carneddau and Cwm Idwal – and the lowland areas of Coed y Brenin, Ceunant Llennyrch and Newborough/Llanddwyn.

Birds were found breeding on and near usually well-trodden paths, where plants and wild flowers could now flourish.

Less litter and picnic left-overs meant fewer predator species – such as herring gulls and foxes – which is likely to have given breeding birds a helping hand.

Insect life was also in abundance, due to the warm weather as well as the lockdown conditions.

Reflecting on the study, Ben Porter said: “It was an almost surreal experience to witness the absolute silence that pervaded the landscape in most of these sites, save for the sound of birdsong, trickling water and the odd bleating sheep or goat.

“One of the most obvious observations was the sheer abundance of species like meadow pipit and wheatear along the main pathways.

“Birds normally averse to the presence of people – such as common sandpiper and ring ouzel – were seen nesting close to paths too.

“Herring gulls were virtually absent from their usual nesting colony on Snowdon. They usually subsist on food waste from visitors, so lockdown probably impacted...
their ability to exist in the area this season.”

A remarkable diversity of plants was recorded along usually well-trodden paths – such as the mossy saxifrage, wild thyme and stagshorn clubmoss in abundance on the ascent from Cwm Idwal.

At all three of the lowland sites, nesting birds were found in places where they most likely would not have been in usual circumstances. Some birds have had a very good year – such as the ringed plovers which nest on the beaches on and close to Llanddwyn Island. Though they nest here regularly, they have successfully reared good numbers of chicks this spring for the first time in many years, because lockdown left these normally busy beaches peculiarly quiet.

The survey provides valuable information as Wales works towards a green recovery from Covid 19.

Molly Lovatt, Senior Planning and Partnerships Officer for Natural Resources Wales said: “This was a unique opportunity to evaluate how wildlife, landscape and vegetation would respond to such unexpected conditions.

“The survey underlines the importance of the ‘tread lightly’ message we have been encouraging as more people return to visit our countryside and coast. We need to be sensitive to nature, to leave no trace of our visit so that wildlife can continue to thrive for future generations to enjoy.”

Dafydd Roberts, Senior Ecologist for Snowdonia National Park Authority, said: “The report raises many questions about how we manage the interaction between people and nature in the future as we try to strike the right balance between enabling people to enjoy this area’s fantastic natural heritage without disturbing and degrading the environment we all enjoy.”

Laura Hughes, Visitor Experience Manager for the National Trust said

“It is fantastic to see how nature has thrived during lockdown and the positive impact it has had on plants and wildlife, but we need everyone’s help keeping it that way. It’s great that so many of us are enjoying outdoor spaces, but we ask people to treat the countryside with care when you come and experience it.”

The expectation is that the survey will be repeated next year to provide a direct comparison to this year’s results.

*Read the full, beautifully illustrated report at:*  
www.snowdonia.gov.wales/authority/wildlife-in-lockdown

*See also Ben Porter’s YouTube slideshow*  
“Lockdown Wildlife”  

7
Britain’s green fields and “wild” uplands may have become important parts of the national heritage, but they are landscapes wholly created by people. There’s no reason to think of these areas as precious natural resources to be preserved at all costs.

If humans hadn’t chopped down the trees, most of what are now Britain’s sheep farms would still be part of the large forests that once covered the islands. So why can’t some of these areas be turned back into woodland?

Doing so would help fight climate change, as trees absorb carbon from the air and keep it out of the atmosphere. As we found in our new research, there’s even a solid economic case for sheep farmers to instead grow forests and become carbon offsetters.

Tree growing is a political hot topic in the UK, since vast areas of new forest will be needed if the country is to achieve net zero emissions.

The uplands used for sheep farming are often the focus of rewilding and forest planting projects. These landscapes are extensive and characterised by low productivity. Overgrazing is blamed for a lack of biodiversity, soil erosion and flooding.

Added to this, sheep emit the potent greenhouse gas methane through their digestive process, which makes them a target for climate-protecting measures. But if farming is to make room for trees, it must do so without crashing rural economies and food production.

Thanks to low productivity and the low prices of lamb and wool, more than 90% of the total income to UK sheep farms comes from government subsidies. By maintaining the status quo, these subsidies prevent wholesale change in land use needed for effective action on climate change. At the same time, international payments from western governments are funding forest planting at vast scales in less developed countries.

The difference in approaches at home and abroad smacks of neo-colonialism. The injustice is deepened by the recognition that climate change has largely been caused by western nations, while less developed countries bear the brunt of it. Is it fair for western governments to pay others to fix a problem of their own making, without making significant changes to land management at home?

Public subsidies are only part of the story, however. In our new research, we explored how private financing for woodlands might be obtained through carbon offsetting, and the potential income for farmers who want to convert some (or all) of their land from sheep to trees.

We found that farming trees for carbon can provide an alternative source of income, funded by people and organisations who want to offset their emissions by buying carbon credits. For
example, an individual may pay for carbon credits to compensate for their contribution to aviation emissions, or a business may buy carbon credits in order to meet corporate responsibility objectives.

On land close to mature trees that act as seed sources, with a low risk of the seeds or seedlings being eaten, forests can regenerate naturally. Our research shows that “selling” the carbon absorbed on naturally regenerating land means farms could break even or make a modest profit without subsidies. However, in other locations expensive interventions such as tree planting and deer fencing will be needed to establish woodland.

The price at which carbon can be sold will largely determine whether this is profitable. In the UK, it can currently be as cheap as £3 per tonne of CO₂, which for a naturally regenerating forest translates to profits of only £90 per hectare (about two football pitches) over a 25-year period. Even at the most expensive current carbon price, profits would still be just £540. Clearly, this isn’t enough for a farmer to live on, meaning subsidies would still be needed.

However, as the climate crisis intensifies and stricter emission policies are implemented, the climate market should grow, making forests more attractive financially. At some point in the future, markets might even pay the social price of carbon, the price society is theoretically willing to pay for the damage caused by CO₂ emissions.

This would more than triple the profit per hectare of carbon forests compared to the maximum at today’s market prices. But there’s currently little political will to translate the theoretical price into reality.

As the UK has left the European Union, it is no longer subject to the common agricultural policy, and subsidies are being reformed. The UK government is introducing a system that pays “public money for public goods”. But how will public goods be defined, and how should they be prioritised? In making these decisions, policymakers will face tradeoffs between maintaining traditional food production and fostering a landscape that supports a more sustainable future, at both national and global levels.

We urgently need to figure out how to plant trees in the UK on the vast scales needed to make a dent in atmospheric CO₂, without damaging food production or wrecking rural livelihoods and economies. One way forward may be to consider private financing via carbon markets, alongside subsidies that reward farmers for capturing carbon as well as producing food.

Finance is being leveraged at enormous scales to reforest landscapes in less developed countries. It’s about time western countries dropped the double standards and took the same approach at home.

Connie O’Neill is a Researcher at the Stockholm Environment Institute, and Colin Osborne is Professor of Plant Biology, University of Sheffield. This article was first published at: theconversation.com
Growing in awareness of body sensations is a social change movement. When I enhance my capacity to be aware of my feelings and sensations, I become increasingly aware of what I want. My body is constantly giving me information and feedback as to what will enrich my life, and feelings and sensations are the language that it speaks. For example, I feel hungry – I want to eat, I feel anxious – I need to act, I feel angry – I care about something. My feelings are indicators of what I want. They are only indirectly related to the external world and other people in that they can be triggered by my judgemental thinking about the world around me. I create and am responsible for how I feel. In its thirst for life, my body yearns to live, to thrive and to be harmonious. All its messages are to support life and these longings, there are no negative feelings.

We have lived in a hierarchical society for thousands of years in which we have been cultured to do what the people of power want us to do, as opposed to what we want. To do this, it has been essential to erode our natural body awareness. Many such strategies have been applied, including encouraging children to deny and suppress feelings with words like ‘you shouldn’t be frightened, be strong...’, or ‘don’t be angry, it’s not nice...’.

Without both a strong connection to our feelings and an understanding of their message, we struggle to identify our needs and become vulnerable to confusing our own needs with the needs of others (in authority). For example, my fear and longing for acceptance and belonging in my community can be perceived as a fear to be accepted by that authority figure. In consequence, we grow up holding emotional insecurity, an incapacity to understand and respond effectively to feelings and emotions, and hold life-alienating beliefs such as ‘I am not (good) enough for...’ this position, possession, relationship, job etc. This type of thinking is habitual and is culturally created, it is not natural. To take back my power, to become confident, authentic and grounded, I need to nurture and befriend my relationship with my body, to build an aware loving relationship with myself. This is a spiritual journey asking for much self compassion and forgiveness.

My own journey has involved over 30 years of practice of Vipassana Meditation, taichi, yoga and various somatic processes, as well as a decade of learning the art of Nonviolent Communication which has brought clarity to the mind-body relationship. Over the past 15 years I have developed a physical practice with the intention of enhancing my awareness of my body sensations, to support me to be in presence, to be alive and aware of the world and at the same time be aware of the tangible voice in my body which is continually feeding back information from the deep yearnings within my body. It’s about being alive and empowered, being happy and at peace, while understanding what this means, both physically and intellectually. I call this practice ‘Self Connection Qigong’ and am now sharing it online on Monday evenings 6-7pm.

The first class is free; you are invited to come and experience if this works for you. For more information see my website: ChooseCompassion.uk
In this OCTOBER issue you’ll find that places and centres are beginning to open up and that groups and classes are able to meet, whilst still social distancing. As we decide how best to step outdoors or engage socially, we hope that amongst the following pages there continues to be inspiring books to read, films to watch, webinars to attend and groups to sustain us.

“Our work for peace must begin within the private world of each of us. To build a world without fear, we must be without fear. To build a world of justice, we must be just”
Dag Hammerskjöld UN Secretary General 1905 - 1961

Wales Gwobr Young Beirdd Ifanc Poets Cymru Award
Want to become a published poet? Enter our UK-wide competition for young poets, writing in Welsh or English, for your chance to be published in our new anthology. Open to writers aged 10-17. Closing date 28 October 2020.

Wales Poetry Award Become a award-winning poet. Submit now to our international poetry competition, open to writers worldwide aged 17+ to be in for a chance to win one of 13 prizes. Closing date 27 November 2020.
More info for both: poetrywales.co.uk

Many Regular Groups and Classes are back in action near you; contact details of tutors & facilitators are on our website:

network-news.org

yoga :: meditation :: tai chi :: dance :: activism :: art & craft :: gardening :: walking groups :: reading groups :: support groups :: spirituality
October Events, Courses & Workshops
Offline, face-to-face, hygiene-aware and socially distanced!

Thursday 1st

Rocks (12A) The story of a teenage girl growing up in London’s East End. 1.30 & 8pm, various prices, Chester Storyhouse Bookings: storyhouse.com

Tomorrow Film about the world’s changing climate. This documentary profiles the men and women with concrete solutions. 7pm, Theatr Clwyd, Mold 01352 344101, theatrclywyd.com

Thursday 1st - Saturday 3rd

Wernog Wood Courses : Gate Making - the Art of Cleaving Taught by Jack Holden (mountainoakwoodcraft.com). £275; suitable for beginners | 18 yrs+ | £8 per night camping. Food extra. Bookings: wernogwood.co.uk 07765 251531, courses@wernogwood.co.uk

Friday 2nd

‘Can-it!’ for a Greener Planet 12.30 - 1.30pm. Lunchtime Litter Picking around the Wrexham Industrial Estate, meet Redwither Tower LL13 9XT. Booking essential : info@northwaleswildlifetrust.org.uk

Pride (15) Film; a group of lesbian and gay activists support local striking Welsh miners. 7pm, £5+, Theatr Clwyd, Mold 01352 344101, theatrclywyd.com

Friday 2nd - Sunday 4th

Letting Go Retreat We will be looking at how to achieve our balance in this Autumn themed retreat. Meditation, sound healing, group walk, veggie food, Letting Go sessions. Inspire ~ Rewire, Bach Wen, Clynnog Fawr LL54 5NH. Register your interest: inspire-rewire.com

Autumn Recharge - Yoga & Wellness Weekend Restorative yoga, quiet times, walks, massage, nourishing food. £405 - £550. Held in Plas Cadnant, Menai Bridge. Laura Bell 07989 512859, thezestlife.co.uk Also 9th - 11th October

The Gods, The Gods, The Gods This is a show about ancient mythologies and our day to day lives, about ancient mythologies and our day to day lives, about ancient mythologies and our day to day lives. Full of heavy beats, big bass lines, and a soaring mix of electronica, jazz, soul and spoken word. 8pm, £10+. Outside, Theatr Clwyd, Mold 01352 344101, theatrclywyd.com

Saturday 3rd

Choose Love Appeal Collection for items for refugees which will be taken to our nearest drop-off point in Flintshire. Donate basic personal necessities or PPE. Open 9 -11am, Llangollen Town Hall. More details on what is needed go to: helprefugees.org

Back to the Woods Make a bird feeder, have some soup around a fire, whittle wood, some woodland management. 10.30am - 2.30pm, free. Held at Llyn Parc Mawr Community Woodland, nr Newborough, Anglesey. Booking essential with: llynparcmawr.org

Bird Nest Boxes Make 3 boxes for your garden to attract different birds. £60, Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

Holly McNish Well known poet reading from her collections. 7.30pm, £12.50. Chester Storyhouse. Bookings: storyhouse.com

Saturday 3rd & Sunday 4th

October Collection Weekend for Refugees Collection point for necessities following the fires in Moria refugee camp, Greece. Contact: Care UK Charity: info@careukcharity.org.uk in Anglesey LL69 and Together 100: freejan@btinternet.com in Llandudno LL29, and Care UK Charity-Renew: jones_clair@hotmail.com in CH6. You can buy products to donate from: choose.love

Sunday 4th

Bird Feeders Make at least 3 bird feeders for your garden or to give away as presents. £60, Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

Monthly Gong Bath Sound practitioner Steph Healy will be bringing her Gongs, bowls, bells and rattles, 7pm, £16.50. Pochin Room, Bodnant Welsh Food Centre, Llandudno Junction. Tickets: bookwhen.com/omyoganorthwales

Yevgeny Sudbin ~ Pianist Haydn, Beethoven, Tchaikovsky. 3.30pm & 7.30pm, £10+, 1hr 15 mins. Theatr Clwyd, Mold 01352 344101, theatrclywyd.com

Thursday 8th

Misbehaviour (12A) British drama set in 1970, in which the Women’s Liberation Movement decide to protest the Miss World pageant. 7pm, £5+. Theatr Clwyd, Mold 01352 344101, theatrclywyd.com

Friday 9th

Ordinary Love (12A) A long-married couple face unexpected challenges when the wife is diagnosed with breast cancer. 7pm, £5+. Theatr Clwyd, Mold 01352 344101, theatrclywyd.com

Saturday 10th

Sea Zoo Beach Clean Join us! We have to limit the number of spaces available for COVID-19 safety reasons - booking in advance online only, completely for free, Anglesey. 10am, make your booking on Eventbrite: eventbrite.co.uk

The Call of The Wild (PG) The adventures of a sled dog who struggles for survival in the Alaskan Wild. Based on the 1903, Jack London novel. 11am, £5+, Theatr Clwyd, Mold 01352 344101, theatrclywyd.com

Military Wives (12A) Incredible true story of women on a military base forming a singing group when their partners were on a tour of Afghanistan. 2pm, £5+, Theatr Clwyd, Mold 01352 344101, theatrclywyd.com

Saturday 10th & Sunday 11th

Home Chainsaw During this course an experienced local forestry worker will cover the construction and maintenance of a chainsaw including sharpening the chain, cross-cutting logs and felling small diameter trees. £150, Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk
**Make A Bushcraft Knife** You will learn how to forge, heat treat, grind and sharpen a piece of tool steel and fit a handle to make a knife suitable for bushcraft. £150, Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

**Friday 9th**

**Gong Bath** Limited numbers! Bring your own equipment: mat, blanket pillow, water and snack for the end if you like. 7pm, with Steph Healy. Rhuddlan Community Centre, Parliament St, LL18 5AW. Book: puresound.org.uk

**Y Tylwyth Teg** A Welsh language evening of folk tales in front of the fire with Gwyn Edwards. 7.30pm, Ty Hyll, Betws y Coed. Snowdonia Society Claire 07823 493064, claire@snowdonia-society.co.uk

**Friday 9th - Sunday 11th**

**Autumn Recharge - Yoga & Wellness Weekend** Restorative yoga, quiet times, walks, massage, nourishing food. £405 - £550. Held in Plas Cadnant, Menai Bridge. Laura Bell 07989 512859, thezestlife.co.uk

**Saturday 10th**

**Walk: Carneddau Nature III** with John Harold. The third of a series of three walks exploring the nature of the Carneddau mountains. 10am. Booking essential: 07823 4930, claire@snowdonia-society.org.uk

**Sunday 11th**

**Protect Your Mind - The Faults of Anger** 3rd week in series of 7. Explore how we can heal and nourish our minds through the practice of meditation. Each week we will explore different meditations that have an uplifting and calming effect on the mind and help us to approach our lives much more effectively. Stand alone event or join the course. 11.30am - 12.45pm, £6 per class, Kalpa Bhadra Kadampa Buddhist Centre, Llandudno, LL30 1YY. 01492 878778, meditatenorthwales.com

**Tuesday 13th**

**Nosferatu & Live Score** (PG) Haunting blend of electronic and acoustic instruments combined with FW Murnau’s iconic images makes for a genuinely remarkable and unique cinematic experience. 7.30pm. Chester Storyhouse. Bookings: storyhouse.com

**Thursday 15th**

**Untouchable** (15) Following an accident, a now quadriplegic aristocrat hires a young man from the projects to be his caregiver. 7pm, £5+, Theatr Clwyd, Mold 01352 344101, theatrclywd.com

**Friday 16th**

**Candlelit Awakened Belly Dance Meditation** Awakening and empowering the feminine in dreamtime ~ middle Eastern and north African dance movement with meditation, sound healing, conscious communication, energy and breath work. 7 - 9.30pm, £10/£20, held at Insideout Wellness Centre, Griffiths Square, Mold CH7 1DJ. Bookings: FB: of same name

**Friday 16th - Sunday 18th**

**Energy Healing & Sound Vibes Retreat** Singing bowls and other instruments have also been used for healing purposes, moving energy around and stabilising, cleansing. Sound healing, Tai Chi, Kundalini, meditation. Held Tan y Garth, Betws y Coed LL24 0BL. More from: inspire-rewire.com

**Saturday 17th**

**Firewalk** In a new beautiful, outdoor, undercover venue, experience an ancient practice in modern times. 6.30 - 9.30pm, Wernog Wood, Rhuthun LL15 1YE. Bookings with Firebration on Facebook: Firewalk

**Sunday 18th**

**Practical Woodland Tasks** We will visit an area of new planting and consider which trees need to be marked as potential standards and how they can be improved by formative pruning and then prune them. £50, Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk
Yin Yoga & Gong Bath  The session will last for 2 1/4 hours and will consist of an hour’s Yin Yoga followed by a short comfort break and then an hour’s Gong Bath, hosted by Steph Healy & Source Yoga, 1 - 3.15pm, £7, Community Centre, Rhuddlan, Rhyl. Bookings: sourceyoga.bookwhen.com

Tuesday 20th - Sunday 25th

Exhibition on Screen: Frida Kahlo  A film exploring the extraordinary symbolism and themes in these personal canvases to seek a deeper understanding of the real Frida Kahlo. 7pm, £11.50. Chester Storyhouse. Bookings: storyhouse.com

Friday 23rd

The Personal History of David Copperfield  (PG) Comedy-drama film based on the Victorian era novel David Copperfield by Charles Dickens. 7pm, £5+, Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

Saturday 24th

Dracula  (18) The centuries old vampire Count Dracula comes to England to inflict havoc in the land. 2pm, £5+, Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

Saturday 24th & Sunday 25th

Mountain Skills Course  We will equip you with the skills and knowledge to safely undertake mountain walks, based in Capel Curig. £139. Book: beyondtheedge.co.uk Also 28 & 29 November

Sunday 25th

Clocks back 2am!

Wednesday 28th

The Greatest Showman  (PG) After losing his office job, visionary P.T. Barnum becomes a global sensation in the show business. 2pm, £5+, Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

Thursday 29th

Wrexham Living Landscape Fungi Foray  10 am - 3 pm. Survey to record grassland fungi on the Wrexham Industrial Estate with Discover the Wild. Booking essential: info@northwaleswildlifetrust.org.uk

Labyrinth  (U) 16-year old girl has 13 hours to solve a maze and rescue her baby from the Goblin King. 2pm, £5+, Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

Thursday 29th - Sunday 1st November

Adventures in North Wales Slate Heritage  The course will include safe exploration of the open cast mines of Llanberis and the underground mines of Penmachno and Bleanau Ffestiniog, along with sessions exploring the folklore, food and tools used in the industry. £310 - £450. Held at Rhyd y Creuau, Betws y Coed. Field Studies Council, 01743 852100, field-studies-council.org

Friday 30th

Autumn Guided Yoga Nidra  Join Chelsea Louise Haden for a soothing hour of guided Yoga Nidra (conscious sleep). 6.30 - 7.30pm, £10, held at Verve Fitness & Wellbeing, Llangollen LL20 8RE. Bring mat, pillow, blanket. Bookings/FB: Loving Life in Wellies

Friday 30th - Sunday 1st November

Mammal Identification Using Skeletal Remains  During this unique two-day course, Ric Morris will explain bone identification techniques especially suited to mammal recording, enabling delegates to confidently identify the majority of their bone finds. £195 - £290. Held at Rhyd y Creuau, Betws y Coed. Field Studies Council, 01743 852100, field-studies-council.org

Saturday 31st

Hocus Pocus  (PG) A villainous comedic trio of witches are inadvertently resurrected and cause havoc on Halloween. 11am, £5+, Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

Saturday 31st & Sunday 1st November

Copppice Crafts  You will be shown various coppice products and will have the opportunity to make a range of products including a besom broom and a small hazel hurdle to take home with you. £130, Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

In cinemas 16th October + special screening & exclusive Q&A only in cinemas 18th October:

The COMEY RULE

Coming Soon On SKY: Jeff Daniels as Comey and Brendan Gleeson as Trump
CND Cymru welcomes the Academi Heddwch as a valuable addition to peace research in Wales, and we look forward to having a productive relationship with the Academi Heddwch.

On September 21, 2020, World Peace Day every university in Wales signed a Memorandum of Understanding, along with the Learned Society of Wales, the Coleg Cymraeg Cenedlaethol and the Welsh Centre for International Affairs, leading to the establishment of Academi Heddwch Cymru.

The aim of the Academi Heddwch Cymru being to extend Wales’ strong tradition of peace-making and peace-promotion. In developing and coordinating an independent community of researchers in related fields, the Academi will work to place peace firmly on the national agenda. On the international stage, it will become part of a global network of peace institutes.

The overall aims are to ensure:

- Wales makes an internationally recognised contribution to peace research and practice
- a focus on peace is seen in relevant Welsh Government strategies and policies
- there is strong public engagement with peace research and practice in Wales

At a time of unprecedented national and global challenges, Wales must play its role in shaping a peaceful future. In Wales, there has already been some inspiring work for peace and social justice, but it is not necessarily well coordinated or acknowledged.

For more details please contact:
Susie Ventris-Field: 07495 522387, susieventrisfield@wcia.org.uk ~ Mererid Hopwood: 07855 868077, m.hopwood@pcydds.ac.uk

---

INcredible Edible Porthmadog

Small cob-earth buildings to support community horticultural gardens at Bwy’n lach Glaslyn Leisure Centre, on land owned by Gwynedd Council now require a planning application process, which is now live.

Incredible Edible’s work is vital for education for a low carbon and localised future.

If you would like to write in comment to Gwynedd Council to support the planning application, please submit comments as soon as possible. To do this and see the planning permission application, go to:

amg.gwynedd.llyw.cymru

A VISION OF HOW THE GARDEN CAN BE

---

Stop the Red Route Road Scheme in Flintshire

Help save Leadbrook Woods and Meadows

Please help us see a Wilder Future for Leadbrook Woods and Meadows and the people of Wales by supporting our Open Letter to Ken Skates, the Minister for Economy, Transport and North Wales and to Mark Drakeford, the First Minister of Wales.

The proposed ‘Red Route’ highway project is a 13km dual carriageway in Flintshire that will link to the A55 corridor in North Wales. This development would damage or destroy wildlife habitats such as ancient woodland, wildflower-rich meadows, old hedgerows and threaten species including bats, owls, badgers and great crested newts.

Simply type into the link on our website: action.wildlifetrusts.org.

Your message will be displayed on the next page and will be sent to both Ministers, as well as to your Members of the Senedd if you live in Wales.

We would really appreciate hearing any responses from the Ministers, or from your Members of the Senedd. Please let us know at info@northwaleswildlifetrust.org.uk

---

INCREDIBLE EDIBLE
PORTHMADOG

Small cob-earth buildings to support community horticultural gardens at Bwy’n lach Glaslyn Leisure Centre, on land owned by Gwynedd Council now require a planning application process, which is now live.

Incredible Edible’s work is vital for education for a low carbon and localised future.

If you would like to write in comment to Gwynedd Council to support the planning application, please submit comments as soon as possible. To do this and see the planning permission application, go to:

amg.gwynedd.llyw.cymru

A VISION OF HOW THE GARDEN CAN BE

---

Stop the Red Route Road Scheme in Flintshire

Help save Leadbrook Woods and Meadows

Please help us see a Wilder Future for Leadbrook Woods and Meadows and the people of Wales by supporting our Open Letter to Ken Skates, the Minister for Economy, Transport and North Wales and to Mark Drakeford, the First Minister of Wales.

The proposed ‘Red Route’ highway project is a 13km dual carriageway in Flintshire that will link to the A55 corridor in North Wales. This development would damage or destroy wildlife habitats such as ancient woodland, wildflower-rich meadows, old hedgerows and threaten species including bats, owls, badgers and great crested newts.

Simply type into the link on our website: action.wildlifetrusts.org.

Your message will be displayed on the next page and will be sent to both Ministers, as well as to your Members of the Senedd if you live in Wales.

We would really appreciate hearing any responses from the Ministers, or from your Members of the Senedd. Please let us know at info@northwaleswildlifetrust.org.uk

---

INCREDIBLE EDIBLE
PORTHMADOG

Small cob-earth buildings to support community horticultural gardens at Bwy’n lach Glaslyn Leisure Centre, on land owned by Gwynedd Council now require a planning application process, which is now live.

Incredible Edible’s work is vital for education for a low carbon and localised future.

If you would like to write in comment to Gwynedd Council to support the planning application, please submit comments as soon as possible. To do this and see the planning permission application, go to:

amg.gwynedd.llyw.cymru

A VISION OF HOW THE GARDEN CAN BE

---
This year’s title is 2000 Nations | Celebrating Diversity.

The Hon First Minister, Professor Mark Drakeford MS opens the Wales wide Black History launch event, at 1pm, 1st October.

Join us to hear about the forthcoming 2020-21 Black History Wales creative programme, meet our Artists, partners and sponsors and find out how to nominate your youth for the National Black History Youth Awards.

This year we look forward to a full year of activities from 1 October 2020 to 30 September 2021. A BHC365 creative programme to showcase the achievements and contributions made to Wales by individuals of African and African-Caribbean heritage.

You can view the event on our website and social media platforms.

**Black History Wales Artists**

Black History Wales contributes to the formation of the most vibrant and culturally diverse artistic scenery in Wales, and in 2020 established The Black History Wales Artists Gallery to showcase the work of the most talented individuals, who create thought-provoking, intriguing and educational artworks. The aim is to promote artist’s talents, skills and artworks, to as many people as possible.

[www.bhmwales.org.uk](http://www.bhmwales.org.uk)

*black history month*  

**One Night in Paradise** A story from Jan Black as part of The Gazing Series. 15 mins  
**FB**: Adverse Camber

**Rising Stars: A Celebration of Storytelling for Black History Month**

An online event ~ Thursday 15 October  
8 - 9.45pm ~ £10, £5, £3  
Hosted by Baden Prince and featuring Sheila Arnold, Len Cabral, and Usifu Jalloh.

Three well-known storytellers from the USA to Sierra Leone will introduce some stunning new voices in the BAME community, including Alim Kamara, Wendy Shearer, and Valerie Tutson.  
**Bookings**: [wegottickets.com](http://wegottickets.com)

**Know Her Name**

Jane Hinton 1919 - 2003,
was the scientist who made it possible for us to culture bactria and test for antibiotic resistence. Jane was also one of the first African Amercan women to gain the degree of Doctor of Veterinary Medicine.

**Corinnee Fowler sings Kalu - Bluebird**  
in Penrhyn Castle, Bangor  
Its lyrics reference a number of objects held at Penrhyn Castle, North Wales, which give clues to Penrhyn Castle’s connections with colonialism and slavery, particularly the slave plantations in Jamaica that were owned by the Pennants. For instance, the blue bird alludes to a stuffed tropical bird in the glass aviary at Penrhyn Castle. More widely, the song connects with the ‘Colonial Countryside’ project via the National Trust. **YT**: Kalu - Bluebird / 3 mins
Forthcoming Events & Workshops 2020

Blacksmithing: Make a fire poker 5 & 6
November or 5 & 6 December. Taught by Rich Jones (heatandbeat.co.uk) £360/£370 + food & camping. Both suitable for beginners | 18 yrs+ | £8 per night camping. Food extra. Bookings: wernogwood.co.uk 07765 251531, courses@wernogwood.co.uk

Candlelit Awakened Belly Dance Meditation Taster Session Friday 13 November, 7 - 9.15pm | £10/£20. Middle Eastern dance movement with meditation, sound healing, energy and breath work and sacred dance movements, led by Rachel Walker, InsideOut Wellness 1 - 2 Griffiths Square, Mold CH7 1DJ. FB: of event name

Gong Musically diverse world reknowned music, includes shades of psychedelia, space rock, jazz, avant-garde, krautrock and surreal soundscapes. Monday 9 November. 7.30pm, £15. Neuadd Ogwen, Bethesda LL57 3AN, neuaddogwen.com

Woodland Skills Centre November: 7th - Tool Sharpening; 7th & 8th Hedge Laying; 8th - Rustic Stool; 14th - Use A Pole-Lathe; 21st & 22nd -Three-Legged Stool; 21st - Rush Hat; 28th - Christmas Crafts. December 6th - Christmas Crafts. Socially distanced ~ limited numbers ~ temperature check on arrival ~ hygiene guidelines followed. The Warren, Bodfari 01745 710626, woodlandskillscentre.uk

Trigonom: November 6 - 9 Formby Yoga; 8 - 13 Spinners & Weavers / SAORIMOR; 13 - 16 Yoga & Sound with YogaJo; 27 - 30 Elan Training LTD (Humnaistic Psychotherapy). December 1 - 7 Sarah Silverton - Mindfulness; 11 - 14 Retreat in Winter - Yoga and Sound Healing. Held at Trigonos, Nantlle 01286 882388, trigonos.org


Vajraloka Buddhist Retreat Centre: 6 - 26 Nov - Total Immersion - we’ll be spending most of the time in silence deepening our practice; and 9 - 18 Dec Practice Retreat for Men - periods of morning and afternoon meditation with chanting and ritual in the evening. Corwen Bookings: vajraloka.org

Renew Wales and West Wales Community groups brought together expert growers to share their decades of experience for an evening of practical, food growing tips. 5 superb talks lined up: You can watch on: YT: Grow Food Well - Top Tips from Experts

Online :: Ar-lein

Lacey Lecture 2020: Zero Carbon Britain - Rising to the Climate Emergency Saturday 7 November ~ 7-9pm ~ £5/£10. Online - we will send you the link when booking, with Paul Allen from CAT, Machynllech. Book: info@northwaleswildlifetrust.org.uk

Centre for Alternative Technology | Zero Carbon Britain Webinars November 11 & 12; December 1st & 2nd :: £75 each ~ cat.org.uk

Ayurveda Immersion Cookery for Balancing Vata Monday 9 November. Learn to cook a beautiful vata reducing meal in one hour. Also Marma Self Massage Monday 7 December. There are 107 marma points on the body, which carry our life force ‘prana’. 6.30 - 7.45pm, £25 each, via Zoom, druyoga.com

Awakened Heart Sadhana Retreat 7 - 21 November. For those interested in the principles and practices of sadhana (daily practice) via Zoom. Bookings: ahs.org.uk

Riddles & Puzzles

1. You are a participant in a race. You pass the person in second place. What position are you in?

2. Sierra is standing behind Giselle. And Giselle is standing behind Sierra. This doesn't seem possible but it is. How?

3. I am a protector. I sit on a bridge. One person can see right through me, While others wonder what I hide. What am I?

4. I have towns, but no houses, rivers, but no water, forests, but no trees, and mountains, but no rocks. What am I?

5. What is the partially revealed common eight letter word here (there maybe more than one answer)

Answers on p.23
Awakened Heart Sangha
The Meaning of Samata with Rigdzin Shikpo
3 & 4 October
Lama Shenpen will talk on ‘Recalling Trungpa Rinpoche’. Rigdzin Shikpo will talk later in the afternoon. 10am -7pm, including meditation sessions and discuss your practice.

Also: Teaching & Meditation Day 17 October 10.30am - 6pm, silent morning meditations. Zoom available or turn up in person. Bookings: ahs.org.uk

Centre for Alternative Technology | Zero Carbon Britain Webinar offering an in-depth look at CAT’s flagship research project, 14 & 15 October, £75, with breaks offline, cat.org.uk

Connecting with Trees Saturday 3 October 10.30am - 4.30pm, £35. £20 concs. How different trees affect us in different ways and you will learn how to connect with trees to receive energy, healing and guidance.

FB: Connecting with Trees

Understanding Welsh Places: An Introduction
Explore and compare statistics on towns, ethnicity, national identity, schools, employment, community and GPs per person. Weds 7 October, 10 - 11am, free.

More info: iwa.wales
Register: eventbrite.co.uk

Moon Manifestation - Online Workshop & Meditation Friday 2 October, 7 - 9pm, for women.

FB: Of event name

Sustainable Wales are running a series of 4 weekly Webinars on “Circular Economy: A Design for Life”

Wednesday 7 October: Why do we need a circular economy in Wales?

14 October: Is a Zero Waste lifestyle really possible?
21 October: How can the Circular Economy create local jobs?
28 October: Do we need a Circular Economy Act for Wales? All at 6.30 - 7.45pm.

More info: sustainablewales.org.uk
Bookings: eventbrite.co.uk/o/sustainable-wales

Palestine: Jeremy Corbyn & Mustafa Barghouti in Conversation discussing the need for a progressive response from the global community in the face of the threats faced by Palestine.

Thursday 8 October, 7 - 8.30pm. Bookings via eventbrite.co.uk or check FB: of event name
Light & Shadow Integration ~ Online Activation
9 - 11 October | £111
Join Rachel Walker and Katie Holland on a journey of sacred dance healing, guided meditation and goddess journey.
Bookings/more info: underthedancingtree.co.uk

Renew Wales is holding a Mentor Training session on Thursday 8 October.
Check out other events to be organised for October: an ‘Open Forum’ to discuss informally about common topics; plus a group for young cyclists.
info@renewwales.org.uk

Black Lives Matter Online Discussion Let’s meet online and discuss racism, social injustice, equality, police brutality, black struggle and anti-blackness plus #blacklivesmatter:
Saturday 3 October, 2 - 4pm, donation.
Tickets: eventbrite.co.uk

The Mountain Environment of Snowdonia with Jim Langley 10 October, Saturday 10am - 4pm. An interactive workshop investigating the mountain environment of Snowdonia.
Glaciation in Snowdonia 11 October, Sunday 10am - 4pm. This workshop is an introduction to regional glaciation of North Wales.
Each workshop: £47.48, book via info@northwaleswildlifetrust.org.uk
FB: Nature’s Work - Jim Langley

Modern Slavery
Modern slavery is present in every single area of the UK. But what does modern slavery look like in the workplace? This session highlights key triggers for HR professionals to identify its existence and shares strategies to help you prepare and plan your organisation’s modern slavery agenda.
Tuesday 6 October | 5 - 6.30pm,
£12. Tickets: eventbrite.co.uk

Electric Scooters – What’s Next for Personal Transport? 1 October Discussion with Jeremy North, founder of Zapp Scooters, on recyclable batteries & where parts are sourced from. 4 – 5pm. Free. register: eventbrite.co.uk

Your Wild Food Year: October - ONLINE Workshop
October 15 :: 7 - 8.15pm, £7 per session (can include more than one person in your session at no extra cost)
Enjoy finding, harvesting and cooking with wild food every month during our online workshops. Autumn is here and there is a wealth of food for free out there!
Book: woodlandclassroom.com

Art & Industry Conference
A day of several talks presented by artists and speakers from across the globe on industrial art, cultural retrieval, land use, covering a variety of topics including the history of manufacturing, women and engineering & AGM. Via Zoom.
10am - 3.30pm, free.
Register: eventbrite.co.uk

The Engine of Shame Workshop with Juliet Grayson and William Ayot. A look at the way shame triggers and induces both our drives and our dysfunction. Mon 12 October, 6 - 8pm, donations. For therapists/general public.
Register: eventbrite.co.uk

Storm Kitchen Talks. Wednesdays 7, 14 & 21 October | 5 - 6.30pm | free
Conversations happening along the Monmouthshire & Brecon canal as part of Hinterlands Wales 2020. The project is guided by Wales-based artists Owen Griffiths and Ella Gibbs working with community groups, residents and cross-disciplinary collaborators, from geologists to poets.
Register: eventbrite.co.uk

Electric Vehicle Charging Points @ Sports Clubs and Community Venues
If your community facility has a car park and you are looking for different ways to generate income then this FREE online event may be suitable for you. Weds 14 October 6 - 7pm, via Zoom Info: tocyn.cymru or renewwales.org.uk

Root and Flow : A day of Yoga & Dance Healing Saturday 17 October 9.30 - 4.30pm. A relaxing and nourishing day combining yoga nidra, dance healing and movement and guided meditation.
FB: Of same name or email: rachel@underthedancingtree.co.uk

Cwrdd XR Bangor Meet Ups Online
Mondays 5, 12, 19, 26 October
Ein Planed, Ein Hiechyd, Ein Cyfle
Ymunwch â ni ar gyfer ein Cwrddiau wythnosol sy’n agored i rebels newydd a phrofiadol.
Our Planet, Our Health, Our Chance
Join us for our weekly Meet Ups open to new and experienced rebels.
6.30 - 8pm.
FB: Cymru XR Wales News and Events
The Covid Crisis - What Next?
A special policy Forum with Rt Hon. Jeremy Corbyn, Laura Pidcock, Roger McKenzie and Gulcin Ozdemir, (on Zoom), 5 October 7- 9pm, free
Register: eventbrite.co.uk

Climathon \ Hackathon Climate change is here, our landscape is becoming wetter and warmer, producing a multitude of threats to our environment, wellbeing and economy. Climathon aims to create a bottom-up approach to these issues by engaging audiences with more community-based opportunities. Free, please register: eventbrite.co.uk

Farming & Forestry: Making Trees Work For You 15 October, 11am - 12pm, free. Tilhill the UK’s leading forestry, timber harvesting and landscaping company is hosting a webinar focusing on: Why farming and forestry should be working more closely together; Woodland creation funding opportunities in Wales; Diversifying and making the best use of your land; Earning an income from timber; Farming & Forestry case studies. Hosted by Tilhill, a forestry and landscaping company. Register: eventbrite.co.uk

23 - 25 October
Climathon \ Hackathon Climate change is here, our landscape is becoming wetter and warmer, producing a multitude of threats to our environment, wellbeing and economy. Climathon aims to create a bottom-up approach to these issues by engaging audiences with more community-based opportunities. Free, please register: eventbrite.co.uk

Farming, Food and Soil Health: In Discussion with Natalie Bennett Thursday 29 October | 7.30 - 8.30pm Natalie Bennett joins us for our series of interactive talks on the climate emergency, Green politics and environmentalism. Free, register: eventbrite.co.uk

Online via Zoom: AGM - North Wales Wildlife Trust Saturday 31 October, with keynote speaker Craig Bennett, CEO of The Wildlife Trusts. 10.30am - 12.30pm. Bangor Office, Garth Rd, Bangor LL57 2RT. More: info@northwaleswildlifetrust.org.uk

Wild LIVE: Planning to fail Wildlife? Thurs, 15 October, 7pm, via Zoom. Bookings: wlftrusts.org/events

Disability Equality & Climate Emergency | Anabledd Cydraddoldeb ac Hinsawdd by Film Hub Wales :: Thursday 29 October, 9.45am - 4.15pm, free. This year Film Hub Wales are bringing you training and networking sessions, with a focus on disability equality and carbon literacy/climate emergency, with Rhodri Thomas from Cynnal Cymru (Sustain Wales). Please join for free if you want to be part of the day with filmhubwales.org
Register for the event with: eventbrite.co.uk

Warrior Women Collective | Women Disrupting Thursday 15 October :: 7.30 - 10pm :: £5.98
Our inspirational panel is made up of women who are all disrupting in their own way - the women are on a mission to make sure their voices and opinions are felt in predominately male dominated industries. Panel speakers: Beth Fisher ITV Cymru sports presenter; Tanicka Fenty, Poet, social activist, Ladies of Rage (Cardiff); Alison Kibblewhite, Head of Operations South Wales Fire & Rescue Service and Antarctic Fire Angels - raising awareness of mental health within fire fighters.
Tickets: eventbrite.co.uk

Mental Health - Free Webinar
Friday 9 October :: 10 - 11am.
Exploring the impact our mental health has on us in the workplace; how to identify the signs & symptoms of fluctuating wellbeing; exploring stress and its effect on us. With lots of practical tools and tips for supporting ourselves and colleagues to stay well in work. This webinar is delivered by RCS through the In-Work Support Service; it forms part of a wider programme of wellbeing support for small to medium sized businesses in Conwy, Denbighshire, Gwynedd, Anglesey, Carmarthenshire, Ceredigion and Pembrokeshire. The event is only open to organisations who deliver services or employ staff operating within Wales. Register: eventbrite.co.uk

Festival of Wellbeing: Celebrating 50 years of The Ecologist 31 October “Instead of economic growth, we need growth in wellbeing.” Speakers include Jane Goodall, Jonathan Porritt, Merlin Sheldrake, Bella Lack, Livia Firth, Mya-Rose Craig, Satish Kumar and more speakers. 10am - 6.30pm, £10, £5 concs. via Zoom | Tickets: resurgence.org
Welsh Government and Decarbonisation

During the past month or so, a number of announcements, publications and information regarding the Welsh Government’s plans for decarbonising have come to light. Links to some of the papers and responses can be found here:


* **UK Committee on Climate Change (UKCCC)** Call for Evidence Responses on the UK Sixth Carbon Budget. Link: [theccc.org.uk “Welsh emissions target Summary of Responses”](http://theccc.org.uk “Welsh emissions target Summary of Responses”)

* **Wales Climate Week: 2 - 6 November** An online series of events in which Renew Wales is contributing. [renewwales.org.uk](http://renewwales.org.uk)

---

**SAORI Weaving Class Online**
Throughout October Thursdays, Fridays and Saturdays / 2 hour sessions. 01248 345325, soarimor.co.uk

**Full Moon Guidance Messages - Webinar** by Jo-Anna Stuart
Thursday 1 October
7.30 - 8.30pm, free. This is a live, online event, and I will be using Yasmin Boland’s Moonology Oracle Cards - if you don’t know these cards, this is your chance to see them and get a feel of their energy. Register: [eventbrite.co.uk](http://eventbrite.co.uk)

**Why We Need a Welsh Citizens’ Assembly on the Climate Crisis**
“Representative democracy has failed to address the climate and ecological crisis. A Welsh Citizens’ Assembly is the radical answer, says Dr Rhian Barrance, Cardiff Uni.” Read article on [iwa.wales](http://iwa.wales)

**From Codependent to Independent**
An online course by Mary Joye
£12 or £25 or £40 for all 21 Lessons
Each lesson concludes with a musical affirmation to summarize and sublimate the lessons into your subconscious. An inner child healing meditation is also included, with guided imagery exercises, and tools and diagrams that will expedite your self-actualization. This course will not change your true personality. It is not telling you to give less. More than anything, it'll enlighten you on how to give and live well, without guilt or fear. You'll discover much more than just learning to say no to others. You'll learn how to say yes to yourself independently and interdependently and form healthy, reciprocal relationships. Suitable for professionals and the general public Register with [dailyom.com](http://dailyom.com)

**Side by Side**
Share what’s on your mind; give & receive active support; understand more about others. Mind’s online community where you can listen, share and be heard. [sidebyside.mind.org.uk](http://sidebyside.mind.org.uk)

**Plant Health in Horticulture Conference 2020**
Mon 12 - Fri 23 October. Bringing together commercial growers and stakeholders from across the horticulture industry, led by Tyfu Cymru. How to reduce waste and losses resulting from pests and diseases, improve business through plant health diagnosis, as well as understanding of compliance with biosecurity and plant health legislation now and after Brexit. Key briefings from Welsh Government, and leading plant health professionals, opportunities to exchange ideas with plant health experts and horticulture sector leaders. Includes virtual tours of Rhug Farm and National Botanic Garden of Wales. Register with [eventbrite.co.uk](http://eventbrite.co.uk) | Organisers: [tyfucymru@lantra.co.uk](mailto:tyfucymru@lantra.co.uk)

---

**Welsh Government and Decarbonisation**

During the past month or so, a number of announcements, publications and information regarding the Welsh Government’s plans for decarbonising have come to light. Links to some of the papers and responses can be found here:


* **UK Committee on Climate Change (UKCCC)** Call for Evidence Responses on the UK Sixth Carbon Budget. Link: [theccc.org.uk “Welsh emissions target Summary of Responses”](http://theccc.org.uk “Welsh emissions target Summary of Responses”)

* **Wales Climate Week: 2 - 6 November** An online series of events in which Renew Wales is contributing. [renewwales.org.uk](http://renewwales.org.uk)
MINDFULNESS

Monthly Mindfulness for anxiety & letting go :: full moon sound healing :: upcoming workshops for 2020. FB: Inspire - Rewire | inspire-rewire.com

DANCE / MOVEMENT / ZUMBA

Zumba Outdoor safe distance every Monday and Wednesday 5:30 till 6:30pm in the Masonic Hall Car Park, opposite Premier Inn Table Table, Parc Menai, LL57 4FH, £5 per class. Helen McGreary 07751 017157, dance-classes-north-wales.co.uk

Liz Lane Dance/Movement Sessions with Groove Dancefloor Sundays 5 - 6pm, Tuesdays 7.30 - 8.30pm. FB: Liz Lane

Continuum Movement Practice Group Monthly 9.30 - 11am, FB: Lucy Parry / North Wales Continuum Movement

Farrah’s Dance Workout - Bollywood Fit at Home! Several dates; 6pm, Mondays. £5/session. More from FB: farrahsdanceworkout/live

Chakradance with Roz Connect with Roz Daws for some freeform, spontaneous dance in response to music designed to balance the chakra system. FB: Chakradance with Roz

Polynesian Dancing Thursdays 8 - 8.50pm. Led by Rachel. FB: Under The Dancing Tree

Dance Classes With Louise Online; Tues, 7 - 8pm, Hatha Flow 8.15 - 9.15, and more see. FB: Harmony of the Heart or harmonyoftheheart.co.uk

FELDENKRAIS METHOD

Feldenkrais Classes Tuesdays, 4.30 - 5.30pm, £7 with Veronica Rock. Veronica 07990 825783, rock.feldenkrais@googlemail.com

GARDENING

Blodeuwedd Botanics 'Wellbeing Through Gardening' Thursdays; tea, cake, company, gardening 1.30 - 3.30pm. Croeso Pawb ~ Everyone Welcome. Y Plot, Pandy Farm, LL57 4RA. FB: Blodeuwedd Botanics or 07799 224636.

GONG

Pure Sound ~ Steph Healy Free relaxation and sound meditations! Feel free to pop over and subscribe or share. 20-25 mins. YT: Pure Sound / puresound.org

KUNG FU

Wing Chun Mondays, 7.30 - 9pm, active now! Held in Llandulas Village Hall, LL22 8FH. We will be social distancing and using track & trace with limited numbers. Dave McQuillan northwaleswingchun.co.uk ~ dave@northwaleswingchun.co.uk

MEDITATION

Meditation Regular classes online and offline, mornings & evenings, with Kalpa Bhadra Kadampa Buddhist Centre, 34 Mostyn St., Llandudno LL13 1YY. 01492 878778, meditatenorthwales.com

Liberation From Sorrow Meditation Online. Every 8th of the month, all welcome. tharpa.com

MUM & BABY ONLINE GROUP

Thursdays: share the challenges and gifts of mothering; 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. Via Zoom | £4 - 7, 10.15am - 12noon, led by Laura Knott, birthingmamas.co.uk

NONVIOLENT COMMUNICATION (NVC)

Learning to communicate with empathy and observation. Connect through Skype with Lisa Mundle, email: busybees@phonecoop.coop

TAI CHI & QI GONG

Internal Arts Academy in Daoist and Buddhist Studies, Martial Arts & Medicine lotusneigong.com

Tapping How To Tap A holistic healing technique, paticularly for emotional wellbeing, with Nick Ortner of The Tapping Solution. YT: How to Tap

WOMEN’S GROUPS

Red Tent Gwynedd Pabell Goch FB: Red Tent Gwynedd Pabell Goch

Online Sister Circles Free Weekly Meditations; a community for all women. sistercircletemple.com / FB: Sisters Circles Under the Dancing Tree

Circle of the Feminine Women’s spaces and activities in North Wales. FB: Circle of the Feminine

NetworkShe For women in business. FB: The Mothership / networkshe.co.uk

YOGA

Emily Kyle Yoga Contact: 07775 798536. FB: Emily Kyle Yoga

Rosslyn Falconer Yoga Friends Online & Offline; FB: Love Yoga Live Yoga

Tru Dru Yoga Cat Stuijt 07816 103064, trudruyoga.co.uk

Claire Mace Online and offline classes; videos on YT, inspiratrix.co.uk

OM Yoga North Wales FB: OM Yoga North Wales

Dru Yoga North Wales druuyogaonline.com FB: Dru Yoga Online Studio

Yoga Shala Classes FB: Yoga Shala North Wales
Yoga with Laura Bell Classes: Weds 6.30 - 7.30pm & Mon 11am - 12pm. All levels. More from thezestlife.com
Source Yoga Nutrition & Health Classes open again at 294 Conwy Rd., Mochdre: sourceyoga.org.uk
Derwen Hatha Yoga FB: Derwen Yoga (North Wales)
Rishiculure Ashtanga Yoga FB: Yoga North Wales
Yma Yoga Online & Outdoors! Weekly sessions based in Llanberis. Find out more: FB: Yma Yoga
Teresa’s Yoga Class Online Join me for weekly Dru Yoga classes in the peace of your own home, either live or via the recording any time. Includes full health and safety screening and guidelines. Contact Teresa teresa@teresa4yoga.co.uk / teresa4yoga.co.uk/yoga-online
Quick Energy Boost & Relax with Angela Baker. Online 22 mins | druorganic.com
Online Chair Yoga Weds, 1.30 - 2.30pm. Book with Lisa 07878 113599, lisa.martinadale@newmind.org.uk
Gentle Yoga & Relaxation For those feeling isolated, 10am, contact 01352 974430, jillblandford@yahoo.co.uk
Tracey Yoga Is running online classes during lockdown time as well as occasional sessions in person. Contact Tracey 07809 485323, traceyjoscelyn@gmail.com

Free Online Nature Sessions
To register & receive Zoom password go to: www.coedlleol.org.uk/naturefix
Then join in the Zoom meeting
ID 472-420-3037
www.coedlleol.org.uk

Help and advice for new and existing community businesses, for shops, cafes, pubs in rural communities
Supporting rural communities take control of their challenges and overcome them together. Visit: plunkett.co.uk
FB: Join groups on individual pages: Community Shops Network / Community Pubs Network / Community Shops Network
Some community businesses in North Wales from where you can buy & eat locally sourced food:
Blodeuwedd Botanics & Moelyci Cafe, Tregarth; Siop y Penygros, Llithfaen; Blas y Waun Cafe, Antur Waunfawr; Garreg, Llanfronthen; Tyddyn Teg, Bethel; Henbant, Clynog Fawr
See pages 34 for more fresh food distributions and deliveries

A Tale from Hafez Hayyim
In the last century, a tourist from the States visited the famous Polish rabbi Hafez Hayyim
He was astonished to see that the rabbi’s home was only a simple room filled with books. The only furniture was a table and a bench.
“Rabbi, where is your furniture?” asked the tourist.
“Mine? But I’m only a visitor here.” “So am I,” said the rabbi

Answers from Riddles and Puzzles
1. 2nd; you overtake the person in 2nd place YOU are then in 2nd place.
2. Standing back to back.
3. Sunglasses
4. Map
5. Mealtime or Meantime

“Every family is a ‘normal’ family - no matter whether it has one parent, two or no children at all. A family can be made up of any combination of people, heterosexual or homosexual, who share their lives in an intimate (not necessarily sexual) way ... Wherever there is lasting love, there is a family.” Quote by Shere Hite: 2 Nov 1942 - 9 Sept 2020
Ffin y Parc Gallery, Betws Road, Llanrwst, Conwy. LL26 0PT, 01492 642070
Visit website for up-to-date details of their opening times. Exhibitions are:
David Grosvenor ~ Major Solo Exhibition Until 7 October.
Matthew Wood & Sarah Carvell 11 October - 4 November
Watch a virtual tour of latest exhibition on website: welsch.art

Ruthin Craft Centre LL15 1BB, 01824 704774, rthincraftcentre.org.uk
Gardens of the Mind ~ Verity Pulford The visual and physical correlation between structures and micro-structures within plant and human biology. Including Eleri Mills: Egni: a decade of creativity; You can see a short video about Eleri and her work on vimeo.com
Both exhibitions are open until 21 November. The Centre is now open Weds - Sat 11am - 4pm. Advanced bookings to visit from their website. Other Exhibitions, films and talks in Ruthin Craft Centre are available to see online from their website.

Oriel Ynys Mon You need to book a free visit online. For full details about your visit see their website.
Ceri Pritchard: YmYL Rhtfedd Realiti - Rhan 11 Until 1 November.
Llangefi, Ynys Mon LL77 7TQ, 01248 724444, kyffinwilliams.info

Nature of Snowdonia & Hope - the creative response Until 24 October.
This exhibition is two themes blended to one showcase to give an of the moment exhibition that celebrates hope in the pandemic and the beauty of the natural landscape and environment that surrounds us here in Snowdonia.
Oriel Ty Meirion, Y Brief Heol, Dyffryn Arudwy LL44 2DH
mima@tymeirion.co.uk

Royal Cambrian Academy
Crown Lane, LL32 8AN, 01492 593413, rcaconwy.org
Currently open and presenting a showcase of prints by Royal Cambrian Academicians, Keith Andrew, David Barron, David Bower, Ann Bridges, John Hedley, Audrey Hind, David Jones, Ann Lewis, Barry Morris, Ruth Thomas and Jeremy Yates.
It’s running til 3 October 2020.

Ceri Pritchard: YmYL Rhtfedd Realiti - Rhan 11 Until 1 November.
Llangefi, Ynys Mon LL77 7TQ, 01248 724444, kyffinwilliams.info

Nature of Snowdonia & Hope - the creative response Until 24 October.
This exhibition is two themes blended to one showcase to give an of the moment exhibition that celebrates hope in the pandemic and the beauty of the natural landscape and environment that surrounds us here in Snowdonia.

Royal Cambrian Academy
Crown Lane, LL32 8AN, 01492 593413, rcaconwy.org
Currently open and presenting a showcase of prints by Royal Cambrian Academicians, Keith Andrew, David Barron, David Bower, Ann Bridges, John Hedley, Audrey Hind, David Jones, Ann Lewis, Barry Morris, Ruth Thomas and Jeremy Yates.
It’s running til 3 October 2020.

Ruth Thomas - “Sphere II” collagraph and relief print

Oriel Colwyn
Jack Latham - Parliament of Owls 1 October - 1 November
Jack investigates the secrecy of the San Franciscan Club in USA and the wider political effects this has caused over the years. Open 12.30pm - 9pm, Mon - Sat. Theatr Colwyn, Colwyn Bay LL29 7RU, orielcolwyn.org

“IT’S not enough to be nice in life.
You’ve got to have nerve.”
— Georgia O’Keeffe

MOSTYN Llandudno is open Tues - Sun 11am - 4pm, 01492 879201, oriel.org.uk

Kiki Kogelnik :: Riot of Objects
Ceramics, influenced by culture, technology and feminism, a key figure of the post-war avant-guard movement

D. Alun Evans: Place Over Time
Alun’s creative work which include collagaphs, monotypes, screen prints, linocuts as well as drawing and painting in a range of media.

Athena Papadopoulos :: Cain and Abel Can’t and Able
Working across sculpture, painting, text and sound, Papadopoulos’ practice defies traditional representations of the body, between worlds of the imagined and the real.

*all until 1 November
LISTEN
WATCH
read

Democracy Now!
A daily, global, independent news hour with Amy Goodman and Juan González. Includes an article on “Deep Adaptation”, the science and its psychological impacts democracynow.org

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

Double Down News
DDN was created two years ago by two filmmaking journalists in their spare time with zero budget or financial backing. Since then, DDN’s 50 films can be viewed on FB. Become a member of the Board: patreon.com/DoubleDownNews

Freedom is the oxygen of the soul

Books that Inspire
‘The Power of Now’ by Eckhart Tolle
‘The Art of Blessing’ by Pierre Pradervand
‘Work As A Spiritual Practice’ by Lewis Richmond
‘The Magic of Findhorn’ How the Foundation began and its philosophy by Paul Hawken
‘How Can I Help?’ by Ram Dass. Stories and Reflections on Service
‘The Song of The Bird’ by Anthony de Mello. Spiritual writing from various influences

‘Peace Pilgrim’ : “I shall remain a wanderer until mankind has learned the way of peace ...
I began to really live life when I began to look at every situation and think about how I could be of service in that situation”.
1908 - 1981
You can freely listen to the audio book, or download a pdf from peacepilgrim.org

How the Foundation began and its philosophy by Paul Hawken

Recomended Viewing!
Prosiect 15
6 speakers talk on aspects of the environment, sustainability and climate change with Renew Wales (similar to TEDx) in Welsh
You can listen to all 6 talks: amam.cymru

Social Dilemma (12)
This documentary-drama hybrid explores the dangerous human impact of social networking, with tech experts sounding the alarm on their own creations.
Netflix / 1hr 34m

Caroline Myss ~ TEDx
3 key choices people can make to change their life.
26 mins
YT: TEDx Choices That Can Change Your Life

“Nearly 40 years after the founding of Greenham Common Women’s Peace Camp, it’s time to honour this vital part of the peace, women’s and queer movements.” An article on “how protesting nuclear weapons healed me find my community, sexual identity and sense of purpose”. Greenam Common was started after a group of women led by Ann Petitt walked from Wales in 1981.
wagingnonviolence.org

Red Sixty Seven
A collection of words and art inspired by Britain’s most vulnerable birds. Curated by Kit Jewitt and illustrated by some of the best wildlife artists around using various styles. Detailing the declines of bird populations in the UK, Birds of Conservation Concern - the UK Red List - highlights that 1:4 UK birds is now under threat.

Every penny made from sales is donated directly to Red-listed species conservation projects run by BTO and RSPB.

8 Advanced Watercolour Texture Techniques | Adding Texture to your painting
8 easy ways to add texture with just some simple household items and some cheap art supplies.
YT: Dr Oto Kano | 16 mins

AND

How To Make Leaf Stamp Art
Fun to follow easy lesson using nothing complicated! 15 mins
YT: Mr Otter Arts Studio

Freedom is the oxygen of the soul

Red Sixty Seven
A collection of words and art inspired by Britain’s most vulnerable birds. Curated by Kit Jewitt and illustrated by some of the best wildlife artists around using various styles. Detailing the declines of bird populations in the UK, Birds of Conservation Concern - the UK Red List - highlights that 1:4 UK birds is now under threat.

Every penny made from sales is donated directly to Red-listed species conservation projects run by BTO and RSPB.

Freedom is the oxygen of the soul

Red Sixty Seven
A collection of words and art inspired by Britain’s most vulnerable birds. Curated by Kit Jewitt and illustrated by some of the best wildlife artists around using various styles. Detailing the declines of bird populations in the UK, Birds of Conservation Concern - the UK Red List - highlights that 1:4 UK birds is now under threat.

Every penny made from sales is donated directly to Red-listed species conservation projects run by BTO and RSPB.
This is an invitation to come together across the world for a memorial carnival in the spirit of the one and only David Graeber, who just left us so suddenly and unexpectedly.

David would have been uncomfortable with long eulogies in dark suits by a narrow circle of close friends. As someone who lived more for revolution and turning the world upside down than for personal recognition, a sad funeral focused just on the past and him, would have made David feel more awkward than alive. And now with the huge David shaped hole in our lives, there has never been a better time to live his ideas rather than to just remember them.

For David anarchism was “something you do” rather than an identity, and so in this pragmatic mischievous spirit, we have decided to organise a memorial carnival for David, one that will be about the future: a mysterious and playful future, one that over-brims with solidarity. A leitmotif of carnival is laughing in the face of death, it can be the most practical thing to do in horrific situations. As we all know, David liked to joke. In fact, his last words were a joke. David was like a cat; he had many lives.

When people met him, via twitter or even through reading his books or attending his talks, many instantly became his close friends, extended family and interlocutors. Amongst David’s friends were so many people that would never have met one another. Portobello Road's patchwork of inhabitants, lone bloggers, university professors, migrants without papers, several generations of activists, artists, rock musicians and many young people—students, rebels, members of social movements. All of them felt that David was part of their lives and so many want to continue his work and stay close to him. It is as though he had 50,000 brothers and sisters and 200,000 best friends, and that’s why David’s memorial carnival will open up space everywhere for everyone of us who wants to continue to feel close to him.

He died in Venice, a city he often visited. David loved to dress up at any opportunity. He brought back venetian masks and costumes after every visit. Before it became a tourist commodity, the

“Anarchism and anthropology go well together because anthropologists know that a society without a state is possible because so many exist.”

David with Nika

Intergalactic Memorial Carnival for David Graeber: October 11th
Nika Dubrovsky & Friends
Venice Carnival constituted a political space of radical democracy. During Carnival there were no blacks, no whites, no old, no young, no beautiful, no ugly, no poor, no rich. Everyone was a mask.

Being a player in the anti-capitalist movements of the 90's and noughties, he knew about the irresistible similarities between the experience of a carnival and an insurrection. Exactly 9 years ago today, on the 17th of September an invitation was responded to and a movement was born. The invitation simply said: 'Occupy Wall Street - Bring a tent'. David was one of the tens of thousands who responded by organising and occupying, the rest is history. Today we invite you to organise a memorial carnival for David wherever you are on Sunday October the 11th.

Inspired by the principle of the open mike of the Occupy movement, we ask you at some point during your carnival to open a space for folk to speak and share ideas together. These assemblies can be inspired by David's life and words and how we can embody them in a future that begins now - “live as if you were already free” - David would say. Whether you are alone at home and want to just read your favorite passage of his work, or an activist collective that wants to take over the streets with a mass assembly; whether you are a

group of academics in a seminar room or fighters on the front line; whether you are in a squat or on an anthropological field trip, a protest camp or a museum, anywhere can host a memorial carnival. There is simple rule however: ‘bring a mask’ (more carnival than covid style of course).

Plans are already underway for dozens of events including at Zuccotti Park NY, in Rojava, the zad, Korea, Austria, Berlin, London. If you are thinking of organising an event send an email telling us what and where, so we can post it online for people to participate. We will be organising an online streaming of the memorial carnivals and details of this will come later as well as ways to coordinate so many time zones.

carnival4david@riseup.net
davidgraeber.industries

Intergalactic Memorial Carnival for David Graeber
Sunday 11th October 2020

DEBT: The First 5,000 Years
David Graeber
"A simple, brave, original analysis . . . a remarkable book." - The Financial Times
Already past midday and despite being a warm Thursday in mid-April in Georgia, USA, President Franklin Delano Roosevelt, who looked much frailer than his 63 years, had seated himself by the fireplace. He was reading secret reports and sitting for a Russian-born artist. He was still exhausted from a month long 14,000 mile journey in February, which took in Europe, Yalta on the Black Sea, Egypt and Algiers. But the Yalta meeting had been crucial for his designs for a world organisation. Within just thirteen days, he was due to host, in San Francisco, delegations from at least forty-six nations for an extensive conference to give birth to that global organization, aimed at ending all wars.

“I have a terrific headache”, were the last words the old man uttered before slumping forward from the chair. So it was the American President died a few hours later, the 12th April, 1945. Meanwhile, the Vice-President, Harry Truman, 700 miles away in Washington, was presiding over a debate in the Senate. Truman was a first world war veteran and disciple of President Woodrow Wilson’s internationalism. President Wilson achieved agreement on the formation of the League of Nations at the six month long Paris Peace Conference of 1919.

Unfortunately, Wilson had succumbed to the flu pandemic whilst in Paris, which had a long-term effect on his vitality, even several months after Paris. It meant, once back in America, he was never able to campaign effectively to move U.S. concerns to ratify membership of the League of Nations. Ultimately, the isolationists held sway. Up to its demise, with the onset of WWII, the League’s authority was always enfeebled by the absence of the ‘keystone’ United States of America. In the late 1930s Truman had been a staunch adversary of isolationist arguments from the America First movement.

In his diary of that 12th April, Truman wrote, ‘I knew the President had a great many meetings with Churchill and Stalin. I was not familiar with any of these things.’ Years later he confided to his daughter that Roosevelt, “never did talk to me confidentially about the war, or about foreign affairs or what he had in mind for peace after the war.” That early evening of the 12th April, just a few minutes after Truman was sworn in as President, the press were demanding to know whether the San Francisco conference would still go ahead.
Roosevelt’s lead choice for Vice-President had not been Truman. And he probably never quite knew the depths of the ideals they shared. For Truman, this WWI veteran, perpetually held in his wallet a poem he had copied out as a child, by Alfred, Lord Tennyson, which ended with the lines:

_Till the war drum throbbed no longer, and the battle-flags were furl’d  
_In the Parliament of Man, the Federation of the World. 
_There the common sense of most shall hold a fretful realm in awe, And the kindly Earth shall slumber, lapt in universal law._

So it was Truman did not hesitate. His very first decision as President was to instruct his press secretary to tell the media, the San Francisco Conference would go ahead as planned.

The **United Nations Conference on International Organization** (UNCIO) was a convention of delegates from 50 Allied nations that took place in San Francisco from April 25 to June 26, 1945. Its purpose was to form a general world organization to safeguard the peace and promote the common welfare of the nations and their peoples. The convention succeeded in agreeing the founding **Charter of the United Nations** organization, with its 111 Articles. This October, 2020, we can celebrate the 75th Anniversary of the U.N. Charter being signed into existence.

Without the vision of the United States of America, notably of President Franklin Delano Roosevelt, known as FDR, and indeed his successor Harry S Truman, the United Nations (UN) would not exist. Certainly, there are many other statesmen and individuals, of many nations, who played significant roles in the promotion and creation of the U.N. during the time of the Second World War.

But there are, perhaps, two key figures in particular who seem poorly served by the historical record: two Americans of whom it might be said were the leading ‘technicians’ for the delivery of the United Nations Charter in October 1945.

One is Leo Pasvolsky, a Russian-born journalist and economist who had actually covered the 1919 Paris Peace conference (**Which resolved to form the ‘destined to be ineffective’ League of Nations**). From late 1939, Pasvolsky was directed by the U.S. Secretary of State Cordell Hull to work on ideas for a post-WWII global organization. Undoubtedly, Pasvolsky proved himself to be the linchpin genius of the unrelenting U.S. effort, across the hundreds of State Department committee meetings, to formulate a structure and a charter for a global organization that would work for peace and security. In the autumn of 1944, the road eventually led to outlining a draft U.N. Charter structure at the Dumbarton Oaks conference, held just outside Washington.

The other key figure was the head of the U.S. delegation at the Dumbarton Oaks Conference, Edward Stettinius Jr, who held a number of important posts under President Roosevelt. Due to Cordell Hull’s ill-health, Stettinius was confirmed as Secretary of State in November 1944. In
February, 1945, as a key advisor to Roosevelt, he attended the Yalta talks with Stalin and Churchill, where his briefings to Stalin were instrumental in getting provisional rules agreed about the form of a (United Nations) Security Council.

Following the death of FDR, understandably for expediency, President Truman confirmed Secretary of State Edward Stettinius Jr, to lead the U.S. delegation for the San Francisco conference, which he dutifully chaired and served with great credit, forging successful conference outcomes - it could have so easily proved a chaotic mess over the two months of tribulations in San Francisco. President Truman, having just become Commander in Chief to a military of 16 million men and women, with the greatest navy on the planet, and a world war to finish did not attend during the conference. But Stettinius was careful to keep him fully abreast of negotiations.

The large US delegation was filled with strong-minded prominent statesmen, such as Nelson Rockefeller, Averell Harriman, Adlai Stevenson, John Foster Dulles, senators Arthur Vandenburg and Tom Connally, and – the sole woman – Virginia Gildersleeve; some of whom would be future presidential candidates. While Stettinius was no originator of ideas, his unassuming chairmanship seems to have ensured issues were methodically worked through and diligently overcome.

One crisis point averted was around the intransigence of U.S.S.R. delegates’ (Vyacheslav Molotov and Andrei Gromyko) on questions about the Security Council and use of a veto. Stettinius took the initiative to press Truman to send US envoy Harry Hopkins directly to Russia and settle matters directly with Stalin, which broke the impasse.

Undoubtedly, Stettinius was sincerely devoted to FDR’s legacy and that included a deep commitment to the success of the United Nations. Unfortunately, for political reasons, Truman displaced Stettinius as Secretary of State before the end of the conference but Stettinius did become the first US ambassador to the United Nations.

The final plenary session of the conference was on June 25, 1945, attended by President Truman, at which the Charter was unanimously approved by all the 50 national delegations. The next day saw the formal signing ceremony. China was accorded the honour of first to sign, followed by the U.S.S.R., the United Kingdom and France, all permanent members of the Security Council, as was the United States that signed last of all. But before the U.S., all other nations signed in alphabetical order.

Truman, at the closing ceremony, reminded the attending nations, “We must deny ourselves the license to do as we please. This is the price each nation will have to pay for world peace.” The New York Times recognized that inevitably the Charter, ‘involves some voluntary relinquishment of sovereignty by the leading powers.’ In fact, this is innate to all international treaties.

Following San Francisco, each of the signatory nations pursued domestic ratification of the Charter, in effect a treaty, through their own constitutional processes. Under Article 110, the Charter would come into effect once all five permanent members of the Security Council and a majority of the other national signatories and confirmed that ratification.

In late June, 1945, the American Association for the United Nations convened a day’s meeting in New York for
over seven hundred civil society organisations across the U.S. to explain the outcome from San Francisco. Public support for the new United Nations was indeed high. In early July, surveys suggested three out of four Americans wanted to join the United Nations. For only the sixth time since 1789, the US President came to the Capitol to speak to Congress in support of ratification. A week of Senate hearings began 9th July, with the first witness Stettinius, followed by Pasvolsky, with his encyclopedic knowledge of the Charter. He spent two days walking senators through the practical details of the Charter. After the hearings, at the Senate debate, Senator Connally acclaimed the Charter as, “the greatest document of its kind that has ever been formulated.” On July 28, the vote to ratify the Charter was passed by a stunning count of 89 to 2.

While this article has focussed on the role of America in bringing about the United Nations, an internationalist vision was common to all national delegates at the San Francisco conference.

The United Nations remains a monumental achievement that laid the foundations for a rules-based international order and which, through consensus building, has continued to evolve.

The U.S. was the first country to adopt the U.N. Charter, and was subsequently passed by the other nations. Thus, all the conditions were met for ratification of the treaty and the United Nations was signed into existence on Wednesday, October 24, 1945.

Richard Shirres is a member of the United Nations Association, Menai Branch.

The second part, in the November Network News, will examine its early achievements, show why the United Nations remains important for civilisation, and how it has evolved into a wide-ranging promoter of multilateralism for the good of humankind. It will also highlight its work to protect the biosphere and stem climate change.

WE THE PEOPLES OF THE UNITED NATIONS determined

to save succeeding generations from the scourge of war, which twice in our lifetime has brought untold sorrow to mankind, and

to reaffirm faith in fundamental human rights, in the dignity and worth of the human person, in the equal rights of men and women and of nations large and small, and

to establish conditions under which justice and respect for the obligations arising from treaties and other sources of international law can be maintained, and

to promote social progress and better standards of life in larger freedom.

THE PURPOSES OF THE UNITED NATIONS are

1. To maintain international peace and security, and to that end: to take effective collective measures for the prevention and removal of threats to the peace, . . .

2. To develop friendly relations among nations based on respect for the principle of equal rights and self-determination of peoples, . . .

3. To achieve international cooperation in solving international problems of an economic, social, cultural, or humanitarian character, and in promoting and encouraging respect for human rights and for fundamental freedoms . . .

4. To be a center for harmonizing the actions of nations in the attainment of these common ends.
We, the public, have not been told the whole truth about Climate Change because the Government knowingly withholds key information. This policy is deliberately geared to make "the public" feel responsible and therefore has to be mobilised into action.

We are given scientific evidence which is, of course, true… but if you look closely the figures given for pollution for example are "net". Net of what? The military establishment and it's contribution to global warming. While the public is exhorted to cut down on flying in what is equivalent to a bus on wings, the air force practices constantly without carrying passengers. It is said that one supersonic fighter flying the Atlantic pollutes more than a jumbo jet full of passengers.

On land Britain alone has hundreds of tanks which practice at 5 gallons-to-the-mile going nowhere in particular, while the public is asked to reduce its car mileage and take buses or trains instead. The upkeep alone of the military vehicles as well as their contribution to Global Warming is carefully omitted.

On the seas we are still building aircraft carriers and nuclear submarines… but the nature of warfare has changed. Iran can knock out one third of Saudi Arabia’s refining capacity with one drone strike. The USA can assassinate an Iranian General using a drone… surely the number of fighters and bombers we have is excessive?

The guidance systems on most of these hi-tech weapons can also be hijacked by cyber attack. How embarrassing if our new aircraft carrier’s steering is "taken over" by "the enemy". A few years back it seemed that computer technology would change the way countries did battle. Star Wars promised us lasers in the sky and long range missiles. But still we build and stockpile traditional weaponry. Why? Because it is big business.

We spend an inordinate amount of taxpayers money in Britain on the "arms trade" but of course export this abroad to those who feel threatened. In the case of Saudi Arabia we also export our "experts" -who faithfully target Yemeni hospitals with our missiles whenever requested to do so, to save the Saudi’s the trouble.

We are also led to believe that the Industrial Revolution took pollution to a new level and undoubtedly this is true. But two World Wars did not help and conflicts to this day continue to contribute to current CO² levels. Nations can be forgiven for feeling paranoid and consequently feel the overriding need to be able to defend themselves. But the "Cold War" ensured the global potential to destroy the world acted as a deterrent. Even so, small scale "conventionally fought" mini-wars continue. If any of these "escalate" to the use of nuclear weapons, human extinction is almost guaranteed.

So when will human nature mature to the level where alternatives are considered? There will always be "haves" and "have nots" both nationally and within society. The riches are now so concentrated that philanthropy, surely, is an option instead of conquest. If the poor can no longer feed themselves because
climate change ruins their ability to feed themselves… it is more cost effective to feed them where they live than to leave them to migrate in misery.

The rich nations should help the poor nations, the days of Empire exploitation should be over. This becomes an imperative when natural events dwarf even our polluting potential. Remember Krakatoa (the Indonesian volcano which blocked out sunlight for weeks). Thus forest fires caused by drought, wind & lightning add to our current habit of cutting down forests and by burning fossil fuels. Nature cannot only put greenhouse gases into the atmosphere in this way but also melts glaciers, raises sea levels, and thaws the tundra releasing methane in abundance.

Plus of course "disease". Pandemics are not new, the Black Death showed us the role animals can play in the origin and become spreaders of illness to "cull" the human population. Readers may be forgiven for thinking that this has strayed from point of the title of this article… but the message is that everything is interconnected. If the Government knowingly withholds part of the data then the "computing power" which is at our disposal to solve problems, becomes ineffective.

While I admire and support initiatives by individuals like David Attenborough and Greta Thunberg, even they have yet to highlight the role of the "military", presumably to keep on board with the politicians.

When will we get Politicians of integrity and Leaders to tell the whole truth and not just the convenient truth?

Anthony Peters is a retired architect who lives in Conwy. He welcomes feedback: gwyntony@gmx.co.uk

---

“Could a marriage between evidence and empathy create a new political revolution towards creating more sustainable societies?

What would be needed to achieve this?

Could a law to protect future generations, for example, be a necessary component?”

YES!!

#futuregen

Lessons from a Small Country

Jane Davidson

Just published by Chelsea Green

£14.99 Hardcover

£11.04 Kindle

---

Full Moon Meditation Network

Libra: September 23rd ~ October 22nd

Full Moons: October 1st at 10:05pm & October 31st at 2:49pm

www.lucistrust.org
Mae cynhyrchwyr lleol angen ein cefnogaeth nawr fwy nag erioed.
Local producers need our support now more than ever.

LOCAL FRESH FOOD

Village Veg, Waunfawr/Caernarfon Delivery Fri or Sat. Free delivery over £8.50 order. Phone Kevin 07962 214347. Visit: villageveg.com

Moelyci, Tregarth Orders via phone; outside seating area now! 01248 602793, FB: Moelyci

Cadwyn Ogwen Order midnight Sunday; delivery Thursday 1- 6pm. Delivery area includes: Bethesda, Gerlan, Carneddli, Rachub, Llanllechid, Tregarth, Sling, Mynydd Llandygai, Glasinfryn, Pentir, Rhiwlas & Talyllyn. Visit: ogwen.wales FB: Cadwyn Ogwen

DJ’s Fruit and Vegetables, Penrhyneddraeth Mixed organic boxes Email: info@djfruit.cymru for a form or call 01766 514330, djfruit.cymru

The Eating Gorilla in Penrhyneddraeth Open now for visit and for takeaways. Call 01766 770292; eatinggorilla.co.uk

Llys Ifor Farm Shop Open 11am - 6pm. Deliveries to areas around Pwllheli, Nefyn, Llanfrothen and more. FB: Llys Ifor Farm Shop, 01766 530378

Siop a Caffi y Garreg in Llanfrothen Are open! Call 01766 770094.

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

Henbant, Clynnog 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

Kyyfin Cafe Deli, Bangor Kyyfin 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

Henbant, Clynnog Fawr Fresh vegetables and other produce. 01286 660761, 07786 316413, henbant.org

Treddafydd Organic Farm Order online seasonal veg bags, fruit bags, chutneys and jam. Local delivery or pick up in person. Llithfaen; deliveries around Pen Llyn. treddafyddorganic.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 Open! Contact 01978 469829, thephoenixbistro2018@gmail.com Facebook: The Phoenix Bistro.

Zero Food Waste and Food Share Llangollen Pengwern Community Centre. See their page on Facebook

Felin Uchaf, Rhoshirwaun Market Garden full of veg, fruit and flowers. FB: Felin Uchaf; 01758 780280, felinuchaf.org

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.
Dimensions Health Store
15 Holyhead Road
BANGOR
LL57 2EG
01248 351562

The Natural Choice
14 Colwyn Avenue
RHOS ON SEA
LL28 4RB
01492 549520
“Your Quality, Local Health Food Shop”

Bespoke Crafts & Gifts
15 Abergele Road,
COLWYN BAY
LL29 7RS
01492 209876 or Facebook

Ucheldre Centre
Millbank
HOLYHEAD
LL65 1TE
01407 763361

Ruthin Wholefoods
58-60 Well Street
RUTHIN
LL15 1AW
01824 702778

Vegonia Wholefoods
49 High Street
PORTHMADOG
LL49 9LR
01766 515195

Zingiber Wholefoods
15 Bridge Street
LLANGOLLEN LL20 8PF
01978 862676

Rainforest
51 Watergate Row
South
CHESTER,
CH1 2LE
01244 340200
Gift Shop / Holistic Health Service

Advertisements
Eighth Page: £10
Quarter Page: £15
Half Page: £30
Full Page: £60
Back Cover: £100

Subscriptions
£20 for 12 issues
£12 for 6 issues
or £2 per month

Network News cic, Llithfaen, PWLLHELI, LL53 6PD
07777 688440
info@network-news.org ~ network-news.org
Maeve McClenaghan

No Fixed Abode
Life and Death Among the UK's Forgotten Homeless

Available Now as Hardcover, Kindle & Audiobook