becoming social artists ~ birds of the eternal forest ~ it’s capitalism, stupid! dementia diary ~ nuclear reactions ~ hope ~ miracle pill ~ birth of an activist

“we are all responsible ~ no-one is to blame”
February 2021

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Full Moon Meditation Network

Local Fresh Food Supplies

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

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Network News cic, Pwllheli
Welcome to issue number 333! We found reports online of new scientific research on “blame” showing that, “assigning fault to another person for a negative or unintended outcome is now the human body’s quickest involuntary action… In the time it takes for a single sneeze, an average human can blame dozens, if not hundreds of individuals.” Our diligent “fact-checkers” found the piece was entirely fictitious and originally published in a satirical magazine!

But, of course, the satire works because we all recognise that the “blame reflex” is such a powerful force in our lives. The legal world makes much of its fortune on the basis that: “Where there’s blame, there’s a claim”. It is a small step from there to believing that: “If I’m in pain, there’s someone to blame.” So it begins, and the blame reflex leads on to the “punishment solution” - the notion that one who has witnessed or experienced hurt or bereavement will find “closure” if someone else is shamed or jailed or even destroyed.

The blame reflex is taught to us early. When a child’s psyche is at its most vulnerable, the first arrows of blame begin to hit. Whether it’s a microsecond glance or a full-blown verbal assault, at home or at school, the rules of the blame game are instantly understood.

Banners like Brexit & Trump & Covid-denial are all raised higher by the blame reflex. We are feeling impoverished, misinformed or controlled, so we blame: migrants, politicians, billionaires, the deep state, the brainwashed… And it’s easy to produce a watertight case against any of them! But to what end? Will it make us “whole”?

So here is a “seed thought” for the month: We are all responsible ~ No-one is to blame. Let us breathe it in deeply, and see if it helps to unfold the sapiens we humans claim is buried inside us all!

Blessings to all Beings
The first part of the work of the Woodland Skills Centre is the public course programme. In 2020 there were just over 100 courses planned – including coppice and greenwood crafts, blacksmithing, woodland management, horticulture, basket making, corn dollies, long bows, timber-frame building, bushcraft, growing and using medicinal herbs, willow sculpture, chainsaw use, hedge laying and scything. We had also planned courses in Mindfulness and a programme of live music and poetry in the woods.

Then Covid19 struck. Hand sanitiser dispensers were installed, cloth towels replaced with paper towels, masks and visors bought and all buildings disinfected daily. The increased use of chemicals and disposable plastic caused us much concern but there was no alternative.

In the end we delivered 40 courses during the year and much time was spent on responding to ever-changing Covid19 restrictions, postponing or cancelling courses, contacting tutors and students and refunding deposits.

It was clear throughout the year that people were keen to get out of the house, to meet new people and to learn new skills while keeping safe. We were sad about all the cancelled courses, especially for all the craftspeople for whom running courses is a major part of their income, but people’s safety is the major concern. We know that people who couldn’t come on a course last year will be able to come this year or next year.

Our greatest concern has been the impact on our Social Prescribing programme. Until Covid curtailed our work, every week we had 2 days with adults with complex disabilities, 2 days with young adults with autism, 2 days with adults with dementia, 1 day with elderly people recovering from health problems and 4 days with teenagers who were excluded from school or not in school for other reasons. We also had programmes with Flying Start, MIND, the long-term unemployed and children with additional needs and their families.

Some of these programmes were completely stopped to protect the participants but some have continued but with smaller groups or one to one provision. The need is still there and becoming greater by the day. These are people in our community who needed support in their lives and that support has been taken away. It’s no-one’s fault but further damage is being caused and we must, as soon as possible, restart all the support programmes. We know of people we were supporting who were suffering with mental health issues, feeling isolated and struggling to cope and who have not
been able to leave the house for nearly a year while their problems get worse. Is there any point in pouring billions into such things as building new roads and railways, supporting the aviation industry and “protecting jobs” if the price is that millions of those most in need are pushed further into poor physical and mental health? It would be good for us all to be less dependent on material things, to make do with a lower monetary income and to focus on the value in personal relationships, the arts and the natural world. However the cost must not be borne by those most in need – the young and the old, those with ill health, those on the lowest incomes and all those most in need.

We will come through the pandemic but what we rebuild must be a fairer and more caring world where those in positions of power show compassion and not greed and selfishness. The wildflowers destined to be planted around the County as part of the roadside verge restoration project have germinated and are growing in the polytunnels, our allotment holders are busy on their plots, the snowdrops are nearly in flower and the wild daffodils in the woods are just breaking through the ground. There is hope and it is in our hands what the future brings.

Rod Waterfield is the founder of the Woodland Skills Centre, near Denbigh. See ad on Page 29

woodlandskillscentre.co.uk

Trigonoş Courses 2021

Space to Be

4-7 February
8-11 July
25-28 November

Weaving Colours

19-23 May
*Special anniversary event*
21-24 October

Rewilding the Mind

8-11 April
30 October – 1 November

Trigonoş, Plas Baladeulyn, Nantlle LL54 6BW
trigonoş.org ~ 01286 882388 ~ info@trigonoş.org
Happy New Year! Blwyddyn Newydd Dda! My main resolution is to improve my Welsh to the point that I can actually hold a conversation and maybe even translate newsletters, but one year isn't going to be enough. Not nearly! Welsh friends, believe me, I am trying! Dwi'n trio! It must be the fourth or fifth time I've started again. In the wood, the deciduous trees are mostly bare.

The loss of the canopy seems sad until you realise that trees, like us, need to rest and can't thrive without their winter sleep. In its way, the winter wood is beautiful, the low rays of the sun revealing the architecture of the trees and enhancing the bright green of the mosses. And of course, you can see the birds far more easily.

I am trying to learn Welsh names for birds. One I love - and which I therefore remember - is Dringwr Bach, literally Little Climber: the treecreeper. It's a small bird, speckled brown above and white underneath, which runs up tree trunks - and usually round to the far side of the tree as soon as you catch sight of it. I'm sure I've seen treecreepers in the wood but I've never been quick enough to photograph one.

Every winter, we feed the birds on the roof of the tool store at the back of the car park. Shortly after we put out fresh seed, small birds twitter in from the surrounding area: every sort of tit, chaffinches, goldfinches and robins. But recently we've been seeing what we thought was a treecreeper, running up the willow above the container and darting down for seeds. I waited patiently with my phone and to my delight, managed to get a photo. But it wasn't a treecreeper!

My photo shows clearly that it's a nuthatch, Delor y Cnau (which translates literally as Warbler the Nuts). They're said to be elusive little birds but this one appears quite regularly now. It's grey above and light chestnut below, with a long sharp beak perfectly designed for picking insects out of tree bark. In that way...
it resembles the treecreeper, which also eats both insects and seeds, except the nuthatch cannot only run up trees but also straight down, head first; it’s a delight to watch.

One of my bird books says that the nuthatch will jam nuts and seeds into bark to hold them while it eats. Clever! My photo of course is nothing like the posh professional one I lifted from the internet. But if you look closely at the bird in the middle of the picture you can see the black eye stripe and the russet underneath. There’s a lot of russet so it’s probably a juvenile bird. A treecreeper would appear mainly white from that angle. I shall not confuse Dringwr Bach with Delor y Cnau again. And I’ve learnt three more Welsh words!

Today, for the first time, I saw a red kite, Barcud Coch, flying slowly over the Boduan treetops, its distinctive forked tail silhouetted against a pale grey sky. My heart sang. Of course I got my phone out, hoping it would make another pass over the wood; and of course it didn’t. So now I have another word to learn: Barcud: kite. Coch, meaning red, I know from gwin coch (red wine). Some words you learn quickly and don’t forget.

Despite lockdown and the Pandemic, work continues in the wood. It's a safe place, with plenty of space and fresh air. This winter, as every winter, we’re taking down as many spruce as we can; each year, they grow bigger and more difficult to fell, but if we take out too many, the ground could become waterlogged and we’d lose wind protection. We have to think about it from a lot of different angles. But those of you who knew the wood in its early days, when most of it was dark and dominated by spruce, will agree that it has been much improved by felling; and we certainly didn’t have all these birds back then. It’s a work in progress and the progress continues.

Come and see when you can!

Arabella Melville lives in Pwllheli and is author of several books and founder of The Eternal Forest Trust.

eternalforest.org

Woodland burial means becoming literally part of the wood. In death, the body is transformed into new forms of life. The physical remains of the dead are gradually absorbed by microscopic life-forms in the soil; these pass the nutrients to fungi, which in turn feed the roots of the trees. Throughout our lives, we build complex organic molecules to create flesh. These complex molecules become available to other life-forms after burial. Cremation is not environmentally friendly; it turns the proteins in the body into oxides of carbon and nitrogen, which go into the atmosphere to add to the problem of greenhouse gases. Natural woodland burial is part of the solution to our current eco-crisis.

Our ethos is respect for all life, understanding that all forms of life are linked together.
If you find yourself wondering what the hell is going on right now, you may find Netflix’s new documentary *The Social Dilemma* a good starting point for clarifying your thinking. I say “starting point” because the film suffers from two major limitations: one in its analysis and the other in its conclusion. Nonetheless, the film is good at exploring the contours of the major social crises we currently face – epitomised both by our addiction to the mobile phone and by its ability to rewire our consciousness and our personalities.

The film’s first chapter makes it sound as though social media’s rewiring of our brains to sell us advertising is something entirely new. The second chapter treats our society’s growing loss of empathy, and the rapid rise in an individualistic narcissism, as something entirely new. But very obviously neither proposition is true. Advertisers have been playing with our brains in sophisticated ways for at least a century. And social atomisation – individualism, selfishness and consumerism – have been a feature of western life for at least as long. These aren’t new phenomena. It’s just that these long-term, negative aspects of western society are growing exponentially, at a seemingly unstoppable rate.

We’ve been heading towards dystopia for decades, as should be obvious to anyone who has been tracking the lack of political urgency to deal with climate change since the problem became obvious to scientists back in the 1970s. The multiple ways in which we are damaging the planet – destroying forests and natural habitats, pushing species towards extinction, polluting the air and water, melting the ice-caps, generating a climate crisis – have been increasingly evident since our societies turned everything into a commodity that could be bought and sold in the marketplace. We began on the slippery slope towards the problems highlighted by *The Social Dilemma* the moment we collectively decided that nothing was sacred, that nothing was more sacrosanct than our desire to turn a quick buck.

There is a reason why, as Harvard business professor Shoshana Zuboff points out, social media corporations are the most fantastically wealthy in human history. And that reason is also why we are reaching the human “event horizon” these Silicon Valley luminaries all fear, one where our societies, our economies, the planet’s life-support systems are all on the brink of collapse together.

The cause of that full-spectrum, systemic crisis is not named, but it has a name. Its name is the ideology that has become a black box, a mental prison, in which we have become incapable of imagining any other way of organising our lives, any other future than the one we are destined
for at the moment. **That ideology’s name is capitalism.**

Social media and the AI behind it are one of the multiple crises we can no longer ignore as capitalism reaches the end of a trajectory it has long been on. The seeds of neoliberalism’s current, all-too-obvious destructive nature were planted long ago, when the “civilised”, industrialised west decided its mission was to conquer and subdue the natural world, when it embraced an ideology that fetishised money and turned people into objects to be exploited.

A few of the participants in *The Social Dilemma* allude to this in the last moments of the final chapter. Tristan Harris tries to articulate the difficulty by grasping for a movie allusion: “How do you wake up from the matrix when you don’t know you’re in the matrix?” Later, he observes: “What I see is a bunch of people who are trapped by a business model, an economic incentive, shareholder pressure that makes it almost impossible to do something else.”

Although still framed in Harris’s mind as a specific critique of social media corporations, this point is very obviously true of all corporations, and of the ideological system – capitalism – that empowers all these corporations. Another interviewee notes: “I don’t think these guys [the tech giants] set out to be evil, it’s just the business model.”

He is right. But “evilness” – the psychopathic pursuit of profit above all other values – is the business model for all corporations, not just the digital ones.

The interviewees in the film arrived at their alarming conclusion – that we are on the brink of social collapse, facing an “existential threat” – because they have worked inside the bellies of the biggest corporate beasts on the planet, like Google and Facebook.

These experiences have provided most of these Silicon Valley experts with deep, but only partial, insight. While most of us view Facebook and Youtube as little more than places to exchange news with friends or share a video, these insiders understand much more. They have seen up close the most powerful, most predatory, most all-devouring corporations in human history. Nonetheless, most of them have mistakenly assumed that their experiences of their own corporate sector apply only to their corporate sector. They understand the “existential threat” posed by Facebook and Google without extrapolating to the identical existential threats posed by Amazon, Exxon, Lockheed Martin, Halliburton, Goldman Sachs and thousands more giant, soulless corporations.

*The Social Dilemma* offers us an opportunity to sense the ugly, psychopathic face shielding behind the mask of social media’s affability. But for those watching carefully the film offers more: a chance to grasp the pathology of the system itself that pushed these destructive social media giants into our lives.

Jonathan Cook is an award-winning British journalist based in Nazareth, the capital of the Palestinian minority in Israel.

**NOTE:** This is just a short extract from Jonathan’s full article of 25/9/20 at: jonathan-cook.net
What is the 'miracle pill', the simple lifestyle change with such enormous health benefits that - if it was turned into a drug - would be the most valuable drug in the world? The answer is movement and the good news is that it’s free, easy and available to everyone.

Four in ten British adults, and 80% of children, are so sedentary they don’t meet even the minimum recommended levels for movement. What’s going on?

The answer is simple: activity became exercise. What for centuries was universal and everyday has become the fetishised pursuit of a minority, whether the superhuman feats of elite athletes, or a chore slotted into busy schedules. Yes, most people know physical activity is good for us. And yet 1.5 billion people around the world are so inactive they are at greater risk of everything from heart disease to diabetes, cancer, arthritis and depression, even dementia. Sedentary living now kills more people than obesity, despite receiving much less attention, and is causing a pandemic of chronic ill health many experts predict could soon bankrupt the NHS.

How did we get here? Daily, constant exertion was an integral part of humanity for millennia, but in just a few decades movement was virtually designed out of people’s lives through transformed workplaces, the dominance of the car, and a built environment which encourages people to be static.

In a world now also infiltrated by ubiquitous screens, app-summoned taxis and shopping delivered to your door, it can be shocking to realise exactly how sedentary many of us are. A recent study found almost half of middle-aged English people don’t walk continuously for ten minutes or more in an average month. At current trends, scientists forecast, the average US adult will expend little more energy in an average week than someone who spent all their time in bed.

I wrote this book to chronicle this very modern and largely unexplored catastrophe, and the story of the people trying to turn it around. Through interviews with experts in various fields - doctors, scientists, architects and politicians - I explore how to bring more movement into the modern world and, most importantly, into your life.

Forget the gym, introducing quick and easy lifestyle changes can slow down the ageing process and even reverse many illnesses and increase mental wellbeing.


theguardian.com/environment/bike-blog
POETRY WALES Launching Poetry Wales’ Pamphlet Competition
Submissions accepted: 5th January - 29th April 2021. The competition is open only to writers living in the UK aged 18+ who have not previously published a collection and are currently under-represented in publishing in the UK, including working-class writers, writers of colour, disabled writers, neurodiverse writers and LGBTQI+ writers. For details about how to enter please visit: poetrywales.co.uk

SLOW WAYS Delayed Launch - “In light of the current situation with Covid-19 we have reluctantly decided to delay the launch of Slow Ways”. Keep up-to-date with changes on website: slowways.co.uk

“Diverse Cymru” signed up to Race Council Cymru’s Zero-Tolerance to Racism in Wales policy because we want to see a Wales without racism, where organisations and individuals work together to make that a reality”.

“Ymunodd Divers Cymru” a pholisi Cyngor Hil Cymru, Dim Hiliaeth Cymru, oherwydd eirioddy ein bod ni eisiau gweld Cymru heb hiliaeth, lle mae sefydladau ac unigolion yn gweithio gyda’i gilydd i wrieddu hynny.”
Zoe King, Chief Exec Officer / Prif Swyddog Gweithredol, Diverse Cymru

Chinese New Year ~ Year of the Ox Friday 12th February
“Oxen are the hard workers in the background, intelligent and reliable, but never demanding praise.”

RSPB Big School’s Bird Watch You can still download a Bird Identification form in English or Welsh and submit your findings anytime until 22nd February. Find out more from: hwb.gov.wales or rspb.co.uk

“Out beyond ideas of wrong doing and right doing, there is a field. I’ll meet you there.” Rumi

LGBT+ History Month
Monday 1st - Sunday 28th February.
The theme for February is ‘Body, Mind, Spirit’. Whether you work in education or youth work, or educate young people at home, in a museum, library or art gallery, are a member of a corporate LGBT+ network/social group or as an individual, you can: Download History Voices and Visibility Chart, View resources; follow on social media; OUT the Past.
All resources and ideas available from: lgbtplushistorymonth.co.uk

Out beyond ideas of wrong doing and right doing, there is a field. I’ll meet you there.” Rumi

racecouncilcymru.org.uk

New Moon
February 11
7:05pm
::

Full Moon
February 27
8:17am

Wren photo courtesy of Dave

Snowdrop - “venturous harbinger of Spring”. Wordsworth
**February**

**IMBOLC - CANDLEMASS - 1 & 2 FEBRUARY.**

The coming of the light, the mid-point between the Winter Solstice and the Spring Equinox.

If you are intending to celebrate Imbolc - take time to create your altar, what sacred objects do you bring to it? This is the time to honour fertility; to honour the change in seasons. It’s a Festival of Renewal - clear your mind of all the unnecessary clutter and bring into vision inspiration and creativity. Have your journal and pen ready for what comes to mind as you tune into the depth of renewal, maybe draw and colour a mandala of spring.

The original word of Imbolg means “in the belly”; pregnant, ripe for birth, of earth awakening and a life-force stirring.

Imbolc is also the honouring of Brigid (Brighid, Bride, Brigit), loved as a pagan Goddess that her worship was woven into the Christian church as St Bridget.

*You could make a Brigid Cross:* Traditionally made from reeds but use any thing that is pliable. Begin by bending your reeds and hooking them into each other as in the first figure and follow the diagram. When it is the size you want it to be you will need to tie the four ends, the four quarters - with string, thread, ribbon etc. Decorate the completed cross with ribbons and feathers if you have them - whatever is meaningful for you.

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**Love /Dating Hygge Chats by the Fireplace: Deep Chats with people worldwide!**

**Sunday 14 - Monday 15 February**

Alone this Valentine’s Day? No need to be - it's time to Hygge (pronounced HOO-gah). Hygge is a Danish way of life and it’s about the cosiness of the soul. This event is being run every week with a Love theme to today's online meet up. 9pm -- 1am.

**Register for free with eventbrite.co.uk**

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**The AfroSoulJazz Kitchen**

with Vibesandmotion

**Sunday 7th February | 9 - 11pm, free**

We present to you an evening of spoken work artists, singers, dancers, musicians and rappers.

This will be a platform for you to chill & listen to raw talent across the pond.

Open Mic lounge, DJ Afterparty, Hosted by Tray Ann and Poetess Jess, Natural Wright and more. Email: theafrosouljazzkitchen@gmail.com

**Register: eventbrite.co.uk**

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**Imbolc - Candlemass - 1 & 2 February.**

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**february events, courses & workshops**

1 **1st MONDAY**

**IMBOLC ~ CANDLEMASS** See page opposite for ways to celebrate.

2 **2nd TUESDAY - 23rd March, Tuesday**

**Cwrs 8 Wythnos i Leihau Straen drwy Feddylgarwch (Mindfulness)** More info: gwyneddmindfulness.co.uk / Gwenan Roberts: gwenanmair@hotmail.com

3 **3rd WEDNESDAY**

**Litter Pick, Conwy** Pensychnant Nature Reserve. Snowdonia Society, number limited and we are strictly adhering to Covid guidelines. 10am. Book your place: snowdonia-society.org.uk

5 **5th FRIDAY**

**Tree Planting** Beddgelert, 10am. Book your place: snowdonia-society.org.uk

5 **5th FRIDAY - 7th SUNDAY**

**Yoga Immersion Weekends** In-depth & informal sessions, yoga nidra, cleansing techniques, reflective time, relaxation, Gong Bath, yoga philosophy. £470 - £610. Plas Cadnant, Menai Bridge. Info / Bookings: Laura Bell 07989 512859, info@thezestlife.co.uk

7 **7th SUNDAY**

**Tree Planting** Bethesda, 10am. Book your place: snowdonia-society.org.uk

9 **9th TUESDAY - 21st SUNDAY**

**Reshape | Yoga Fitness Weekend** Restorative yoga, meditation sessions, pilates sessions, running, walking, self study and reflection time, relaxation techniques. £470 - £610. Plas Cadnant, Menai Bridge. Info / Bookings: Laura Bell 07989 512859, info@thezestlife.co.uk

11 **11th THURSDAY**

**New Moon: 7.05pm**

**Tree Planting** Llanfairtyndwy, 10am. Book your place: snowdonia-society.org.uk

12 **12th FRIDAY**

**Living the Awakened Heart ~ Celebrate the Tibetan New Year of Losar** A time to say goodbye to the old year and welcome in the new, Dharma style. Join us for a day of practice, offerings, pranidhanas and the joy of togetherness. We hope to be together at the Centre but if not we’ll be online. Register: ahs.org.uk ~ events@ahs.org.uk

**Chinese New Year ~ Year of the Ox**

**Serenity Evening** Join this monthly session of calm as we practice gentle movements, deep breathing, Self-acupressure and share Chinese tea. 5.30 - 7pm, £12. Bodnant Welsh Food Conwy. Book: FB Serenity Evening Please observe Covid 19 guidelines; wear a mask, keep to 2m social distancing and sanitise your hands before arriving.

12 **12th FRIDAY - 14th SUNDAY**

**Yoga Retreat** The yoga sessions are suitable for beginners and more experienced alike. There will be an energizing morning yoga to kick start the day and a restorative Yin class in the late afternoon.

Pranayama practices and a Gong/ Sound bath to truly relax. £315. Led by Tracey Jocelyn / Trace Yoga, held at Trigonos, Nantlle. info@trigonos.org ~ trignonos.org

13 **13th SATURDAY**

**Pruning & Grafting Fruit Trees** An experienced tutor will demonstrate pruning techniques on some of the fruit trees here. The best of the prunings will be kept to be used in the afternoon for the grafting part of the course. 10am - 3pm, £50. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillcentre.uk

13 **13th SATURDAY & 14TH SUNDAY**

**Bowl Turning on a Pole-Lathe** Learn to turn bowls the old fashioned way. £160, dep £80. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillcentre.uk

16 **16th TUESDAY**

**Tree Planting** Cwm Penmacho, 10am. Book your place: snowdonia-society.org.uk

20 **20th SATURDAY**

**Tree Planting** Beddgelert, 10am. Book your place: snowdonia-society.org.uk

20 **20th SATURDAY & 21st SUNDAY**

**Make a Rustic Chair** Coppice hazel and silver birch from our woods selected to make the back legs, the front legs and the rails. £140, dep £70. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillcentre.uk

25 **25th THURSDAY**

**Tree Planting** Ysbyty Ifan, Conwy. 10am. Book your place: snowdonia-society.org.uk

26 **26th FRIDAY - 28th SUNDAY**

**Yoga Immersion Weekends** In-depth & informal sessions, yoga nidra, cleansing techniques, reflective time, relaxation, Gong Bath, yoga philosophy. £470 - £610. Plas Cadnant, Menai Bridge. Info / Bookings: Laura Bell 07989 512859, info@thezestlife.co.uk

27 **27th SATURDAY**

**Full Moon: 8.17am**

**Talks & Training : Lichens and Bryophytes** 11am - 3pm. Book your place: snowdonia-society.org.uk

**Rush Hats** Rush basketmaker, Rosie Farey will teach you how to make a rush hat adding embellishments to make it your own. £60. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillcentre.uk

28 **28th SUNDAY**

**Rush Baskets** 28th. Rush basketmaker, Rosie Farey will teach you how to make a small fruit bowl sized basket on a mould. £60. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillcentre.uk

**Nature of Snowdonia - For Mountain Leaders** For anyone working outside with or leading groups in the hills or mountains of the UK. 10am - 4pm, £45. Cwm Idwal Visitor Centre, Bangor. Book: eventbrite.co.uk

**Always check first!**
Healthy Body ~ Healthy Mind ~ Healthy Soul

Regular Local Weekly Ongoing Sessions, Groups and Classes

**DANCE / MOVEMENT**

**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 - 9.15pm. For more see FB: Harmony of the Heart or harmonyoftheheart.co.uk

**GARDENING**

**Blodeuwedd Botanics** 'Wellbeing Through Gardening' on 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. Garden reopens 28/1/21

**Felin Uchaf Volunteers** You can volunteer in the Garden on Wednesdays - just ring us ahead of coming so we can organise numbers, 10am - 4pm, Contact Dafydd 01758 780280, info@felinwales.org

**GONG**

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

**LGBTQ+**

A group for those in the North Wales community. FB: LGBT+ Gwynedd, Conwy & Mon

**Rustic Rainbow** Group for those who love the natural beauty of North Wales; a relaxing environment to make friends. FB: Rustic Rainbow

**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

**Meditation Session** Every Monday, 7pm. Join a small group of practitioners for 30 mins on Zoom. Also 10 min exercises on thoughts and breath on website. Contact: newmindfulness.net / Alan 07816 988124.

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

**Breathing Exercises** Every Tues & Thurs. Keeping things simple with breathing exercises to help with reaxation. 7.45 -8.15pm, £3 welcome, all abilities welcome. FB: Wave Therapy / annalisalloyd@googlemail.com

**MINDFULNESS**

**Monthly Mindfulness** for anxiety & letting go; Full Moon sound healing; upcoming workshops. FB: Inspire - Rewire | inspire-rewire.com

**MUM & BABY ONLINE GROUP**

Find out about mother and baby groups, parenting and birthing stories with Laura Knott. Via Zoom: birthingsmamas.co.uk or FB group: Laura Birthing Mamas Doula, Pregnancy and Postnatal Yoga

**NONVIOLENT COMMUNICATION (NVC)**

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

**SOCIAL**

**Canolfan Felin Fach** Zoom on Fridays 1pm, panad a chat. Phone with your email to receive link. 01758 701611 or FB: Canolfan Felin Fach

**Actif Conwy** Active family wellbeing sessions on FB, great for young ones! FB: Actif Conwy 45 mins video

**TAI CHI & QI GONG**

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

**Tai Chi North Wales** See: tajji-online.co.uk

**Qi Gong Classes** via Zoom; contact taichiphil@outlook.com

**Self Connection Qigong** with Rik Midgley. Explore the mind-body interaction from the body’s perspective of tangible sensations. Mondays 6 - 7pm online. More details from choosecompassion.uk/qigong

**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 Circle 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
WRITING GROUPS

Writer’s Circle ~ Colwyn Bay A writing circle which offers a weekly email submission of work within the group. If you are interested please contact Chris Hemmings: crishtrees@gmail.com

YOGA

Emily Kyle Yoga Contact: 07775 798536. FB: Emily Kyle Yoga
Rosslyn Falconer Yoga Friends 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 and FB: Inspiratrix Yoga
OM Yoga North Wales Serenity Evenings once a month. FB: OM Yoga North Wales
Dru Yoga North Wales Many different short classes. Info: dru yogao nline.com FB: Dru Yoga Online Studio
Yoga Shala Classes FB: Yoga Shala North Wales
Source Yoga Nutrition & Health More from: sourceyoga.org.uk FB: Source Yoga, Nutrition and Health
Derwen Hatha Yoga FB: Derwen Yoga (North Wales)
Rishiculture Ashtanga Yoga FB: Yoga North Wales

How to Make Ocean Origami!
Are you still looking for ways to use up your leftover wrapping paper? Why not try out one of our Ocean Origami sessions!?

You will need:
1 x Square piece of paper/card.
1 x Pen/Pencil.
1 x Scissors (for the Turtle only).
To see how to make a dolphin, turtle or whale visit: livingseas.wales

Yoga Class with Laura Bell, Mon 11am - 12pm & Wed 6.30 - 7.30pm, Trefnant Village Hall, Denbigh. thezestlife.co.uk
Tracey Yoga Online classes as well as occasional sessions in person. Contact Tracey 07809 485323, traceyjoselyn@gmail.com.
Online Chair Yoga Weds, 1.30 - 2.30pm. Book with Lisa 07878 113599, lisa.martindale@newmind.org.uk
Gentle Yoga & Relaxation For those feeling isolated, 10am, contact 01352 974430, jillblandford@yahoo.co.uk
Hatha Yoga with Nalini Yoga Weds 7.45pm & Thurs 6pm. More on FB: Nalini Yoga
Teresa’s Yoga Class Online 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, email: teresa@teresa4yoga.co.uk / or visit website teresa4yoga.co.uk/yoga-online
Yma Yoga Online & Outdoors! Weekly sessions based in Llanberis. Find out more: FB: Yma Yoga

ZUMBA

Zumba Dance Fitness Every Monday and Wednesday, 5.30 - 6.30 pm, £6 per class all welcome at the Telford Centre opposite Waitrose, Menai Bridge. Helen McGreary, www.dance-classes-north-wales.co.uk, 07751 017157.

Gwynedd Online Library Access: Join up and download all sorts of resources gwynedd.llyw.cymru/librarycatalogue

Hendre Waelod : Burial Chamber / Dolmen
Nearest village Llanfransaid Glan Conwy / OS: SH793747

Hendre Waelod Portal Dolmen lies on a hill slope on the eastern side of the Conwy Valley. It consists of a large chamber roofed by an enormous capstone, with two portal stones to the south-east. The chamber – a Neolithic tomb dating to 3500 BC – faces uphill and is covered by the remains of a long cairn and can be accessed from the back.

Access to the cairn is easy; several footpaths lead from minor roads nearby, and from the village centre of Llansanffraid Glan Conwy, just across the A470.
February Events

Workshops from Vajraloka Retreats, Corwen.
The Brahmaviharas: a complete path
3 - 19 February
This retreat will give you the tools to turn towards experience and embrace it with the love and responsiveness of the Brahmaviharas.

Embodying Love
27 Feb - 4 March
On this retreat, we will look at effective ways of deepening into the body and heart – through traditional Triratna meditation practices, simple mindful movement and inquiry based exercises. Both workshops are suitable for those who have meditated for 3 years. These retreats are offered on a dana basis. Sessions will have breaks in between away from screen.

Book: vajraloka.org

An introduction to Way of Council ~ Virtual Workshop
Saturday 6th February
Through the practice of Council, we learn the balance and wisdom of the circle. This beautiful practice creates a space where we can connect to ourselves and our community through listening deeply and speaking authentically from the heart.
10am - 6pm, in 3 x 2hr sessions | £60
Book: pippa@ancienthealingways.co.uk

The Webcam Circus Show with Tonino Scalia
7th, 13th, 14th, 20th, 21st, 27th, 28th February
Interactive circus shows on zoom for families and kids, where clowning can make everything and anything happen. Experience circus online. 5 - 6pm, £12 - £30. Book: eventbrite.co.uk

Spirituality of Yoga
This course will enable you to join the next remarkable stage of the Spirituality of Yoga course which will take place in May 2021. Sessions are: 7th, 9th, 13th, 16th & 19th Feb and 2nd & 3rd March. £255. All live streamed.
More from: druoga.com

Bangor Bird Group Zoom Talks
3 Feb California with Sophie Burrell
10 Feb Sichuan with Kenny Ross
17 Feb Caithness with Rob Hughes
24 Feb Shelducks with Ros Green
The groups continue into March / Wednesdays
TW/FB: Bangor Bird Group or contact bangorbirdgroup@gmail.com to join

National Storytelling Week
until 4th February.
Word Spun Zoomed: Open Circle - 8 tellers will tell favourite short tales. 4 February.
16+ years, 8 - 9.30pm, free - please register: eventbrite.co.uk
plus
Visit The Society for Storytelling for ongoing sessions throughout February, including:

Online Storytelling Children’s Sessions with Little Supernovas & Onceuponana
Tune in every Monday at 5pm for a live interactive, fun and engaging 30mins with Brooke & Hannah. For 2 - 9 year olds, £2.50 per household, via Zoom.
Book: sfs.org.uk
Or watch stories on demand whenever you like: littlesupernovas.com/subscribe

People, Plate and Planet: working with wildlife for the benefit of all on the veg patch
4 February Free | 7 - 8pm, Gardening journalist, editor and trainer Kim Stoddart will explore the co-benefits of working with wildlife and improving biodiversity on your garden veg patch or community green space.
More: cat.org.uk

The New Age of Empire: In conversation with Kehinde Andrews
Thursday 4 February | 7pm, £5.72 - £21.32
In his new book, Kehinde deftly talks about how the West was built on the foundation stones of genocide, slavery and colonialism.
eventbrite.co.uk

Rhannu Stori Môn / Anglesey Story Share
17 February - 3rd Weds/month at 7.45pm, free.
Croeso i bawb - i rannu stori, cân, cerdd... neu dewch i wrando // All welcome – to share a story, song, poem... or just listen.
FB: Anadlu

Daniel Owen Writing Competition
Deadline: Monday 22 February at 9am!
For 14 - 30 year olds.
Send in your writing pieces to us at Theatr Clwyd. They should be short scripts and/or concept (No more than 6 pages long) with an idea of what this piece would be if it was developed. This opportunity is about seeing potential, a fresh idea and we want to hear hidden stories from new writers.
We invite you to send in your entries to alice.evans@theatrclywd.com
FB: Theatr Clwyd
Lost Rites: Ceremony and Ritual for Death and Dying Online Course
Sunday 28 Feb - Sunday 30 May / 14 sessions
This course is preparation for the task that is upon us today; how to hold space in communities, with families and in your own life for mourning and celebration; both of physical deaths and metaphorical ones. Led by Alexandra Derwen. 7 - 9pm | £350 includes study materials, 12 x 2 hr sessions, Open Space group sessions. For more details and link to application: FB: Lost Rites: Ceremony and Ritual for Death and Dying

Courses at Tŷ Newydd Writers Centre
5th Digital Taster Course: No False Starts 12 - 1.30pm / in English / £9 with Richard Owain Roberts. Learn how to write the perfect start for your novel.
12th Welsh-language Virtual Course: The Rules of Crime Writing 12 - 1.30pm / in Welsh / £9; led by Llwyd Owen, looking at the rules of writing a good crime novel.
19th Digital Taster Course: Poetry and Place, led by Marvin Thompson, 12 - 1.30pm / in English / £9. Marvin will give a taste of how to go about capturing a place in a poem, and give you ideas on how to continue.
26th Welsh Language Virtual Course: Storytelling, led by Fiona Collins, 12 - 1.30pm / in Welsh / £9. A short course looking at the craft of oral storytelling. Suitable for Welsh learners who have reached Level Uwch and for fluent Welsh speakers.

Planting and maintaining trees, hedges and orchards
Weds 3 February | 4 - 5.15pm, donations Practical advice showing examples of tree-planting, hedges and orchards with guidance on how to look after your trees into the future. Book with Anna Williams: northwaleswildlifetrust.org.uk

Dydd Miwsig Cymru / Welsh Language Music Day
5 February. While things will be a bit different in 2021, you will still be introduced to some of the amazing music being made in Welsh. For more information and to get involved, check out their social media channels: @Miwsig_ on Twitter | Miwsig on Facebook @Miwsig on Instagram

Online Exercise Classes
Clubbercise Mondays 7.30pm,
Boogie Bounce Daily at various times,
Hoop Cahoots Saturdays 10am,
£5, all classes on Zoom
Book a spot with: aspirefitnessstudio.co.uk

Book Club with Margaret Atwood
Margaret Atwood will join the Guardian Live Book Club to talk about Oryx and Crake. Thursday 11 February 7 - 8pm, £5.72 - £16.12
Book: eventbrite.co.uk

There are literally - or virtually - 100s of webinars and activities to share-in via Eventbrite from all over the world. It continues to be the safest way to link up with others for creative and active sessions in the comfort of your own home.

We hope that the ones we have selected (mostly free!) are from a broad spectrum and that there may be one or two that bring you enjoyment whilst keeping a connection with each other. X

NW Ospreys - Their Story & Heritage
4 February, 7 - 8pm, book a place: northwaleswildlifetrust.org.uk

48 Hours of Bite-Sized Mindfulness
5 February | 8pm, free This course is a short-term commitment each day and can be slotted around your existing work & home commitments.
Book: eventbrite.co.uk

Plaid Cymru
Annibyiaeth: Y Gynhadless Arbennig / Independence: The Special Conference We will be holding a Special Conference on Saturday 13 February. The conference will be held via Zoom, from 10.30am - 2.30pm. Have your say about Welsh Independence. Register now for free to secure your spot: plaid.cymru
What Collages Do: Four Lessons & A Timeline
9 February, 5.30 - 6.30pm free
This lecture sets out to explore several of the physical, ideological and historical extremities of collage through the prism of four artworks by Max Ernst, René Magritte, John Stezaker and Sherrie Levine.
Register: eventbrite.co.uk

Freelance Festival 2021
8 - 26 February
9am - 5pm,
With a range of easily accessible online content from everything to growing your business, choosing the right tech, managing finances and how to keep motivated when times get tough, this event is the perfect way to get 2021 off to a great start.
Register for free: eventbrite.co.uk

Online Mindful Art Club
2, 9, 16, 23 February
10 - 11am, £3+
A supportive online meeting offering creativity, company and social connection: A short mindful meditation and an easy art project.
Book: eventbrite.co.uk

Kundalini Yoga & Gong Bath
1, 8, 15 & 22 Feb
A free evening yoga class designed to inspire and give you the tools to transform your life and those around you. Open to all levels
Register: eventbrite.co.uk

Pray for Justice
Tues 2 February | 7 - 8.30pm, Join us to pray for justice and a world free from human trafficking and violence. Hear from Dr. Amy Orr-Ewing and pray live with International Justice Mission UK staff. Free
eventbrite.co.uk

Startup Mums Online
Friday 5 February
1pm, free
You’ll get the opportunity to talk about your business, ask for support on a specific topic, and provide feedback to help others. There are no fees, no business cards to design, no stress.
Register: eventbrite.co.uk

AIDS: Prejudice, Prevention & Publicity
Fri 26 February | 2pm, free
In this talk, Mark Dunton examines how the government wrestled with the limits of frankness in a national public education campaign to address the AIDS epidemic.
Register: eventbrite.co.uk

Creating & Running Community Groups Online
23 February, 10.30-12pm, free
Learn the tips, tricks and tools for setting up your own community group or managing one online.
Register: eventbrite.co.uk

Women Empowerment Event
Thursday 18 February
12noon - 2pm, free
7 speakers sharing their powerful stories and techniques on personal and professional growth.
Register: eventbrite.co.uk

Dancing the Self - Movement Workshop for Women ~ Somatic dance and creative movement
Thurs 4, 11, 18, 25 February
3 - 4pm, free
Register: eventbrite.co.uk

Periods to Menopause and Beyond
Wednesday 10 February, 7 - 8pm, free
Join our free online event to hear our expert Miss Bim Williams talk about heavy periods, menopause, prolapse and urogynaecology issues
Register: eventbrite.co.uk

A Brief History of Drag Kings
Monday 8 February, 6.30 - 8.30pm, donations
From Ancient China to Victorian England, Drag Kings have been around for centuries! Join LDG and Yas Necati to explore their history.
Register: eventbrite.co.uk

Free Monthly Miniature Meetings
Tuesday 16 February
6 - 7pm, free
Come and chat about anything and everything miniature painting and book arts related! Led by The Conference of The Birds Forum
Register: eventbrite.co.uk

Mark Cocker on Crows
21 February | 8 - 10pm, £10.
The pre-eminent nature writer of our times discusses Crows.
Register: eventbrite.co.uk

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Register: eventbrite.co.uk
**Vegan and Plastic Free Festival**  
**Friday 26 February**  
7 - 10pm, online, free,  
We are planning on having an exciting array of online makers / ethical indie brands / artists all selling their amazing wares on our online shopping directory  
naheedsparkle.com/plasticfreeveganfest

**LBTQ+ Women’s Online Social**  
Birmingham LGBT will be hosting a friendly zoom on the 2nd and 4th Friday of every month from 6-7pm which is open to Lesbian, Bisexual, Trans, Queer/Questioning+ Women.  
**Fridays 12 & 26 February**  
6 - 7pm, free  
Register: eventbrite.co.uk

**Spoken Word Sessions with Rakaya Fetuga**  
**Fridays 12 & 26 February**  
6 - 7.30pm, free  
Rakaya is winner of the 2018 Roundhouse Slam and 2017 STW Poetry Prize  
Online weekly group lessons for any person aged 18+  
Register: eventbrite.co.uk

**Creative Parents with Gallery of Modern Art**  
**Weds 3, 10, 17, 24 February**  
Join the Glasgow Museums’ learning team for a relaxed and creative session for parents with babies ages 0-walking.  
During these 45-minute online workshops, we will experience some simple art and relaxation techniques. We will play with colour, drawing, and patterns, while guiding you in making something easy and creative inspired by our collection, all while connecting with other parents.  
11am - 12noon, free  
Register: eventbrite.co.uk

**Soar Book Club**  
**Tuesday 9 February**  
7.30 - 8.30pm, free  
Soar Book Club was created for anyone who loves stories, community and wants to grow in awareness in a fun, positive club.  
Register: eventbrite.co.uk

**Online Mens Group with Mentell - mentell.org.uk**  
Find a safe and confidential digital space to talk, free from advice and judgement, every Monday 7-9 pm for men 18+. There is no hierarchy, but to help the flow of the conversations, we appoint a circle facilitator and do our best to keep the group sizes down to 10-12 men.  
**1, 8, 15, 22 February**  
Register: eventbrite.co.uk

**Disorienting the Gaze: Ngozi Onwurah’s Early Films**  
**Fri 19 February**  
12 -1pm, free  
Investigating the forms of control that modernity/coloniality exercises on knowledge, the senses, and perception. Using reflections from Audre Lourde and Akala, among others, I explore how Onwurah’s films prompt us to unlearn our seeing, thinking, and feeling habits.  
Register: eventbrite.co.uk

**We’re Going On A Story Hunt!**  
**For children aged 3 - 7 years, free, 11 - 11.30am Friday 19 February**  
This free interactive session will include the retelling of a popular fairy tale.  
Register: eventbrite.co.uk

**Collaboration Global Online Meeting**  
**Tues 23 February**  
3 - 5pm, free  
We are committed to inspiring transformation in community and in the world.  
Register: eventbrite.co.uk
Lockdown Creative Workshops
Weds 3, 10, 17, 24 February
Join co-founders Clair & Hakim every Wednesday afternoon through lockdown 3.0 for some creative fun exploring mental health through street dance, creative writing, creative arts and Hip Hop. 4 - 5.30pm, free.
Register: eventbrite.co.uk

Bharatanatyam Dance Basics
5, 12, 19, 26 February
Learn & practice beautiful geometric patterns, fierce yet delicate dance of South India, high energy, uplifting! 7 - 8.30pm, Fridays
Register: eventbrite.co.uk

Criw Celf ~ Stop! Don’t throw it away! / Aros! Paid a’i daflu!
with/gyda Claire Hiett
Thursday 18 February
11am - 3pm, (11am - 12.30pm & then 2.30 - 3pm, free
Join artist Claire Hiett and turn your bad drawings into masterpieces! For 11-14 years.
Register: eventbrite.co.uk

Art for the Environment: Conversations Series
3, 10, 17, 24 February, 1 - 2pm, free
This series of conversations is organised by Camilla Palestra, AER Curator, Centre for Sustainable Fashion
Register: eventbrite.co.uk

Origami for Wellbeing
A Monthly Fold
Saturday 6 February
11am - 12noon, free
Make something beautiful in your hands with Origami. FREE for all ages for relaxation & community. No experience needed - just bring paper!
Register: eventbrite.co.uk

Virtual Rainbow Death Cafe
by LGBT Foundation
Monday 15 February, 4 - 5pm, free
A chance to talk openly about death and dying in a relaxed, LGBT-friendly online group space.
Register: eventbrite.co.uk

CHARRED: A survivor speaks her truth that inspired her collection of poems
Thurs 25 February, 7 - 8pm, free
Join inspirational speaker and poet Andreena Leeanne for readings and discussion of her work ‘Charred’ for LGBT History Month.
Register: eventbrite.co.uk

Carer Wellbeing: Stress & Relaxation 16 February
11am - 12noon, or 5 - 6pm, free
Join us as we discuss stress, what it feels like, and how we can learn strategies that will help us to cope with it.
Register: eventbrite.co.uk

Creative Meditation
Mon 1, 8, 16, 22 February
This is the perfect space for you to take some time to treat yourself to peace, quiet and space away from the rest of your life and world.
Register: eventbrite.co.uk

Death Cafe
Thursday 25 February, 6.30 - 8pm, free
Talking about death is not something that we can all do with our families and friends, and yet it is something which is so often on our minds. The emphasis is on listening and sharing, and the focus is that life is finite and we want to talk about that.
Register: eventbrite.co.uk

Women’s Wellbeing Cafe with Cardiff Women’s Centre
8 - 10pm - Weds 3, 10, 17, 24 Feb
3 - 5pm - Fri 5, 12, 19, 26 Feb
Our Wellbeing Cafe has been set up to help us all dedicate that little bit more time to ourselves and self-care. Free.
And Young Women’s Wellbeing Cafe for 18 - 25 year olds, free Thurs 4, 11, 18, 25 Feb 6 - 8pm,
Register: eventbrite.co.uk

Group Meditation for Global Ascension + Talks Series
Sun 7, 14, 21, 28 February
6 - 8pm, free.
Join us in advancing humanity and the planet only by holding our focused and meditative intention to ascend and let go each time something that is related to the old paradigm based on lack.
Register: eventbrite.co.uk

Dementia Skills Session: Time in Nature
Tuesday 23 February
10am - 11.30am, free
Free online information & network session for those interested in supporting people living with dementia to access nature and the outdoors
Register: eventbrite.co.uk
We’re writing a **Food Manifesto** to help shape the food system in Wales. It is closely aligned with the Well-being of Future Generations Act and is based on principles of citizenship and shared values. We hope you’ll want to get involved. Read about Our Big Idea and our vision and aims then get in touch: hello@foodmanifesto.wales

**Y MANIFESTO | THE MANIFESTO**

Rydym yn ysgrifennu **Maniffesto Bwyd i Gymru** er mwyn helpu i lunio’r system fwyd yng Nghymru. Mae’n cydweddu yn agos â Deddf Llesiant Cenedlaethau’r Dyfodol ac yn seiliedig ar ddinasyddiaeth a gwerthoedd a rennir. Rydym yn gobeithio y byddwch yn dymuno bod yn rhan ohono. Darllenwch am Ein Syniad Mawr a’n gweledigaeth ac amcanion wedyn cysylltwn à ni: hello@maniffestobwyd.cymru

foodmanifesto.wales ~ maniffestobwyd.cymru

**SHAREBAY** is a free, community-powered library of anything!
You can enjoy free goods and services from any member and give or lend goods and services too. It operates under one simple principle: Give what you can; take what you need.
It's completely free to use, and is run by a bunch of people who just think we can do better than keep endlessly buying things when we can crowd-source them instead! We say 'Let's shop less and share more!' It's good for us, our communities and our planet! Sharebay operates an HonourPay system. You can find out FAQs, tips & how to join: sharebay.org

**Global Citizen**
Find out how you can support a variety of global projects: Girls & Women, Finance & Innovation, Food & Hunger, Health, Education, Water & Sanitation, Environment and Citizenship. globalcitizen.org

**Read Tom Johnstone’s article on Activism on page 31**

**Cwrdd XR Bangor Meet Up**
Mondays, 6.30 - 8pm  |  online
FB: Extinction Rebellion Cymru

**SUPPORT THE SIX PRINCIPLES**
for climate and nature
CEFNOGI’R CHWE EGWYDDOR hinsawdd ac ecolegol
Join the list of citizen supporters to show our politicians that you DEMAND a better future for all Ymunoch â’r rhestr o gynhaliadau i ddangos i’r gwleidyddion eich bod yn MYNNU dyfodol gwell i bawb
threeprinciples.org

**36 eco-friendly things to try**
go to: plasticsfree.co.uk

**SACRED LANDS NOT FOR SALE**

**STOP ARCTIC OIL EXTRACTION**

Artwork: Jessi Thornton / Defend the Sacred Alaska: bp-or-not-bp.org
Stonewall Cymru Work Placement Programme

We’re looking for LGBT candidates aged 18 - 25 to undertake a week of volunteer work experience with one of our Diversity Champions in Wales. Through the Work Placements Programme, you will receive support from a mentor to gain valuable experience of working with an LGBT-friendly employer. Whatever your experience we’d love to hear from you! Placements will start on a date that suits you and appropriate work place.

You can apply through website: stonewallcymru.org.uk ~ TW & FB: Stonewall Cymru #RoleModelsMatter

Kalpa Bhadra Kadampa Buddhist Centre
A Meditation ToolKit:
5 week series of online classes with Resident Teacher Kelsang Jangchub - Wednesdays : 11.30am - 12.45pm or 7pm - 8.15pm commencing 20th January.
Available as live stream or catch up - £5 per session/£20 for series.
More: meditatenorthwales.com/ wednesday-classes

How To Keep Your Houseplants Healthy
YT: The Organic Way to Healthy Houseplants / 3 min video

Free Online Nature Sessions
Mon 10.30 - 11.30am : Nature Watch
Tues 10.30 - 11.30am : Foraging & Nutrition
Fri 10.30 - 11.30am : Mindfulness
YT: Coed Lleol - Small Woods Wales
coedlleol.org.uk / FB: Coed Lleol

Music for Dementia - The Utley Foundation Team announces it is opening The Paul & Nick Harvey Fund to distribute £500,000 in grants to organisations working to deliver music to people living with dementia, around the UK. Discover more at: utleyfoundation.org.uk

Woodland Skills Centre, Mindfulness during lockdown
Free Weekly Zoom Session
Every Tuesday 8pm
We are very much aware that the current restrictions on meeting people outdoors will have a significant impact on people’s mental health and wellbeing. Whilst we are unable to offer our physical Mindfulness programme in our woodland due to the current lockdown, we invite you to join us for a free weekly Mindfulness session on Zoom. The session will take place every Tuesday evening starting at 8pm and will last for about 40 minutes.
Sabine Soosten, our experienced Mindfulness in Nature tutor, will guide you through some gentle mindful meditation exercises and activities, still with the focus on nature. This will be time just for you, to help you relax and reduce stress and anxiety.
No previous experience necessary. The only requirement is that you can be in a quiet place where you won’t be disturbed.
If you are interested, please email us – enquiries@woodlandskillcentre.co.uk
Please note – this is not a therapy session but a gentle introduction to being more mindful in daily life.
See Rod’s article on pages 4-5

LGBT+
The best LGBTQ+ podcasts to listen to during #Queerantine
visit: attitude.co.uk

North Wales Guitar Circle/Cylch Gitar Gogledd Cymru
Meet virtually; until it’s safe for us to meet in person, we’ll be continuing with our virtual meetings, so please keep sending your videos in for all our members to enjoy.
Although it’s not quite the same as meeting in the flesh, we can come together, via the wonders of the internet, to enjoy an evening of guitar.
FB: North Wales Guitar Circle

Kalpa Bhadra Kadampa Buddhist Centre
A Meditation ToolKit:
5 week series of online classes with Resident Teacher Kelsang Jangchub - Wednesdays : 11.30am - 12.45pm or 7pm - 8.15pm commencing 20th January.
Available as live stream or catch up - £5 per session/£20 for series.
More: meditatenorthwales.com/ wednesday-classes

How To Keep Your Houseplants Healthy
YT: The Organic Way to Healthy Houseplants / 3 min video

Free Online Nature Sessions
Mon 10.30 - 11.30am : Nature Watch
Tues 10.30 - 11.30am : Foraging & Nutrition
Fri 10.30 - 11.30am : Mindfulness
YT: Coed Lleol - Small Woods Wales
coedlleol.org.uk / FB: Coed Lleol

Music for Dementia - The Utley Foundation Team announces it is opening The Paul & Nick Harvey Fund to distribute £500,000 in grants to organisations working to deliver music to people living with dementia, around the UK. Discover more at: utleyfoundation.org.uk

Woodland Skills Centre, Mindfulness during lockdown
Free Weekly Zoom Session
Every Tuesday 8pm
We are very much aware that the current restrictions on meeting people outdoors will have a significant impact on people’s mental health and wellbeing. Whilst we are unable to offer our physical Mindfulness programme in our woodland due to the current lockdown, we invite you to join us for a free weekly Mindfulness session on Zoom. The session will take place every Tuesday evening starting at 8pm and will last for about 40 minutes.
Sabine Soosten, our experienced Mindfulness in Nature tutor, will guide you through some gentle mindful meditation exercises and activities, still with the focus on nature. This will be time just for you, to help you relax and reduce stress and anxiety.
No previous experience necessary. The only requirement is that you can be in a quiet place where you won’t be disturbed.
If you are interested, please email us – enquiries@woodlandskillcentre.co.uk
Please note – this is not a therapy session but a gentle introduction to being more mindful in daily life.
See Rod’s article on pages 4-5

LGBT+
The best LGBTQ+ podcasts to listen to during #Queerantine
visit: attitude.co.uk

North Wales Guitar Circle/Cylch Gitar Gogledd Cymru
Meet virtually; until it’s safe for us to meet in person, we’ll be continuing with our virtual meetings, so please keep sending your videos in for all our members to enjoy.
Although it’s not quite the same as meeting in the flesh, we can come together, via the wonders of the internet, to enjoy an evening of guitar.
FB: North Wales Guitar Circle

Kalpa Bhadra Kadampa Buddhist Centre
A Meditation ToolKit:
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39 Ways To Save The Planet

The Legal Fight

Campaign and protest have been the traditional tools of environmental action in the UK. American lawyer, James Thornton, set up Client Earth to defend the planet in a different way- by using the courts. Using local laws to challenge governments and businesses they’ve had success across Europe and beyond, preventing the construction of coal-fired power stations and challenging the curse of air pollution.

As well as enforcing environmental laws they’re helping get new laws written. Tom Heap meets James and discusses the carbon implications of his ideas with climate scientist, Dr Tamsin Edwards.

Listen on BBC Sounds
bbc.co.uk

As you stroll along the beach in February look out for shells and seaweed. There are different types of seaweed to be found. Many of these are known for their nutritional value; keep an eye out for the purple laver which is traditionally used to make Welsh laver bread. Held back by these weeds is a myriad of shells, sand particles and small pebbles which provide a moist home for a huge number of mini-beasts.

Keep a diary and make a drawing or two of what you find along the strandlines.

GlobalData Survey found that 71% of Brits are willing to use food refill services to cut down food waste and improve food sustainability for the environment. Find out more about how supermarkets are changing their packaging too from: nspackaging.com

Gardening Tips for February

There’s much to do in the coming months for gardeners so the sooner the area organised the better! You can do this by:

* Make sure plants are still protected from possible frost and cold winds;
* Have a look at what seeds you have stored and plan what to plant for this year.
* Prepare seed beds by removing weeds - roots and all.
* Check your overwintering bulbs for rot and clean if any found.
* Start chitting early potatoes
* Tidy veg areas to prevent mould

Library Catalogue Digital Resources

Access to Resources; Ancestry Library and Find My Past; free digital skill learning and Theory Test Pro - for your driving test.

You can also find Adult e-Books, Children’s e-Books and Oral e-Books. Available at local library websites at: wales.ent.sirsidynix.net.uk

How To Make Prayer/Blessing Flags

1. Cut pieces of fabric to 5” x 11”. Use materials you already have on hand.
2. Fold the top down on each piece of fabric and stitch in place to create a 3” sleeve, making the flag surface 5” x 8”.
3. Paint, stitch, applique, or collage the flags.
4. Add words, journaling, or symbols as desired.
5. Thread the flags onto a string or cord and hang them outdoors so the breeze will catch them and spread your intentions.

Make a flag every day, once a month, or just when the spirit moves you.

With thanks to: clothpaperscissors.com
MARCH


Practical Woodland Tasks 7th. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

Snowdon for Mountain Leaders with Mike Raine and Keith Hulse, Llanberis. Book: eventbrite.co.uk

Yoga & Detox Weekends 12th - 15th & 19th - 21st, Plas Cadnant, Menai Bridge. Info / Bookings: Laura Bell 07989 512859, info@thezestlife.co.uk

Home Chainsaw 6th & 7th. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

Silent Retreat with Meditation At Cae Mabon, Llanberis. Bookings: thenaturalartsassociation.com

Willow Plant Support 13th. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

Mindfulness in the Carneddau 13th. Pensychnant Conservation Centre, Conwy. Book: eventbrite.co.uk

Edge Tool Sharpening 13th. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

Yoga & Detox Weekend | Spring Sensation 12th - 15th & 19th - 21st, Plas Cadnant, Menai Bridge. More: thezestlife.co.uk

Rake Making 14th. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

Leading the North Ridge of Tryfan: for mountain leaders with Mike Raine. 19th. Based in Capel Curig, book: eventbrite.co.uk

Bushcraft through the seasons & Three-Legged Stool 20th & 21st. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

Glass Painting 28th. £120. Held in Wernog Woods, Ruthin LL15 1YE. 07765 251531, courses@wernogwood.co.uk ~ Bookings: wernogwood.co.uk

Spring Yoga Weekend 27th - 29th, Anglesey. Book: info@wildwalesretreats.com ~ wildwalesretreats.com


Spoon Carving 13th. Learn the ancient art of spoon carving. 10am - 4pm, £65. CAT, Machynlleth 01654 705950, cat.org.uk

Nature of Snowdonia Environmental Workshop 21st. Book: eventbrite.co.uk

Glaciation in Snowdonia - Environmental Workshop 26th. Based in Betws y Coed with Jim Langley. Book: eventbrite.co.uk


Grey Squirrel Control 27th, held in Abergele. Book: Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

Introduction to Basket Making 27th & 28th March, Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

APRIL

Rewilding the Mind 8th - 11th April. Trigonos, Nantlle info@trigonos.org ~ trignon.org See ad page 5


7 Day Ayurvedic Detox Retreat@Home 10th - 17th. Book: janey@druworldwide.com | druworldwide.com

Headspace on Halkyn Mountain A mindfulness retreat. 17th. Rhos-y-cae, CH8 8JH, eventbrite.co.uk

Yoga & Hiking Snowdon Weekends 23rd - 25th & 30th April - 2nd May. Plas Cadnant, Menai Bridge. Info / Bookings: thezestlife.co.uk

Blacksmithing: Door Knocker & Door Pull 24th & 25th. Held in Wernog Woods, Ruthin LL15 1YE. 07765 251531, courses@wernogwood.co.uk Bookings: wernogwood.co.uk

Energy Generation from Solar 12th - 16th. CAT, Machynlleth 01654 705950 Book: cat.org.uk


Build A Tiny Garden 17th & 18th. CAT, Machynlleth 01654 705950, cat.org.uk

Ecosystem Services: Land use and management 19th - 23rd. CAT, Machynlleth 01654 705950, cat.org.uk

Mountain Skills 24th & 25th Deiniolen. Book: eventbrite.co.uk

Glaciation in Snowdonia - Environmental Workshop 26th. Based in Betws y Coed with Jim Langley. Book: eventbrite.co.uk

MAY

Pause & Reconnect SUP & Sound Retreat 7th - 9th. Trigonos, Nantlle. Bookings: psychedpaddleboarding.com/sup-wellbeing-retreat

Weaving Colours 19th - 23rd. Trigonos, Nantlle info@trigonos.org ~ trignon.org

Dive into Yoga | Yoga & Wild Swimming 3rd - 7th & 17th - 21st. Plas Cadnant, Menai Bridge. Info / Bookings: Laura Bell 07989 512859, info@thezestlife.co.uk

FB = Facebook    YT = YouTube

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Yoga, Meditation & Walking Retreat 3rd - 7th.
Trigonos, Nantlle info@trigonos.org ~ trigonos.org
Photography 20th May, £195. Held in Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk
Introduction to Skyrunning Snowdonia - an introduction. 15th & 16th. Based in Llanberis. Book: eventbrite.co.uk
Self-build Project Management 1st & 2nd. CAT, Machynlleth 01654 705950, cat.org.uk
Spring Vision Quest 23rd May - 3rd June. With Pippa Bondy, ancienthealingways.co.uk
Yoga & SUP Weekend 14th - 16th & 21st - 23rd.
Plas Cadnant, Menai Bridge. Info / Bookings: Laura Bell 07989 512859, info@thezestlife.co.uk
Introduction to Renewables for Households 1st & 2nd May. CAT, Machynlleth 01654 705950, cat.org.uk
Hydroelectric & Marine Energy Generation 10th - 14th. CAT, Machynlleth 01654 705950, cat.org.uk
Build a Lapsteel Guitar 15th. CAT, Machynlleth 01654 705950, cat.org.uk
Renewables for Households: solar PV 22nd. CAT, Machynlleth 01654 705950, cat.org.uk
Glaciation in Snowdonia - Environmental Workshop 26th. Based in Betws y Coed with Jim Langley. Book: eventbrite.co.uk
Build a Wildlife Garden 28th & 29th. CAT, Machynlleth 01654 705950, cat.org.uk
Mountain Flowers of Snowdonia - Environmental Workshop 30th, 10am - 4pm, £45. Siabod Cafe, Betws y Coed. Book: eventbrite.co.uk
JUNE
Mountain Flowers of Snowdonia - Environmental Workshop 2nd, 10am - 4pm, £45. Siabod Cafe, Betws y Coed. Book: eventbrite.co.uk
Compost Toilets 5th. CAT, Machynlleth 01654 705950, cat.org.uk
Reedbeds and Waste Water Management 6th. CAT, Machynlleth 01654 705950, cat.org.uk
Build an Edible Garden 19th & 20th. CAT, Machynlleth 01654 705950, cat.org.uk
Renewables for Households: solar PV 19th. CAT, Machynlleth 01654 705950, cat.org.uk
Zero Carbon Britain 23rd & 24th CAT, Machynlleth 01654 705950, cat.org.uk
Making Pallet Furniture 26th. CAT, Machynlleth 01654 705950, cat.org.uk
Build A Lapsteel Guitar 26th. CAT, Machynlleth 01654 705950, cat.org.uk
Fixing Your Damp House 26th & 27th. CAT, Machynlleth 01654 705950, cat.org.uk

Always check first!

2021 ONLINE WORKSHOPS

MARCH
1st Ayurveda Immersion; cookery for balancing Kapha. Info: druworldwide.com
4th Talks - Fossil Plants: a backyard botanic garden. Snowdonia Society. 7.30pm. Book: claressnowdonia-society.org.uk
5th Welsh Language Virtual Course: YA Adventure. Literature Wales / Ty Newydd. Book: tynewydd.wales
7th & 28th Blended Yoga Teacher Training 200 hours throughout 2021. Info: druworldwide.com
13th - 20th Simply Being Vajraloka Retreats, Corwen. Book: vajraloka.org

APRIL
10th 7 Day Ayurvedic Detox Retreat@Home £295. Info: druworldwide.com
26th Ayurveda Immersion; Meditation for the Doshas. Info: druworldwide.com; katharina@druworldwide.com

Name these bands/artists
1. 🎵
2. 🏡
3. 🍎
4. 🌡
5. 🛏️

Answers on Page 29
“Ma Rainey’s Black Bottom”

Ma Rainey and her band the Rabbit Foot Minstrels circa 1924 in Chicago.

PODCASTS: State of Emergence with Terry Patten. Conversations at the leading edge of human intelligence & maturity – facing the darkness and alive to possibilities on the other side of it. 60 episodes. Free/donations. Go to: podcasts.apple.com
PlayerFM : Music, Philosophy, Spirituality, New Age, Health & Well-being and much more - player.fm

Paul Winter’s Miss Gaia Earth Mass from 1982 is an old favourite. It lasts for over an hour but if you want shorter pieces by Paul Winter here’s a selection: Return to Gaia / Missa Gaia Earth Mass - 11 mins / And The Earth Spins - 5 mins / The Well-Tempered Wood Thrush - 4 mins / Winters Dream ~ Light of the Sun - 5 mins / Grand Canyon Sunset - 5 mins : YT: Paul Winter Consort

*WATCH*
Kendal Mountain Festival
Many films trailers and uploads: short films and Q & A. YT: Kendal Mountain Festival

The Peace Economy
Jodie Evans co-founder of CODEPINK. An interview describing how women-led grassroots organization works to end U.S. wars and militarism, to learn more
YT: The Peace Economy

Kiss The Ground
Watch the trailer for free on website or watch full film on Netflix, Vimeo. or watch Q & A: YT - Kiss The Ground Film - live Q & A / 1 hr.

Film for Climate Week 2020 - Incredible Edible Porthmadog
A short 7 min video that shows the scope of our project along the Edible Corridor Lles. We are working with volunteers & school children.
YT: Edible Madog
Tashi & The Monk
Free to watch - a Buddhist monk adopts 85 children & creates a family in the foothills of the Himalayas / 40 mins ~ jhamtseinternational.org

Investigative Journalism and Independent Media
Byline Times - “Show us what is happening”. Fact, Argument, Reportage & Culture. More: bylinetimes.com

Democracy Now! An independent news programme led by Amy Goodman and Juan Gonzalez. democracynow.com

Glenn Greenwald Independent, unencumbered analysis and investigative reporting, captive to no dogma or faction.
greenwald.substack.com

theCanary - Campaigning journalism that informs and empowers people to change their world. thecanary.co

The Intercept - Fearless, adversarial journalism that holds the powerful accountable : theintercept.com

Jonathan Cook - Journalist based in Palestinian section of Israel. More: jonathan-cook.net

Declassified UK in-depth analysis and exclusive news on British foreign policy, investigating the UK military, intelligence agencies and its most powerful corporations. dailymaverick.co.za

Double Down News
Alternative voices & progressive media - patreon.com/doubledownnews

The Conversation Academic rigour, journalistic flair : theconversation.com

Factchecking for more than 180 years. factcheck.afp.com

Banff Mountain Film Festival World Tour
Plenty of inspiring and awesome films to celebrate mountain based activities. All film programmes available from end of Jan 2021.
Info: banff-uk.com

Ma Rainey’s Black Bottom
The history of Black British gardeners is one of resistance. From the transatlantic slave trade to Kew Gardens and the Chelsea Flower Show, the long history of Black horticulturists can’t be forgotten. Black gardening history is also a story of resistance, long-held knowledge, nourishment and survival. Learn more about their influence and achievements at: gal-dem.com

Humanity Rising
A movement of people and organizations coming together to take counsel on how to leverage the crisis of the coronavirus pandemic into an opportunity for human renewal and increased resilience to future challenges. Talks, discussions, videos:
More info on how to be part of the conversation: humanityrising.solutions

“The study of Shells, or testaceous animals, is a branch of natural history which, although not greatly useful to the mechanical arts, or the human economy, is, nevertheless, by the beauty of the subjects it comprises, most admirably adapted to recreate the senses, to improve the taste or invention of the Artist, and, finally and insensibly, to lead to the contemplation of the great excellence and wisdom of the Divinity in their formation.”

English Naturalist George Perry born c.1771 -“the mobile homes of marine creatures turned voluptuaries of geometry and color, elaborate living urns, lavish lampshades for the palace of some sea god, miniature Hindu temples, gorgeous drag queens of the deep, otherworldly amphoras from the bottom of this spectacular world.”
“it spiralled left instead of right, the same direction the Earth crawls around the Sun.”

The Sky is not in lockdown
Nature is not in lockdown
Creativity is not in lockdown
Sunrise is not in lockdown
Friendship is not in lockdown

Non-screen pen & paper games!
Dots & Boxes: Remember the time it took to form an array of dots across the page? To play Dots, you need a square of dots on the page (start with 6x6 and challenge your kids to go up to 30x30 or more). Once the square is created, players (2 or more) take turns with a different color pen creating line segments between dots. When a player forms a square with their line, they may put their initial in that square and play again. The game continues until all the lines between the dots have been drawn.

Draw six dots in a hexagon. Two players take turns drawing line segments between each dot in their own color pen. The object of the game is to avoid drawing a triangle in your color pen.

Pictionary: Draw a Nursery Rhyme / Song / Film and the other players/team have to guess what it is.
Art and Exhibitions

Please check with the Galleries about opening times.

**MOSTYN** Llandudno LL30 1AB, 01492 879201, mostyn.org

**Nick Hornby: Zygotes and Confessions** Until 18 April. The sculptures are produced using digital and industrial processes, but retain the artist’s touch through their final process whereby a liquified image is applied to each work.

**Hannah Quinlan and Rosie Hastings: In My Room** Until 18 April. As a new body of work, In My Room develops the artists’ inquiry into the politics, histories and aesthetics of queer spaces and culture.

**Richard Wathen: New Eyes Every Time** Until 18 April. Wathen’s work focuses largely on portraiture, depicting figures in states of hesitation and contemplation. Open 11am - 4pm.

**RUTHIN CRAFT CENTRE** Park Road LL15 1BB, 01824 704774, ruthincraftcentre.co.uk

Exhibitions, films and talks in Ruthin Craft Centre are available to see online from their website: ruthincraftcentre.org.uk

**ORIEL YNYS MON** Llangefn, Ynys Mon LL77 7TQ, 01248 724444, orielmon.org

**Charles Tunnicliffe’s Early Years** Until April.

**Aimee Louise Jones** Until 21 February; **George Cockram** Until 7 March; **Parc Cybi: A Landscape Through Time** Archaeological Excavations near Holyhead

Until 13 June.

**FFIN Y PARC GALLERY** Betws Road, Llanrwst, Conwy. LL26 0PT, 01492 642070, welsh.art

31st January - 24th February **Malcolm Edwards** with Book Launch

28th February - 24th March **Lisa Carter-Grist, Elfyn Lewis & Ceri Auckland Davies**

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**Free Creativity Prompt with Lisa Lochhead**

This Creativity Prompt is designed to support a subtle listening to what is rising and opening inside of you. By listening to the subtle of who you are behind the everyday noise and chatter of the mind and the world - You are tuning into a pulse of Belonging which is where you find a depth of true rest and nourishment. There is a 10 min video to watch about technique and you can download instructions and tools needed.

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

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

Are you feeling stuck in your life?

Can’t make or sustain positive change? Want to change but don’t know how?

Whether emotional, physical or life style issues, Josephine Airns facilitates powerful personal and spiritual growth processes.

Resonance Repatterning®
01691 773806
Llangollen Natural Health Clinic
www.resonancerepatterninguk.net

The New Possible
VISIONS OF OUR WORLD BEYOND CRISIS

2020 upended every aspect of our lives. Our new book asks: where should we go next?

Will pandemic, protests, economic instability and social distance lead to deeper inequalities, more nationalism and further erosion of democracies around the world?

Or are we moving toward a global re-awakening to the importance of community, mutual support, and the natural world? In our lifetimes, the future has never been so up for grabs.

The New Possible offers twenty-eight unique visions of what can be, if instead of choosing to go back to normal, we choose to go forward to something far better.

Assembled from global leaders on six continents, these essays are not simply speculation. They are an inspiration and a roadmap for action.

Vandana Shiva ~ Helena Nordberg-Hodge ~ Jack Kornfield ~ David Korten ~ Riane Eisler ~ Jeremy Lent ~ David Boller ~ Oren Slozberg ~ Zak Stein ~ John Restakis ~ Ellen Brown ~ Kim Robinson ~ Michael Pollan ~ Varshini Prakash ~ Mamphela Ramphele ~ Justin Rosenstein ~ Tristan Harris ~ Francis Deng & more...

oneproject.org

Available NOW as a hardback, e-book or audiobook via your local bookshop

Our Moment of Choice
CONSCIOUS EVOLUTION AND HOPE FOR THE FUTURE

ourmomentofchoice.com

"If you believe that humanity is fundamentally about caring for ourselves and others, then this book is simply a ‘must read’.
" Etienne Stott, rower, Olympic gold medallist

parentsforafuture.org

To bring people together for social and economic justice, peace, and human rights, in Britain and across the world.
The Peace and Justice Project will back campaigns, commission reports and develop progressive networks in Britain and across the world.
The Peace and Justice Project will work with labour and social movements and provide platforms to those campaigning for change for the many, not the few.

Jeremy Corbyn is a lifelong advocate for peace and socialism. After stepping down as leader of the Labour Party, he is using his experience and connections to create a platform, network, and resource that can support campaigners for social justice and progressive change.

thecorbynproject.com
My earliest childhood memory is sitting on the floor with a double vinyl album open on my lap staring at the artwork as the music played on the scratchy record player. The artwork showed atom bombs exploding over beautiful atols, toxic waste being dumped at sea, whales being harpooned and a powerboat with skipper, crew member and a camera operator racing to document and to bear witness to this ecocide.

That album was the Greenpeace Rainbow Warriors album and the image of those activists bearing witness and taking action has shaped my life ever since.

Those images and the music that accompanied them were in my life because my mum was an ardent Greenpeace supporter and outspoken vegetarian. She brought me up with a strong sense of moral justice, right and wrong, and a powerful belief in asking questions, although that may have got us both in awkward situations over the years. Especially when as a child I would loudly ask her from my seat in the shopping trolley “why does that person have dead animals in their trolley?”!

In later years I accompanied her on the campaign trail fighting whaling, the fur trade, toxic waste, CFC’s and my understanding of the use of campaigning, bearing witness, direct action and civil disobedience developed and I became more informed.

As a student I found myself on a Greenpeace ship joining a team who would canoe into Faslane naval base to protest the UK nuclear deterrent. After my inevitable arrest and eventual release from custody I called my mum to explain why I’d been out of communication for three days. She cut me off before I had a chance to explain with the line “if you’re NOT calling to say you’ve been arrested during that Greenpeace protest in Faslane you’ve got some serious explaining to do as to where you’ve been for the last three days!”.

In later years when she got an invite to tour the brand new Rainbow Warrior 3 when it visited London for the first time and I did not, she gave me her ticket. Her support and encouragement of my campaigning and direct action has not been limited to my involvement with Greenpeace. Last weekend when I drove a van full of clothes, tents and sleeping bags to the migrant camps in Calais it was her, her friends and her contacts who’d made up the majority of the donors, all I did was co-drive the van to make the delivery.

It might have been the horrific photos and videos of whales being harpooned, oil spilling from stricken vessels and toxic waste pumping freely into our waters that drove me to take a stand for our planet, but it was my mum’s support, encouragement and passion that allowed me to take action and to manage the inevitable emotional roller coaster of being an activist.
Life as a child in 1950’s in the Isle of Man was very different from now and we certainly didn’t know what political correctness was. As children, if anyone behaved in an odd way others would chant: “We’ll send you to Union Mills!” This was the name of the village where the Island’s Mental Hospital stood which we children called “The Looney Bin”. Our behaviour does seem dreadful now, but in those days many people, if not most, saw any sort of mental illness or dementia as shameful, as something that had to be hidden away, often within the family but at times in a mental hospital or a nursing home.

When I was twenty my aunt had to go into a care home because of dementia and my parents, particularly my father, found it very hard. I remember him saying of his sister, “I can’t stand seeing her like this! If I ever get like that please take me out in the garden and shoot me!”

Fortunately we are more enlightened now. There is more help and advice out there and more knowledge of the different types of dementia but we still have a long way to go. There is still ignorance, there is still some shame attached to this illness. People are happy to loudly discuss the fact that old Mrs Jones has broken her hip, but if old Mrs Jones has dementia it is often talked about in more hushed tones.

We have made massive strides in many types of treatments for physical disorders but when it comes to treatment for disorders of the brain, progress is slow. Our brains are so very complex. Brains are like the final frontier in medical science.

Dementia is an umbrella term for a number of disorders, the most common of which is Alzheimer’s. Around 50-75% of dementia sufferers have Alzheimer’s and there is medication now that will slow its progress. Treatments for other types are improving but for some types of dementia very little can be done. My late partner, Bob, had a type of vascular dementia. I was advised to encourage him to exercise his brain by writing, reading, doing puzzles etc. It was suggested he exercise physically, eat healthy and cut down, or cut out alcohol and cigarettes and keep a regular check on blood pressure and cholesterol. Twelve years later the same advice is being given and while it has been shown that people who live a healthy lifestyle are less likely to suffer from dementia in later life, it isn’t a cure. As yet there is no medication that will slow the decline caused by vascular dementia.

The onset of dementia is not clear cut and it manifests itself in different ways depending on the type. Confusingly some people suffer from a mixture of types. Also we do need to realise that as we get older our brains are bound to slowly decline. Becoming slightly more forgetful doesn’t mean we’re developing dementia.
Alzheimer’s, the most common type, generally causes the person to forget recent events, names and faces. An Alzheimer’s sufferer will often get lost and will also become confused over dates or time of day.

Vascular dementia tends to vary according to which part of the brain is most affected but generally causes slower thinking, personality changes, disorientation, and often difficulty with walking.

These are the two most common types of dementia. There are several others. If anyone reading this is worried that they may have dementia or that a loved one may have it, I would advise them, even in these difficult times, to make an appointment to see their GP who will give them a simple test and refer them, if necessary, to the local memory clinic. If nothing else, a diagnosis can bring comfort, both to the sufferer and to their loved ones. I know this from personal experience.

It has been almost ten years since my partner Bob died. He had a type of frontal lobe vascular dementia, less common than Alzheimer’s. He gradually lost the ability to speak and to think logically. His personality gradually changed and I had to constantly remind myself that this was the illness and not the real Bob. One of the saving graces of this type of dementia was that, unlike Alzheimer’s, he never forgot who I was.

Two years ago I plucked up the courage to write his story: “Dementia Diary - a Love Story to the End,” which is based on the diaries, poems, letters etc. that I had written and kept over many years. It was cathartic to write but I also hoped it would help others. It is a very honest account, sad at times but not, I hope, depressing. There is humour in the book as Bob did so many funny things: like for example, when he sat in the recycling box and got stuck. My sister and I managed to prise his backside out of the box amid giggles from all three of us.

But I have been very honest about the many times I felt a complete failure as a carer. I have been very honest about how exhausting it was to live with a big strong man who was still very fit and yet often behaved like a bad tempered two year old.

The book charts my struggles to persuade Bob to seek help from the doctors and to find extra help so that I could carry on working - at least for a time. I know that many who have read this book have told me they found it comforting and at times uplifting, whether they have had personal experience of this dreadful illness or not.

I hope that the book will bring comfort to many people. I also hope to raise some money for dementia charities from the sale of the book.

Ali Sinclair lives in North Wales and loves to walk in the mountains. She has now retired and enjoys travelling, walking and writing. Dementia Diary is published by: herbarybooks.com
Nuclear Reactions
Chris Smaje

Once again, the NN team hear there’s yet another plan (by “Shearwater Energy”, how cute…) to revive nuclear power on Anglesey. But just a teeny-weeny one this time! Oh, well, 12 teeny-weeny ones… Plus a windmill or two to prove their green credentials! All true!! So we thought we should publish Chris Smaje’s recent blogpost on the subject:

I recently got involved in a Twitter exchange (yes, I know) with various nuclear enthusiasts – the sort where the condescending putdowns make you curse the day social media was invented, but where you keep going because you’re learning something, even though you end up feeling kind of dirty. Suffice to say that if some of these guys were put in charge of making the PR case for nuclear power, we can be certain it won’t happen...

One of the participants asked me to provide rational objections to nuclear power, and presented some “actual data from 2060” to show how nuclear could feasibly replace fossil fuels (a pie chart of energy projections provided by the Chinese government, as it happens) but quit the debate after I suggested that, er, actual data from 2060 doesn’t yet exist. Another participant – Dr Tom Biegler – linked to this paper he’d written about energy futures in Australia and suggested I read it. I’ve now done that and am ready to lay out my rational case against turning the clock forward to a simpler time when nuclear energy has solved our problems. It’s a sevenfold one, as follows:

1. The major resource and biophysical crises we face today on Earth, and many of the cultural and political ones, are ultimately traceable to humanity’s worldwide investment in powerful, strongly centralized, capital-accumulating political states. I’m doubtful that any satisfactory long-term solutions will be found without radically dissipating that capital and political energy. But nuclear power absolutely relies upon and justifies powerful, strongly centralized, capital-accumulating political states. Therefore I see it as incompatible with sustainable human culture.

2. Current nuclear technologies produce small but significant quantities of high-level waste which, as I understand it, remains dangerous for generations and has not yet been rendered safe – largely because it’s too expensive. It seems likely that it will be even more expensive for future societies, and probably beyond their technical capacities. Dr Biegler writes of the need to combat “deep-seated anti-nuclear sentiment” in relation to issues including waste disposal. The best way of combating this ‘sentiment’ is surely to solve the issue giving rise to it. In the meantime it seems to me quite rational not to further invest in technologies until their products can be made safe for future generations.

3. If we could swap all fossil fuelled energy for nuclear-powered electricity, we would still be facing numerous resource crises concerning water, nitrogen, phosphorus, metals and soil, along with political and economic crises. One response to that might be to say that at
least with abundant nuclear energy we’d have one less crisis on our hands. But it’s surely reasonable (rational, even?) to suggest that the very multiplicity of these crises is telling us that our problems aren’t fundamentally about energy, and nor are the solutions.

4. Talking of water, nuclear power stations such as the gigantic Hinkley C now under construction not too far from my home are often located next to the ocean because of their need for abundant water. But given the uncertainties about future climate change and sea level rise, it might be rational not to do this.

5. There are only about 30 countries worldwide generating nuclear power, mostly rich ones with extensive electricity infrastructures. Electrifying and transitioning most of the other countries to nuclear power within the next few decades is, to say the least, unlikely, and in any case would raise numerous further problems. The climate impact of feasible nuclear transitions therefore seems likely to be slight.

6. Bringing together the previous points, I do not trust a society that commits itself so insouciantly to capital-accumulating state centralism, to leaving dangerous waste as a legacy for future generations to deal with, to meeting systemic crisis with piecemeal solutionism, and to policies that benefit the few and not the many. Is my mistrust rational? I think so, but others might say it’s merely emotional or spiritual. If so, then I guess I’m for mere emotions and spirituality, and against rationality.

7. But, against such spiritual arguments, I’ve heard people make the case for nuclear power through the analogy of a physician treating a critically ill patient: however spiritually misguided the patient was in their lifestyle choices that led to the illness now killing them, the physician’s job is to try to keep them alive using whatever technologies are available. By analogy, nuclear power may save the life of our present civilization, however decadent it is. We can worry about its spiritual improvement later. As I see it, though, the patient may still be showing a few vital signs, but in truth they’re beyond salvation and the physician shouldn’t waste scarce time, money and material resources in heroic but fruitless attempts to save the unsavable. It would be better to devote them to more promising ends, such as founding a renewable culture. In this view, nuclear power is what Duncan McLaren nicely calls a “technology of prevarication”.

But is the patient really unsavable? That’s a tricky one, and will only be answerable with the benefit of hindsight.

Chris Smaje is a social scientist by training and a small-scale farmer by occupation. His new book is called A Small Farm Future: Making the case for a small farm renaissance.

smallfarmfuture.org.uk
In envisioning a planetary society heralding the birth of new ways of harnessing our common humanity, Jean Houston explains how this possible society can become a reality only if people learn to be the possible humans we are meant to be. This means understanding that social evolution needs more social artists - those who bring fresh vision to the social arena, who seek to transform all levels of society, who are contemplative creators, acting in both silence and service, and those who are healers, helping people ignite their potential. We are at the stage now where this real work of humanity begins...

I have spent close to sixty years studying the nature of the human potential and about fifty years studying cultural potentials and harvesting them for use in education, healthcare, social welfare, work, art and creativity. I have found that challenges that arise in one culture can often be met by applying strategies developed in another.

We must begin to help people, citizens and leaders alike, to bring a new mind to bear upon personal and social change so we can rise to the challenge of our times.

The social artist is one who brings the focus, perspective, skill training, tireless dedication, and fresh vision of the artist to the social arena. They seek innovative solutions to troubling conditions, as a lifelong learner ever hungry for insights, skills, imaginative ideas, and deeper understanding of present-day issues. Above all, the social artist is always extending their capacity as well as helping others extend their human capacities in the light of social complexity. This will involve helping cultures and organizations move from dominance by one economic culture or group to circular investedness, sharing and partnership. It will involve putting economics back as a satellite to the soul of culture rather than having the soul of culture as a satellite to economics. It will involve deep listening and cooperative action to heal the wounds of crushed and humiliated people, those who have long been at the wrong end of the economic imbalance scale. It will involve a stride of soul that will challenge the very canons of our human condition. It will require that we become evolutionary partners with each other.

The social artist as contemplative creator assists visionary endeavours and, in doing so, unleashes the human spirit of those who compose the endeavour or are served by it.

The social artist is a new kind of healer. Healing involves understanding the mystery of change, of transformation, and of the incredibly fluid nature of our bodies, minds, and psyches and of our societies and cultures. We live in a world that is ripe for healing, and this is ultimately what motivates the social artist to take initiatives; the social artist knows that we are built for healing. The nature and process of healing, the varieties of the healing experience for people and societies seem to be the very condition of our humanity, the training ground for our social unfoldment.
Even illness contains within itself the notion of deconstruction leading to a higher reconstruction; chaos leading to cosmos. Healing is making whole, the move from a limited condition felt in a most painful way through a process leading to the creation of a higher order of mind, emotion and physical being. Something changes; the wounds in the body or of the society are experienced as doorways to higher consciousness and more evolved forms.

The good social artist healer is an evocator who shows people how to access their inner wisdom and knowledge without leading them like sheep. It is, above all, compassionate listening, a major training for the social artist.

In our intracultural and educational work, we try to discover the main stories, myths, legends, and teaching tales that underlie the spirit of the culture in which we are working. Then we present them as the backdrop upon which to weave our work in human development. We find that people go further as well as faster and deeper if their learning is attached to a story and, most especially, if that story is a key myth of their culture.

Thus, in India we have worked with the Ramayana (a Sanskrit epic of ancient India) and the life of Gandhi; in Australia with certain Aboriginal creation myths; in England with stories of Percival, Gawain, and the other Knights of the Round Table’s search for the Grail, in Bangladesh with the poetry of Tagore and other Bengali poets.

One feels instinctively when a new story is needed, when the old stories no longer speak to the current reality. And yet the old stories seem to rise again and again in fractal waves to give power and portent to the culture. What we need, then, is for stories to be remythologized and re woven in the light of today’s necessities. This has always been the job of culture, to discover again and on a deeper level, the meaning and relevancy of the Once and future story - for without story, a culture becomes denatured and demoralized.

We are at that stage where the real work of humanity begins. This is the time and place where we partner with Creation in the re-creation of ourselves, in the restoration of the biosphere, and in the assuming of a new kind of culture - what we might term a culture of kindness where we live daily life in such a way as to be reconnected, charged, and made aware by the source of our reality, until our inherent inventiveness is liberated and we are fully engaged in our world and our work.

Jean Houston is a renowned visionary, scholar, and one of the principal founders of the Human Potential Movement.

jeanhouston.com

This article is an extract from Jean’s contribution to the new book:

ouremomentofchoice.com

See Page 30

Full Moon Meditation Network

Full moon: Pisces: February 27th at 8:17am

The Great Invocation

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

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

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

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

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

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INSPIRATIONAL FOOD IDEAS

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

**The Intuitive Cook** ~ Kitchen Confidence Beyond Rules and Recipes with Health & Food Llanrwst. A resource to help anybody stuck, frustrated or overwhelmed in the kitchen to reclaim the creativity and joy of cooking. Explore website: theintuitivecook.co.uk

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Congratulations to Theatr Clwyd in Mold !

Winners of The Stage Awards 2021 for being “the regional theatre of the year”.

Mold’s Theatr Clwyd has not put on a show in months but remains vital for its community during the pandemic, delivering food and enabling young people’s creativity. Inspired by the Wales’ led Wellbeing of Future Generations Act the theatre was required to “improve social, cultural, environmental and economic wellbeing by working better with their communities.”

Tamara Harvey, artistic director says “Theatres should never be silent”, and has created several community-centred activities during the pandemic lockdown. theatrclwyd.com ~ FB: Theatr Clwyd
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In the Olde Days - that is, before March 2020 - NN would publish an overflowing “calendar of events” every month - a thousand reasons to go out and about! But in the Covid Era, the happiest souls are probably those who have rediscovered and reinvented HOME. It is not the size of our living space that matters, but how many layers and dimensions we endow it with...

Our HOME is our GALLERY: time to renew the pictures on the wall, and the objects on the shelf, even choose a weekly or monthly theme?

Our HOME is our GYM: and the body requires little or no extra equipment to work out very fully - though a yoga mat is handy.

Our HOME is our OFFICE: and it is now only our state of mind rather than our colleagues that interrupt! No commute, no bad lighting or unhealthy air-conditioning.

Our HOME is our LIBRARY: time to reorganise the books and magazines and printed articles; let go the unwanted, and dive in to the unread.

Our HOME is our UNIVERSITY: we can choose the dream subject for our own doctoral thesis! Each one of us holds a fragment of the whole...

Our HOME is our TEMPLE, SANCTUARY and ALTAR: let the same little spot become daily magnetised with our finest prayers or songs or meditations ~ our radio to other dimensions.

Our HOME is our CINEMA: so let’s treat our bigger screens as though they have the magic and rarity of a visit to the Odeon in the 1930s!

Our HOME is our THEATRE: our little “world’s a stage” and anyone in our bubble can be an actor, experimenting with new roles and stretching the boundaries of expression.

Our HOME is our GARDEN, our ALLOTMENT & FARM: whether its beansprouts or herbs in the kitchen, flowers in the window, or fruit and veg in the soil - and all with zero food miles.

Our HOME can be our SCHOOL: institutional schooling was designed as a crèche for the industrial revolution - which, thank goddess, is nearly over. The best education is personalised, and autonomous home education is the most personalised of all… check out the alumni!

Our HOME is our TELEPHONE EXCHANGE: we can zoom anyone anywhere at the speed of light.

Our HOME is our STUDIO: whether for art or music or writing or filming. There is an exciting buzz in the air as you enter, and all around are simple and inspiring tools and instruments.

Our HOME is our STORE ROOM: and if too much of the Past is blocking the way to the Present, then it’s time for that radical decluttering...

Our HOME is our PLAYGROUND: a space for games of every kind for all ages and abilities.

Our HOME is our WORKSHOP: for making and mending and crafting and inventing.

Our HOME is our ANIMAL SANCTUARY: whether we are holding our pets, feeding the birds - or returning some insects or rodents to the wild!

Our HOME has a BEDROOM: the Alpha and Omega, a platform for life & death, a first suckle and a last breath, our saddest tears and our highest highs, some of our most memorable out-of-body and in-body experiences!

Our HOME has FIRE: and the most important decision we can all make right now is whether our heating is powered by wind or sun or water - or scarce and deadly carbon deposits.

Our HOME has WATER: 3 billion humans lack basic handwashing facilities, so every time we turn a tap we are visiting a sacred well or spa. And what’s with all those chemicals on the shelf?!

Our HOME is our OBSERVATORY: Not just the telescope and microscope, but via those copper and fibre optic cables, we can now reach far into the micro and macro universes.

Our HOME is a 5* RESTAURANT: our favourite table is always reserved, the menu is perfect, and the management are happy to waive the bill for a little prep and washing up time...

Our HOME can be our BIRTHING SPACE: hospital birth helped men medicalise and control birth - but it turns out women knew best! And home birth is (once again) safer...

“There’s No Place Like Home!”