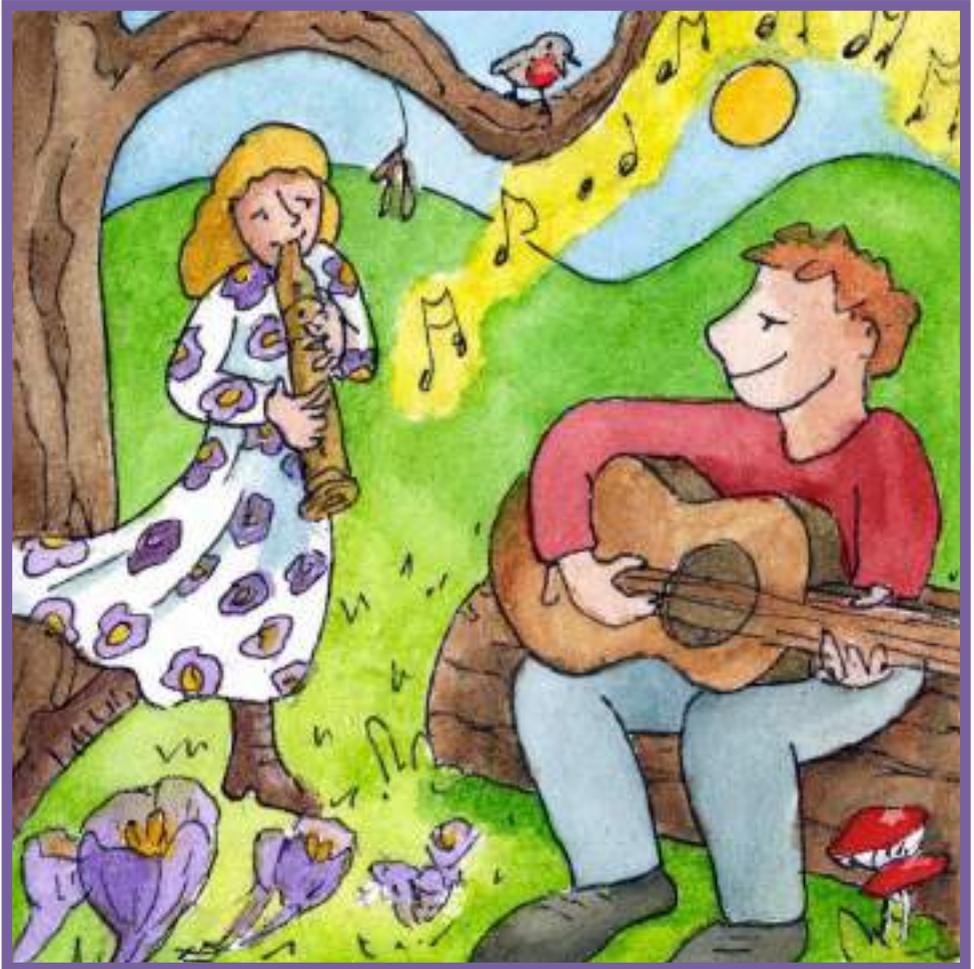


network news

a guide to inspiring events in north wales



the promise that changes everything ~ snowdonia congestion ~ initiation
friends disunited ~ the ethical vegan ~ edison's electric car ~ basic income

“do you know someone who will *never* interrupt you?”

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in North Wales

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www.femkevangent.art

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Alistair & Hannah on the beach

Welcome to the March Network News. We are taking a moment to appreciate the life of a dear friend and kindred spirit Alistair Howson (15/1/67 ~ 22/1/21), also known as Brench or just "B". He is the creator of Vegonia Wholefoods in Porthmadog. This cruelty-free shop opened in 1997, and it is hard to overstate just how pioneering an act this was at that time. Health food shops - both small and corporate - were fairly normal in the 90s, but to stock no animal products at all was unique - especially in livestock country. It is a rare treat for a vegan not to have to squint at every label!

It is also a huge achievement that Vegonia has survived these 24 years, through the financial crashes and the rise of online retail. Its endurance is the fruit of B's passionate and compassionate vision, aided by committed co-workers and loyal customers. Now, of course, every supermarket everywhere has suddenly discovered "plant-based options" - but this is for *profit*, not for the love of our fellow creatures - or for planetary survival. So now it is all the more important to follow the ethic rather than the convenience when we shop. We hear Alistair's beloved soulmate and wife Hannah is committed to maintaining the shop, and we know our network will also give extra support through these next challenging months.

It was B who inspired us to adopt a vegan ethic for the magazine, and on a personal level we are forever grateful that he supported Network News through some of our most challenging times.

We are comforted to know that Alistair *"passed away at home with his wife, the cats, best friend Max, brother Lloyd, surrounded by pure love & magic"*. *Bon Voyage*, Alistair, yours is a life that truly brings...

Blessings to all Beings

see "Ethical Vegan" on Page 34



The Promise That Changes Everything

Nancy Kline

I won't interrupt you. I promise. I won't interrupt your words – or your thoughts.

Imagine it. Imagine the relief, the possibilities, the dignity. You now have ground that is yours. Unassailable. This is for you. Time to think. To feel. To figure out what you really want to say. To say it, to consider it. To change it. To finish your sentences, to choose your own words. To become – because you can trust the promise – a bit bold, even eloquent. To become you.

And because you know I will not interrupt you, you will want, when you finish, to know what I think, too, even if we disagree deeply. You open your heart. And because you in turn promise not to interrupt me, I open mine.

We all long for this, the promise of no interruption, the promise of interest, the promise of attention while we think, the promise of this much respect for us all as human beings. We long for that gentle, rigorous expanse that produces felt thinking and thoughtful feeling. Every day, in every interaction, vital or trivial, we hope for the kind of presence that lets our brains and hearts find themselves.

We were born for this. In fact, says the science, we were born expecting it. Our brains needed it to keep forming when we were infants, almost marsupially. They still do. To stay fully *Homo sapiens* our minds and hearts need this promise.

And yet it is nowhere. We look around. We can't find it. We see only interruption. Our colleagues interrupt. Our professionals interrupt. Our beloveds interrupt. Our friends interrupt. We interrupt.

Where in your circles can you point to a single person who you are certain will not interrupt you when you speak? Who in

your circles has ever made this promise to you? And kept it? And have you ever made that promise to anyone?

Most likely not. That is the shocking truth. The one thing we can absolutely depend on in life is that we will be interrupted when we start to think.

In fact, according to the Gottman Institute in Seattle, three years ago the average listening time of even professional listeners was 20 seconds. Now it is 11. Eleven seconds! I shudder when I hear that. And those of us who are paid to listen – coaches, therapists, doctors, managers, leaders, teachers, pastors, advisers – have paid for endless instruction in how to listen. But the instruction is effectively in how to insert, how to tailgate, how to justify the populating of silence with our own view. It is listening that expects us to interrupt. Or so it seems. Certainly, observably, it does not require us to promise not to.

And so we interrupt. All of us. Paid and not. Professionals and parents. Leaders and learners. Wage earners and shareholders. We move through our days and years interrupting others and failing to foil it when others interrupt us.

And that matters. Interruption diminishes us. It diminishes our thinking. In the face of it, our own thinking barely has a chance to form. That means that our decisions are weaker; our relationships are thinner. Interruption of thinking is so destructive, in fact, that what we have produced as a species, however advanced it may be in the animal kingdom, is probably inferior to the achievements the uninterrupted human mind might have produced over those eons.

In fact, you could mention just about any

stubborn issue in your life and I would wonder whether you might have resolved it already had you not been interrupted so many times on the road to now. I also could name almost any innovation, from howling steam engines to hallowed cyberspace, and argue that humanity might well have thought of things more elegant and nourishing if our thinking had not been interrupted so much along the way.

Most of the vital questions human beings have asked through the ages – how can we educate? How can we heal? How can we earn? How can we govern? How can we judge? Who should be rich and who poor? Who is right? – might have produced more sustainable, egalitarian, integrated, dignifying answers if we had not interrupted each other so often in conversations and meetings and musings, and if we also had not interrupted ourselves because others' interruptions over the years had convinced us we didn't have much to offer anyway.

And our relationships? I surely don't need to articulate the difference the promise of no interruption might have made in every single relationship since humans developed language. Think about yours. Imagine your relationships without interruption. Imagine the sweet, stimulating sturdiness that would grow. I often wonder if divorce figures would reduce dramatically if there had been a vow of no interruption at the wedding.

Then, as if interruption by each other were not enough to minister to the diminishment of our independent minds and the shrinking of meaning in our

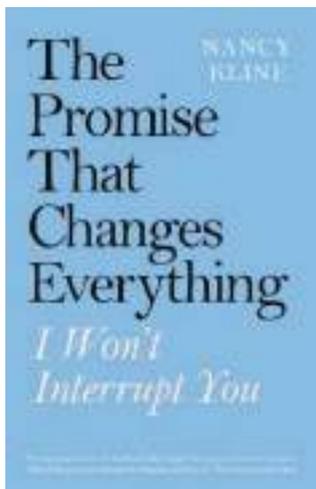
relationships, enter smartphones. More accurately "hurtphones" or "stupidphones". With their built-in servicing of platforms that colonise our attention, they slap our brains into stupidity. Relentlessly distracted, our thinking begins to haemorrhage. This loss is not wholly the device's fault, of course. It is mostly ours. Even with the smartphone's on-purpose designed-in distraction notification architecture, our prostration at their non-human feet is the real issue. Our obeisance demotes the advanced human, and we pretend it doesn't. We don't take charge of our attention.

Our little robots do. And we caress them.

This we can stop. We can stop all forms of interruption. We can decide right now to be masters of our attention, to commit to the flourishing of our minds, of our hearts, of our very nature.

This attention, this promise not to interrupt, this act of breathing free, is prodigious. It changes things. Even the big things. It bestows sanity. It shapes and reveals and shapes again who we are. It offers ease in the face of uncertainty. It can stop things like hatred and start things like love. It rescues our meetings from vacuity, creates fabulous places to work, brings humanity to leadership and leadership to humanity. Attention, some have told me, is what we mean by "God".

It launches the dreams we have for ourselves, yes, but also the dreams for our world. We all have them. Even the most cynical of us. We've just grown wary and weary and willing to walk away from each other, and from ourselves.



published by Penguin Life



INTERNATIONAL DAY OF LISTENING

16th September 2021

This promise of no interruption, this sustaining of generative attention, can turn us towards each other.

In fact, the decision not to interrupt each other is powerful enough to mitigate the prepotent relationship issue of our time, the issue that cleaves our conversations at work, in politics, in families and invisibly inside ourselves – the societal bifurcation we call polarisation. This contemporary scourge is ancestral. And it is high time we faced it down by facing its cause.

Polarisation is not a result of disagreement. It is a result of disconnection. When we disconnect from each other, when we see each other no longer as human beings but as threats, we polarise. And the first, most forceful disconnecter is interruption.

I think polarisation starts with, and is fed by, interruption. The minute one of us in stark disagreement interrupts the other, the brain registers the interruption as a physical assault. Immediately the brain hormones of adrenaline and cortisol bathe the cortex, the very centre of our thinking; the amygdala, dictator of feelings, dispatches the triumvirate actions of freezing, fleeing, fighting. And presto, we disconnect. Our thinking shrivels. And polarisation is born.

But I have seen people stop that cycle. I have seen them gather instead, determined to understand each other, not to convince each other. Crucially, they have arrived having promised to stop interrupting. They have agreed:

- 1) to start giving attention,
- 2) to stay interested in where each other's thinking will go next and
- 3) to share the "stage" equally.

The promise of no interruption consisting of those three ingredients changed their conversation forever. Polarisation fizzled. New possibilities emerged. Those three ingredients walked forward together. Not into a sunset. It was better than that. They walked into the grit and gossamer of new thinking that springs from emotional integrity, understanding and mutual cherishing of the effects of this powerful promise.

I will not interrupt you.

It changes everything.

Good, you may be thinking. I'm in. But surely I don't need to read on. Can't I just take your point, stop interrupting and tra-la! Change the world?

In theory, yes. It should be enough for us just to notice this out-of-control, societally rewarded, devastating practice of interrupting, this wholesale and sanctioned violence against independent thinking, and resolve to stop it today.

But it isn't. This practice of interrupting people's speaking and thinking is fed at an ideological level inside us. We think it is the right thing to do. We really do. Oh, we know it is not really polite or considerate, so sometimes we apologise as we do it. But we keep doing it. We think it is nearly always justified, and maybe even the very best thing that can happen at that moment. We think we are even saving time by knocking down the person talking while we hold forth.

Delusion takes some doing to undo.

First, we really need to understand that interrupting is a violent act. To begin with, we need to understand what interruption is. We have to recognise all of its pernicious and artful forms.

And then we have to examine it at a "cellular" level. We have to see the untrue assumptions that drive it, take them apart

and start over with true ones.

Keeping the promise of no interruption is a tough job, because this promise is a vast galaxy of a thing. It stretches past our all-at-once field. It defies our gulping. Its whole cannot be parsed, and yet it has to be to be understood.

Every day over the years I have thought repeatedly that I had seen this promise in all its glory. I have thought each time I saw it that I had it down, that there was no more to see, no more to add to its definition or its effect. I have felt confident that I was doing it justice as I wrote, as I taught, as I spoke, as I tried every day to live it. I have committed to its treasure and been sure I held it all in my arms. But before I could breathe out, I have, startled, seen it as if for the first time. And I have had to smile.

I also have seen people claim this promise, clip it to their listening portfolios, sell it as their skill set, and not come close. It is as if we can never know it. It is as if it is here and not here, evident and elusive, finished and foetal at once.

I think this is because this promise is different from anything else we do with each other. I want to say that again. This is different.

It is different because it requires a donning of humility, a rich regard for difference and for "other". It is different because it upends the appearance of stability, because it wants to, and does, produce independent thinking. And so it is subversive. It is different because it requires us to stop wanting to impress and to start wanting to free. It changes what we call expertise. It changes what we charge for and pay for and what we reward. It can change our very purpose.

This promise and its luminous effects are different. But humans cannot see

difference all at once. Our predispositions, our rituals, our norms – in this case interruption and

its frayed and fractious outcomes – are our habituated context. They are our reference points for what is. So they are all we see.

We, therefore, have to fell those remorseless norms one by one in order to notice their radiant absence.

This felling begins by facing the emptiness of our excuses for interruption: "I must clarify; I must correct; I must look smart right now; I must enrich; I must follow my own curiosity; I know where you are going with this; I need to take you elsewhere; your unformed thought will be less valuable than my formed one; I am more important than you are; I look stupid not talking; no one needs to listen this long; you will never stop."

None of these is worthy of us. So I hope that you will step away from that crepuscular culture and follow the first light: the soon-to-be-obvious power of this promise and of its effect on the intelligence in front of us. Including your own. To stop interrupting, in order to:

- 1) start giving attention;
- 2) sustain interest in where the person will go next; *and*
- 3) **begin the simplest cluster of complex change we will ever make.**

This is an extract from *The Promise That Changes Everything: I Won't Interrupt You* by Nancy Kline, published by Penguin Life

Nancy Kline is Founder and President of Time To Think. She was recognised as Listener of the Year in 2010 - an award presented by the ILA to prominent listeners who epitomise the highest standards and principles of effective listening.

timetothink.com



Basic Income Strengthens Resilience

Guy Standing

Advocates for basic income have long argued that it is much more than just a poverty relief measure. It is a matter of common justice that would enhance freedom and provide basic security for all. A new survey across six major European

countries shows that people understand its potential to improve their lives. Not only do large majorities in

France, Germany, Italy, Poland, Portugal and Spain favour basic income pilots and basic income as a permanent policy. The survey also reveals the advantages people believe a basic income would bring for themselves.

The poll, conducted independently by YouGov, found that two-thirds or more of respondents in the six countries were in favour of pilots and a national basic income system. Excluding the few 'don't knows', support ranged from 65% in France to 87% in Portugal. Women were generally more supportive, particularly in Germany, France, Italy and Spain.

Even before the pandemic, European citizens were suffering from insecurity, stress and precarity, linked to rising inequalities. The pandemic has made things worse. In an era of shocks, we need policies to strengthen individual and societal resilience. Instead, governments have resorted to measures aimed chiefly at propping up businesses, including furlough schemes, that have worsened inequalities and eroded resilience.

Resilience means being able to handle and recover from shocks. It is about feeling in control, able to handle setbacks because we can envisage a better future. But it

cannot be provided by today's labour market, increasingly characterised by flexible labour relations, insecure jobs and fluctuating wages, or by existing welfare systems, or by better public services alone, even though those are needed.

The survey provides cogent support for arguments in favour of basic income. High proportions of

respondents said a basic income would reduce anxiety – over half in Poland and Portugal, and more than 40% overall, especially among women and youth. It is now well established that chronic anxiety increases the risk of mental and physical illness. A basic income offers the prospect of reducing ill-health and demands on health services. It might almost pay for itself.

Respondents also believed a basic income would open up opportunities for a better way of living and working. A high proportion of young people and women said it would give them more financial independence – 50% of young Italians and 41% of young Germans, for instance. This would reduce their sense of precarity, the feeling of being a supplicant reliant on others for discretionary help.

One horror of the pandemic has been the surge in domestic violence. Experiments have shown that, once women have basic income security, domestic tensions decline and women are more likely to walk away from abusive relationships.

Many young people said a basic income would enable them to pursue further education or training, including 49% in

A Basic Income (also known as UBI or Citizen's Wage) is a periodic cash payment unconditionally delivered to all on an individual basis, without means-test or work requirement.

Portugal, 53% in Spain and 27% in Germany. This reflects the current inability of the precariat to develop their capabilities in the way they choose, because they must take whatever job they can get and put in as many hours of labour as possible. Basic security is conducive to the development of skills and a more educated society.

A basic income would also improve the quality of living. Young people, in particular, said it would enable them to take part in leisure activities that they cannot afford to do now – about a third in Portugal and Spain, for example.

And a basic income would foster work beyond ‘jobs’. Men as well as women, among all age groups, said a basic income would enable them to devote more time to their family. This was the case for one in five in Germany and more than a quarter of both men and women in Poland. The coronavirus pandemic has highlighted the extent to which society suffers from a ‘care deficit’. And pilots have shown that a basic income encourages men to do more care work, helping to weaken the gender dualism that feminists rightly condemn.

Basic income would also foster a more entrepreneurial attitude. A significant proportion of respondents said it would encourage them to launch a small-scale business – 8% in Italy, 10% in France, 13% in Germany and 19% in Portugal. Entrepreneurial enthusiasm was even greater among youths – 14% in Italy, for instance. Many youths also said a basic income would enable them to devote more time to volunteering or social activism, including over a quarter of

youths in Germany and 13% in France. Society surely wants more socially engaged and active youth.

One lesson surely learned during the pandemic is that most of us are vulnerable, not just to illness but also to shocks to our finances, relationships and lifestyles. In what was a cross-section of people in six relatively rich countries, only small minorities said a basic income would make little difference to their lives – 11% in Italy and 6% in Portugal, for example. Long-term basic security is still something most of us value.

We should implore European policymakers to launch basic income pilots in communities around Europe. Ideally, some courageous governments would move in the direction of a national system. But failing that, surely it is time for pilots to explore the transformative potential of basic income. According to this survey, over 70% of Europeans want them.

Guy Standing is Professorial Research Associate, SOAS University of London, and honorary co-president of the Basic Income Earth Network.

basicincome.org
ubilabnetwork.org



The Basic Income Earth Network [BIEN]'s next annual congress will take place from the 18th to the 21st August 2021. This will be a virtual congress, organised from Glasgow.



Friends Disunited

Jenny Kenyon

I am pleased to be asked to share my thoughts about the difficult and painful subject of the polarity that has evolved between our community of friends and relations over the COVID-19 crisis.

How we respond to and cope with this difficult global situation in our individual ways is a subject close to my heart. My brother's beloved partner's views about Covid and the vaccine are diametrically opposed to his own, and in a way that's not only threatening their relationship, but also their mental stability. My brother may even forego his vaccine to save his partner from 'tipping over the edge'.

In our wider sphere of friends, some of us have been 'unfriended' on Facebook - or worse still in real life - for dissemination of what we regard as sound advice, but which others

interpret as misinformation. Or (as I have been) for expressing our views rather frankly. We also may have felt the need to draw back, suppress our anger, and not express our thoughts at all.

One of the remarkable aspects of the polarity of views about vaccines, is how both sides of the debate are claiming that death can result from either taking, or not taking the vaccine. One much followed retired doctor and ardent conspiracy theorist even claims that doctors and nurses who administer the jabs will be

prosecuted as war criminals for inflicting so much death... We all know that the normal course of life ends in death, so when millions of people get vaccinated, some - especially the old and vulnerable - are naturally going to die and the unscrupulous can use those figures and attribute them to the vaccine instead of nature!

Anyone who has tried to persuade someone to change their strongly held beliefs will no doubt have been met with closed ears, and possibly an offensive attitude, either: "How can you be so gullible as to believe that? Go and research the scientific evidence!" Or: "You are such a sheeple being driven by the government to follow their rules.

They've made up all those statistics, wake up and look at their motivation to gain control. That's what's behind all this fear mongering!"

How can we come together as friends and as a community when such deep divisions exist? In the past whenever we've had disagreements, we've been enjoined to listen to the other's point of view. Lately I've been trying to understand what it is about the information or misinformation that attracts people into believing or distrusting it.



This historical "blind leading the blind" cartoon shows the pro and anti-vax movements have been with us for a very long time!

I do find it difficult when I'm studying points of view that are contrary to my beliefs. My mind bounces off the words, frustration and anger set in, and very soon I want to throw my iPad against the wall! I'm trying to train myself not to react emotionally, but to stand back and study the ideas, fact checking along the way, trying to see how people can be manipulated into believing something.

Like-minded friends have had a similar reaction to me when trying to watch certain types of videos, wanting to punish their devices rather than to listen!

I can't claim to have the answer to how we can come together as a community ideologically. Of course, we can trust that in time things will change, but how long will the mental and emotional scars take to heal? Even when the virus loses its grip on humanity and life goes back to what we think of as normal? Will we be able to see certain old friends in the same way again?

It's up to us to keep ourselves centred in our hearts, even if we feel anger about

people believing and disseminating what we may regard as being lying nonsense.

We mustn't allow our views of friends and acquaintances to be restricted to beliefs they hold that we may dislike or find harmful. No matter how concerned or let down we may feel, we mustn't forget that - despite their views - they are still the same creative, imaginative, warm hearted, kind and loveable people they've always been.

Jenny Kenyon is a former class teacher and remedial and crafts teacher at Plas Tan Yr Allt Steiner School.

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Eternal Forest Covid Update

Bella Melville

The Eternal Forest Trust provides funeral, burial and dedication services in a peaceful woodland setting. Our wood at Boduan, Pwllheli, is marked on some maps as Coed Frochas. It is a square of woodland located around map reference SH 331392.

It was a letter from one of our newsletter's readers that induced me to write this today. Maybe other people share her misconception. If so, there's an urgent need to correct it. So here it is: *We can and do bury people who have died of Covid.* I am very concerned that some families might have thought they could not choose woodland burial because, like this reader, they were mis-informed. Losing a dear friend or relative to Covid is awful; I'm horrified that the experience could be being made even worse for some by incorrect information. The peace of the wood is available to all, whatever the cause of death.

Of course, there are still limitations on the size of gatherings; we ask that mourners should come in no more than five cars, to allow for sufficient distance between them in the car park. But the wood is open, the pedestrian gate is not locked, and the Welsh Government allows mourners to visit whenever they wish.

This is, at last, a time for optimism; the tide is turning. The number of people infected is falling. On a personal level, I am much relieved to have had my first vaccination; my immune system is building defences against Covid even now, as I sit at the computer.

So I hope the funeral bell will not be tolling for me just yet! In the wood, we have a silent bell made of ivy; it swings but it doesn't toll. Feel free to come and listen!



In the wild flower nursery, optimism takes the form of daffodil buds. We thought we'd lost a whole lot of potted daffs to wild animals but now Spring is on its way, it's clear that that isn't the case. The green shoots are growing taller by the day and flower buds are swelling in anticipation of warmer weather and pollinating insects. Finally, I want to share something that has inspired me recently: the amazing structures of our local native oak trees. I stare upwards through bare branches, marvelling at their strength and the shapes they create, with all their elbows and angles and fissured bark. There are a few mature oaks in the wood; one of them must be 300 if she's a day. I'd guess there are hundreds of silver-stemmed young oaks and more appear every year.

One day, when I'm looking through the eyes of birds, there will be a whole skyscape of twisted branches over the wood. What a marvellous prospect!

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

eternalforest.org



Online and Offline Events, Workshops, Exhibitions & Groups

network news

ourselves ♥ our community ♥ our world



Maggie Ogunbanwo's influences flow from her Mam and Nain as well as West Indian, Caribbean, Indian, Italian, Mediterranean

and Latino foods. They continue to grow and meld with an additional Welsh touch added to the mix, widening Maggie's international scope to tantalise a range of taste buds.

Maggie is committed to the quality of the products she provides. Her ingredients are sourced from local providers (mainly in the county of Gwynedd) wherever possible. Maggie's Exotic Foods is usually based in Penygroes.

Find recipes and more at:
maggiesafricanwist.com or on
FB: Maggies Exotic Foods

march



The Rheidol Prize for Prose with a Welsh Theme or Setting
A writing competition.
Open until midnight on
16th March 2021.
Entry forms and guidelines available from tynewydd.wales

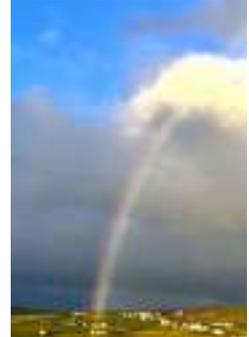


photo with thanks to Dave

JOB VACANCY/ CARDIFF

Women' Equality Network Wales (WENWales) is recruiting: p/t Policy & Public Affairs Officer.
Apply by 12th March.
wenwales.org.uk



International Women's Day ~ March 8th

#ChooseToChallenge #IWD2021

How will you help forge a gender equal world?

Celebrate women's achievements. Raise awareness against bias. Take action for equality.

From March 1st you will find a large variety of events going on virtually; cinema, discussions and a #HackHerThon - the social, cultural and political achievements of Women.

Please visit the IWD website for full information, resources and how to be involved:

internationalwomensday.com

See more
online events
on page 22



march events, courses & workshops



This month we have combined online and local offline events, workshops and courses together in this section.

The local offline/face-to-face listings are highlighted in green.

1st MONDAY

Happy St David's Day! Dydd Gŵyl Dewi Hapus!

TAPE Community Music & Film One-Movie Film Festival. An exciting, rolling event brought to you by TAPE, supported by the North Wales LD Transformation Project and Film Hub Wales. 26th February - 1st March. Each 'Day' of the festival will take place over a long weekend, where people can access the main feature along with a host of bespoke content linked to the themes and ideas within that film. More: tapemusicandfilm.co.uk

Inspiring Women ~ Inspiring Success On the first Monday of every month the members of the Network She Business & Personal Development Academy bring you a full day of resources, support and solutions. Presentations are every hour on the hour from 9 am and delivered by coaches and trainers who are all experts in their field and speciality. 8am - 6pm. More: networkshe.co.uk



The Aloud Charity is inviting the public to be members of Only Boys Aloud for one day only, joining them in song to create one huge virtual choir to celebrate St David's Day. The charity is asking for videos to be sent in of people recording themselves singing the prepared medley of three iconic Welsh songs; a short version of the Only Boys Aloud arrangement of 'Sospas Fach' and Max Boyce hits 'Up & Under' and 'Hymns & Arias'. You can take part; have a look at their YouTube account for the score and words. YT: Everyone Aloud - Come and Sing with us!

1st Ayurveda Immersion Learn to cook a beautiful *kapha* reducing meal in one hour. £25, 6.30 - 7.45pm. Info: druyoga.com

Book Club Talk In Welsh. Get to know more about some of Wales' leading authors - their works, their inspirations and influences - in discussion with a different host every month. Today's talk is Angharad Tomos in discussion with Manon Steffan Ros, via Zoom, free, 7.30pm. More pontio.co.uk

1st MONDAY - 7th SUNDAY

Reviving Higher Consciousness Daily 10am - 12noon, free. The one week Sanjeevani retreat is about attempting to grasp this higher consciousness, and therefore reveal our highest potential. That is precisely the purpose of spirituality. Book: eventbrite.co.uk

Fairtrade Fortnight A festival of Climate, Fairtrade and You. A free festival of online events and activities to entertain, educate and inspire, with storytelling, exhibitions hall. Events include: **Fair Focus** on 2nd @11.30am, with a discussion on how to build sustainability into business chains.



Climate Justice for A Fairer World / Cyfiawnder yr Hinsawdd am Fyd Tecach on 4th @ 7pm. Poetry Evening with Zoë Brigley and others who will read from "100 Poems to Save the Planet". Plus tips on **Growing Climate-friendly Plants at home** on 6th @ 11am, also **Indian Dance Workshop** with Avtar Panesar @ 11.30am. Meet the growers of Fairtrade Cocoa and other Foods. Plus schools resources, offers and prizes. All via Zoom! More from fairtrade.org.uk

2nd TUESDAY

Nearly Wild Nature-Friendly Business This event will focus on the future of nature and business, collaboration and opportunities for nature-friendly business in Wales. Speakers from across the spectrum of nature-friendly businesses will give insights into what makes their businesses tick, and we'll have time to reflect on what we hear and talk about what's next. 8.30 - 11am, donation. Register: eventbrite.co.uk

Nearly Wild Nature-Friendly Business Online Event with Nearly Wild from Mid-Wales The value of businesses that actively benefit nature is often overlooked, but plays a huge part in the future of sustainability, business and the green recovery. 8.30 - 11pm, donation welcome. Register: eventbrite.co.uk

Dealing with Difficult People Public talk with guest teacher, NKT National Spiritual Director of the UK, Kadam Bridget Heyes, 7.30 - 8.30pm, £8; available for 5 days afterwards. Kalpa Bhada Kadampa Buddhist Centre, Llandudno. Book: meditatenorthwales.com

An Evening with Kazuo Ishiguro In his first global in-conversation event, Nobel laureate Kazuo Ishiguro will talk about his much-anticipated new novel, *Klara and the Sun*. £7.81 - £27.56, 7pm. Book: eventbrite.co.uk

Sir Ian McKellen in Conversation with The National Arts Club. Sir Ian McKellen discusses his extraordinary career. 5 - 6pm, free. Register: eventbrite.co.uk



Mindfulness During Lockdown Free Weekly Zoom Session every Tuesday 8pm, for 40 mins. We invite you to join us for a gentle introduction to being more mindful in daily life. 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. If you are interested, please email us - enquiries@woodlandskillscentre.co.uk

Webinar - Zero Carbon Counties: A Conversation

We will host a conversation between representatives from different communities organising at county scale to take action on the climate and biodiversity emergency. 12.15pm / 1 hour, free. Book: cat.org.uk

3rd WEDNESDAY

Latin America 2021: Resistance and Revolution As the capitalist crisis deepens, as class tensions escalate throughout the Americas, Latin America becomes ever more important to US imperialism, raising the stakes for an entire continent. The Revolutionary Communist Group invites you to join an international meeting that will take a closer look at the developing political situation. 7pm, free, all welcome. Book a place on FB: Latin America 2021: Resistance and Revolution

The Geology of Mercury Explore volcanoes on Mercury and the history of formation through our past missions to our Solar System's smallest planet with Prof Dave Rothery. 5 - 6pm, free. Register: eventbrite.co.uk

Laughing Yoga Combines unconditional laughter with yogic breathing, increasing the supply of oxygen in our body and brain, making you feel refreshed, focussed and relaxed. 2 - 3pm. This is part of a project called 'Me Time' for Carers Wales. Sign up at carersuk.org

Images of Feminist Resistance: Artist Helen Cammock How have images shaped, and been shaped by, feminism? Helen Cammock's work considers how photography and film are implicated in the politics of resistance and protest – asking whose voices are marginalised from history. 5 - 6pm, / free. Register: eventbrite.co.uk

Help with Stress From stress and overwhelm to peace and clarity in an instant. Do you ever feel overwhelmed, busy minded or stressed out and wish you could clear your mind and feel relaxed more easily? 7pm, with Chantal Burns. This is part of a project called 'Me Time' for Carers Wales. Sign up at carersuk.org

Let The Sunshine Out Morning or Evening Meditation Class with Buddhist monk Kelsang Jangchub. A 5 week series starting today, 11.30am - 12.45pm, or 7 - 8.15pm. Live stream via Zoom or recordings via YouTube, Info: meditatenorthwales.com

3rd WEDNESDAY - 20th SATURDAY

Transition: Bounce Forward - What Next Summit Building Community Power through imagination and action. Since launching in September we have run 8 webinars exploring *What Is?* the situation and context we find ourselves in now; *What If?* how to use the power of imagination and collective visioning to unlock ideas and potential in ourselves and the wider community; and last but not least we have been exploring our ongoing theme of social justice by asking – *why is our movement green, but mostly white?* And how can UK environmental movements become actively anti-racist? You can watch any of these webinars, including Nick Anim's presentation on environmental movements and anti-racism on our YT channel: Transition Towns



4th THURSDAY

Trees in Winter at Eithinog Nature Reserve A seasonal talk about plants, and especially winter trees, to look out for at Eithinog Nature Reserve (Bangor) with a brief chat about management of the site. 4 - 5.30pm, donations. More: northwaleswildlifetrust.org.uk

NLP Power Hour - Body Language & Rapport One new tool or technique each month; application and practice; buy to watch live or save for later. 7.30 - 8.30pm, £10. Book on FB: Inspire - Rewire

Assertiveness Caroline Davies has been coaching since 2005 helping to empower individuals by helping them make, meet and exceed their goals/ objectives however small in both their private and individual life. Bring pen and paper. 7pm. This is part of a project called 'Me Time' for Carers Wales. Sign up at carersuk.org

A Drink with the Idler Tom Hodgkinson has a chat with comedian Ruby Wax, plus philosophy from Dr Mark Vernon. 6 - 7pm, £6.94. Book: eventbrite.co.uk

Deepen Your Yoga For 4 weeks, Wednesdays 6 - 8.30pm, starts today. Yoga Philosophy, Anatomy, Sequencing and how everything comes down to energy. With yoga teacher Claire Mace, with practice and discussion. FB: Inspiratrix Yoga

Talks - Fossil Plants: a backyard botanic garden. Snowdonia Society. 7.30pm., Book: claire@snowdonia-society.org.uk

Evening Try Out - Yoga Teacher Training Want to find out if the Dru Yoga teacher training course is for you? If you would prefer an in-depth exploration and personal attention then look no further. 7 - 9.30pm, £4.99. Info: druyoga.com

5th FRIDAY - 7th 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+, includes accom and food. Led by Tracey Yoga, held at Trigonos, Nantlle. Bookings: traceyyogamassage.co.uk/yoga-retreats-wales Also on 26th - 28th March



6th SATURDAY

Managing a Small Woodland On this one day course we will look at the 50 acres of Warren Woods as a whole and at several different compartments – coppice with standards, continuous cover, new plantings, conversion of softwood to hardwood etc. The overall management plan will be examined and successes and failures discussed. The course is suitable for people who have recently bought a small woodland or are thinking of buying one and want some pointers to what they might do with it. £50, deposit £25. The course Practical Woodland Tasks on 7th March compliments this course and looks at managing your woodland in a more practical way. Woodland Skills Centre, Bodfari 01745 710626, enquiries@woodlandskillscentre.co.uk

Pruning and Grafting Fruit Trees An experienced tutor will demonstrate pruning techniques on some of the fruit trees in the Heritage Orchard at the Woodland Skills Centre. 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, woodlandskillscentre.uk

Overcoming Anxiety, Stress and Overthinking £10, 10am - 1pm. Half Day Course with Buddhist Monk Kelsang Jangchub. By gaining experience of meditation techniques, we can learn to control our mind, rather than allowing our mind to control us. Book: meditatenthwales.com

7th SUNDAY

Practical Woodland Tasks This course can be done on its own or in conjunction with the theoretical course on the day before. We will plant some trees and learn about techniques for planting and aftercare. We will harvest some coppice hazel and look at its uses. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk



Zoom Gong Evening with Steph Healy plus a recording to keep. 7 - 8.15pm. Bookings: bookwhen.com / OmYoga North Wales

8th MONDAY

Online Astronomy Talk: Growing Supermassive Black Holes - Where do they come from and how do they get so big? from Royal Observatory, Edinburgh. 7 - 8pm, free. Register: eventbrite.co.uk

Mindfulness Start your week in a positive fashion and lose yourself for 2 hours of mindfulness meditation with 'Mindfulness' Mike. This is part of a project called 'Me Time' for Carers Wales. Sign up at carersuk.org

9th TUESDAY

Sunday Morning Gong Bath I will play the Gongs for you while you receive the sounds from the comfort of your own home. Even though we are not in the same room, you can still soak up the frequencies on every level of your existence, because we are infinite beings, with infinite energy fields. £8, £4 concs., 6 - 7.15pm. Online with Zoom. Tickets: puresound.org.uk

10th WEDNESDAY

UK Hybrid Project Forum A virtual conference on Multi-Purpose Hybrid Interconnector projects to consider their role in meeting net zero. Led by Dept of Business, Energy & Industrial Strategy. 10am - 12noon, free. Register: eventbrite.co.uk

Webinar - Building With Nature in Mind Senior Lecturer on CAT's March Sustainable Architecture Course Gwyn Stacey will explore how we can make our homes and buildings more wildlife friendly, and the role of the architecture and building industry in helping nature thrive. 7.30pm, 1 hour, free. Book: cat.org.uk

Nature Connection for Wellbeing Led by Glennie Kintred. Rewild your life, reconnect with the Earth and reawaken your inner hunter-gatherer. 7pm, £11 per household. Organised by Woodland Classroom and Mindfulness in Nature. FB: of same name

Isobel Warmelink (violin) Madeleine Doucot (cello) and Callum McLachlan (piano) Music by Beethoven, Brahms and Mozart. Free, 7.30 - 8.30pm. Book: rhymlusic.com

11th THURSDAY

Earth Story with Jim Langley. A fascinating account of how a red hot mass of swirling magma was transformed into the 'blue planet' with its abundance of life. 4.5 billion years in 45 minutes. 6pm, £5.80. Register: eventbrite.co.uk

Wildlife Gardening 1: Ponds, Wildflowers and Birds Get inspired to do some great gardening for wildlife this winter! 4 - 5.15pm, donations. More: northwaleswildlifetrust.org.uk

12th FRIDAY

Agents for Change? Women and Protest in The National Archives Collections. This talk will reflect on women and protest in modern Britain through The National Archives records, from the movement for women's suffrage to the Ford Dagenham Campaigns of the 1960s. 2pm, free, 45 mins. Register: eventbrite.co.uk

Magic & Ecology: Environmental Magic and Geomancy This panel explores "landscape magic" and how human interaction with place affects thoughts, emotions and actions. How are these practices employed today and what can be learned from historical examples? Alexander Cummins and Josephine McCarthy are writers and practitioners with several decades of experience exploring the intersection of magical practice with ecology. 6 - 7.30pm, free. (Podcast on 5 March) Register: eventbrite.co.uk

Sensory Enrichment Through Nature A Celebration of the senses – spring tonics/nettle soup. Nutritional qualities of plants. 8 - 9pm. This is part of a project called 'Me Time' for Carers Wales. Sign up at carersuk.org

Welsh Language Virtual Course: Poetry for Children 12 - 1.30pm, led by the Prifardd Mererid Hopwood. £9, concs available. Book: tynewydd.wales

12th FRIDAY - 14th SUNDAY

Silent Retreat with Meditation Three meditation classes will be held a day, with space to do your own forms of practice in-between. Vegan/veggie food. All group activities are optional. £222. Cae Mabon, Llanberis. Book with: thenaturalartassociation.com. If you have any questions contact: aiki.charlie@hotmail.com

13th SATURDAY

Group Biofield Tuning Session Biofield Tuning is a method of sound therapy that can help you to release old stagnant emotions, memories, thoughts, habits and behaviours. It can facilitate you in experiencing a less stressful life with more energy and positivity. 10 - 11am, £8, £4 concs. Tickets can be obtained at: puresound.org.uk

Mindfulness in the Carneddau A retreat combining mindfulness meditation and mindful walking with the power of connecting with ourselves, nature and each other. 9.30am - 1pm, £24.50. Any questions 07851 218014. Held at Pencychnant Conservation Centre, Conwy LL32 8BJ. Book: eventbrite.co.uk

Edge Tool Sharpening In this course we will cover the basics of sharpening theory and the different kinds of stones and machines that you can use to get a sharp edge on your tools. We will also look at some of your tools and see how to sharpen them and have a chance to practise your skills on tools that you need for your craft. We ask you to bring three tools that you use on a regular basis. £55, dep £30. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

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



4 Tales to Save the World ~ 4 Stori I Achub Y Byd Bringing the work of four exciting new writers from Wales vividly to life, imagining a world living with climate crisis. The tales have been written and recorded in English. The four tales transport listeners into four different futures, where climate crisis, inequality, mass extinction, identity politics, genetics and artificial intelligence have all left their mark on humanity. Gwilym Morus-Baird has created four unique soundscapes for each tale, with music spanning the traditional to the digital which is by turns soulful, moving, powerful, playful and life-affirming. Each tale takes listeners on a different journey to the future, either finding hope, despair, or the simple humanity of people. You need to buy the Box Set for the night by 4th March to ensure delivery before Q & A. Buy from eventbrite.co.uk (4 Tales to Save the World: a Sound World Experience Box Set & live Q&A by Adverse Camber productions) £16.76 - £37.61. Also: adversecamber.org

13th SATURDAY & 14th SUNDAY

Make A Bushcraft Knife You will learn how to forge, heat treat, grind, sharpen a piece of tool steel and fit a handle to make a knife suitable for bushcraft. Your local bladesmith tutor is Gwyl Roche. £180, £90 dep., Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

Online Healing Voice Workshop - Liberation Through the Ecstasy of Chant with Jill Purce. 5 hours with a break on both days. £147. Learn the ethereal and meditative vocal sounds of ancient Mongolian Overtone Chanting - one of the most powerful tools for healing self and others. Jill is a well renowned voice teacher and author. You can find out more about her work at: healingvoice.com. Book a place on the workshop: eventbrite.co.uk

Simply Being / Online Spacious presence, timeless awareness—emptiness, or love, compassion and pure energy - we'll explore these by way of a somatic approach to just sitting practice together with experiential inquiries - discovering aliveness, intimacy, simplicity and clarity in our own direct experience. These subtle yet accessible qualities of our everyday mind and being can act as gateways to the five wisdoms of 'undivided knowing' (jnana), which are the essence of the five Buddhas. 9.30 - 11.30am; 4.30 - 5.15pm and 8 - 9pm; meditation, discussion and interactive sessions. Suitable for those who have meditated for 3 years. Give what you can afford. Vajraloka Retreats, Corwen. Book: vajraloka.org

16th TUESDAY

The Short Story Supperclub with Racontesse. 7.30 - 8pm, free. Each Short Story Supper Club will explore a different tale: tragic, twisted or funny, to prove that a delicious nibble can be every bit as satisfying as a rich feast. Today: *The Lady of the House of Love* by Angela Carter (1975) Also on 30th. Register: eventbrite.co.uk

18th THURSDAY

Upland Birds Dr Sophie-Lee Williams is project manager for the exciting Eagles Reintroduction Wales project. This talk will illustrate the broad range of birds both resident and migratory that we will see and hear in the mountains and moorlands of Britain. 6 - 7pm, £5.80. Register: eventbrite.co.uk

Creative Writing Take your mind off the pandemic and find your inner voice by channelling your artistic side. 2 - 3.30pm. This is part of a project called 'Me Time' for Carers Wales. Sign up at carersuk.org

19th FRIDAY

Digital Taster Course: Crime and Mystery We will explore some key concepts of contemporary crime fiction; sorting 'cosy crime' from 'hard-boiled', and the importance of 'playing fair' with readers keen to solve our murderous plots. Led by Katherine Stansfield. 12 - 1.30pm, £9. Book: tynewydd.wales

How To Write Your Own One Planet Development Management Plan From land management and electricity to business planning and building a house, we will share our collective experience and practical advice. Online course, 9.30am - 1.30pm, sliding scale/£20. More info/bookings: jacqui.banks@hotmail.com

Spring Flower Crown Join us for a special craft session where you'll see how to make a spring flower crown with Anita from Lush Blooms. 5 - 6pm. This is part of a project called 'Me Time' for Carers Wales. Sign up at carersuk.org

20th SATURDAY

Alban Eiler ~ Spring Equinox 9.37am ~ light and dark are in balance. See page 19 for Ritual

20th SATURDAY & 21st SUNDAY

Bushcraft Through the Seasons Course content will include seasonal wild food and medicinal plants, natural fire lighting techniques, wood carving, natural cordage, tracking and navigation techniques. £150, dep £75. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

3 Legged Stool On the first day you will learn the basic techniques of green woodwork - cleaving the green wood and shaping it with a draw-knife on a shave-horse to make three stool legs. On the second day you will cut and prepare a solid wood seat, drill the mortices and assemble your stool. £140, dep £70. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

The Wheel of Life Weekend Course On this special course Resident Teacher Kelsang Jangchub will explain how to understand the nature and origins of our cycle of suffering and how to escape this vicious cycle by following Buddha's special diagram of the Wheel of Life. 10am - 1pm, £20 weekend / £10 Saturday only. Kalpa Bhadra Kadampa Buddhist Centre, Llandudno. Online booking: meditatenthnorthwales.com

21st SUNDAY

Nature of Snowdonia - Nice to know, need to know? Sunday 21st March. Mike Raine is launching the first 'nice to know, need to know' environment workshop. This workshop is aimed, at two groups of people. Those who feel they know little about the environment and are a little intimidated about going on a workshop and being overwhelmed with information, and those who are potentially going on to train others about the environment. 10am - 4pm, £45. Moel Siabod Cafe, Capel Curig LL24 0EL. Link via: mikeraine.co.uk

Richard and Adam A special live session performing some of their favourite songs and interaction with you at home! 3 - 4pm. This is part of a project called 'Me Time' for Carers Wales. Sign up at carersuk.org

22nd MONDAY

Teaching Navigation - a pragmatic approach This workshop takes you through a step by step approach to teaching navigation on the hill, real practical navigation, with clear progressions, target setting and outcomes. 10am - 4pm, £60. Led by Mike Raine, Moel Siabod Cafe, Capel Curig, Conwy LL24 0EL. Book via : eventbrite.co.uk

Poetry Wales Introduces its new online writing group. Pilot session today, 5.30 - 7pm via Zoom, £3, or free. Sign up at poetrywales.co.uk/group

23rd TUESDAY

Book Club In Welsh. Get to know more about some of Wales' leading authors – their works, their inspirations and influences – in discussion with a different host every month. Today: *Llechi* by Manon Steffan Ros. Via Zoom, free, 7.30pm. More pontio.co.uk

23rd TUESDAY - 20th April, Tuesday

5 to Strive : 5 Women, 5 Strategies, 5 Weeks A structured, small, peer to peer power pod experience, delivered by a portfolio of industry experts, all qualified. Book your place on 07876 262126, networkshe.co.uk

24th WEDNESDAY

Qi Gong Join Cat for this flowing, moving meditation practice. Qi Gong gives you the skills and resources to treat issues such as fatigue, pain, depression, anxiety, insomnia and more. Suitable for all ages and abilities. 3 - 4pm. This is part of a project called 'Me Time' for Carers Wales. Sign up at carersuk.org

Alexandra Ridout (trumpet) and Noah Stoneman (piano) Jazz from the Great American Songbook. Free, 7.30 - 8.30pm. Visit: rhylymusic.com

White Supremacy and Racism in North America and UK This event, involving both academics and those who attempt to address far-right hate in local communities, will reflect on the extent of the problem and discuss possible solutions to it in the U.S., the U.K. and Canada. Free, 4 - 7pm. Book: eventbrite.co.uk

25th THURSDAY

Wildlife Gardening 2: planting for pollinators Get inspired to do some great gardening for wildlife this spring! 4 - 5.15pm, donations. More: northwaleswildlifetrust.org.uk

Wildfood & Foraging with Jim Langley. This talk looks at a variety of wildflowers with a known history of being used in cooking. It offers simple recipe ideas for each plant and which part is used. It will also look at what makes plants edible or medicinal. 6 - 7pm, £5.80. Register: eventbrite.co.uk

26th FRIDAY

Glaciation in Snowdonia - Environmental Workshop Learn about how glaciers have created today's mountain landscapes in Britain. 10am - 4pm, £47.48. Based in Betws y Coed with Jim Langley. Book: eventbrite.co.uk

26th FRIDAY - 28th SUNDAY

Mountain Walking and Navigation This course will aim to provide you with what you need to venture out in this terrain independently and with confidence. Key skills will be taught in a fun and supportive environment, with an emphasis on learning by doing. £150 - £250. Level 3 which means there will be 8 miles plus of more strenuous walking on any one day, hill climbs likely. Field Studies Council, Rhy-y-Creiau. More: field-studies-council.org

Yoga Retreat See 5th - 7th.

27th SATURDAY

The Mountain Environment of Snowdonia - Environmental Workshop The workshop focuses on the environment of Snowdonia and identification of flowers but also providing an overview of the mountain environment in general. 10am - 4pm, £47.48, led by Jim Langley, Nature's Work. Siabod Cafe, Capel Curig, LL24 0EL. Book: eventbrite.co.uk

Grey Squirrel Control Annual grey squirrel control should be a part of good woodland management to fulfil all management objectives from quality timber to conservation. Find out how to achieve this with David Brown, owner of the award winning Bron Haul Woodland. He is an expert in controlling grey squirrels using multi-catch live traps, and will discuss the practicalities of squirrel control. £50, dep £25. Held in Bron Haul Woodland, Abergele. Book: Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

Live Online: Compost Toilets Explore the construction and component features of compost toilets, the biochemistry of composting and sanitising excreta, and cultural trends governing our attitudes towards toilets such as the 'yuck' factor. Join other participants in discussing projects. 10am - 4.30pm, £65. Book: cat.org.uk

27th SATURDAY & 28th SUNDAY

Good Grief Festival A packed programme of talks, interviews and webinars - of over 40 free events and 70+ speakers. This time we'll be exploring the themes of 'hope' and 'meaning' at a time when the UK is mourning over 100,000 lives lost to Covid-19. Topics include the death of a partner, a child, a parent and a sibling. Yoga to explore emotions; guilt, rest and retreat, fear and courage in the NHS; reflections, music, the young and bereaved. Visit the website for more information: goodgriefest.com



28th SUNDAY

2am Clocks spring forward one hour

An Introduction to the Art of Glass Painting Glass artist Verity Pulford will guide you through the fundamental processes of creating fused glass. You will learn about cutting & grinding, creating & using stencils, painting using Glassline pens and ways to use various inclusions. £120. Held in Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, courses@wernogwood.co.uk ~ wernogwood.co.uk

Glaciation in Snowdonia - Environmental Workshop Learn about how glaciers have created today's mountain landscapes in Britain. 10am - 4pm, £47.48, led by Jim Langley, Nature's Work. Siabod Cafe, Capel Curig, LL24 0EL. Book: eventbrite.co.uk

Octavia E. Butler Slow Read A slow & luxurious read of Octavia's published works. Today's is *Clay's Ark*. 6 - 7.30pm | donations. Book: eventbrite.co.uk

30th TUESDAY

The Short Story Supperclub with Racontesse, 7.30 - 8pm, free. Each Short Story Supper Club will explore a different tale: tragic, twisted or funny, to prove that a delicious nibble can be every bit as satisfying as a rich feast. Today: *Custard Cream* by Robert Shearman (2013). Register: eventbrite.co.uk

Bipolar UK Virtual Conference on World Bipolar Day. Open to anyone affected by bipolar, including pre and post diagnosis, friends and family and professionals. 1 - 4.30pm, free. Book: eventbrite.co.uk

Copydate for April Issue:
March 18th



Fern Ice photo by Sue

Spring Equinox Ritual

Create an Altar : think of the four elements and find representations from each to place before you.

Ceremony: Give thanks to the Ancestors and Guides, the Earth and all the elements for their protection. Ask them permission to open up the sacred space.

Dreams : Reflect and write down your dreams for the coming year; speak them three times.

Plant Seeds : Bring some seeds to your ceremony; hold them in the palm of your hands and bless them. Plant your seeds!

Celebrate : Close your ceremony with a song, heart meditation and a smile. Have some food and drink to celebrate the light coming into our world.



If you would like to say a prayer :

Prayer of Flow :

Let me be like the waters,
Let me move like the sea,
Let me flow with the currents,
Let my spirit be free

Let me fly like an eagle,
Let me buzz like a bee,
Let me swim like an otter,
Let my spirit be free

When the world is crushing,
And I am unable to see,
Let me flow like the river,
Let the awen flow in me!

*Prayer & illustration by Dana O'Driscoll from
druidgarden.wordpress.com*

Healthy Body ~ Healthy Mind ~ Healthy Soul

Regular Local Ongoing Sessions, Groups and Classes

online &
offline

BOOK CLUBS

Book Club Get to know more about some of Wales' leading authors – their works, their inspirations and influences – in discussion with a different host every month. Zoom, free, 7.30pm. More pontio.co.uk See *Calendar for group details on 1st & 23rd*

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: [farrahdanceworkout/live](https://www.facebook.com/farrahdanceworkout/live)

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

Heb Ffiniau Bilingual lessons led by dance practitioner Sarah Mumford. Suitable for all via Zoom; £3 per session, 11am. More: pontio.co.uk

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](https://www.facebook.com/harmonyoftheheart.co.uk)

Dance for Parkinson's Classes are creative and promote feelings of freedom from the physical and social constraints of having Parkinson's. Via Zoom, 90 mins, free, dates for March - 2nd, 9th, 16th, 23rd, 30th; at 10am. Book: pontio.co.uk

EXERCISE

Online Exercise Classes Clubbercise on Mondays 7.30pm; Boogie Bounce Daily at various times; Hoop Cahoots on Saturdays 10am, £5, all classes on Zoom. Book a spot with *Aspire Fitness* from Rhos on Sea: [aspirefitnessstudio.co.uk](https://www.aspirefitnessstudio.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 re-opens 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

Incredible Edible Ruthin For the time being on Zoom, link up via Facebook: Incredible Edible Ruthin

Bwyd Bendigedig Port / Incredible Edible

Porthmadog Keep in touch with regular posts and events on FB: of same name



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](https://www.puresound.org)

KUNG FU

Wing Chun Mondays, 7.30 - 9pm, active now! Held in Llanddulas 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: LGBTQ+ 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](https://www.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](https://www.tharpa.com)

Breathing Exercises Every Tues & Thurs. Keeping things simple with breathing exercises to help with relaxation. 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](https://www.inspire-rewire.com)

Mindfulness During Lockdown Every Tuesday, 8pm. We invite you to join us for a gentle introduction to being more mindful in daily life. Sabine Soosten, an experienced Mindfulness in Nature tutor from Woodland Skills Centre, will guide you through some gentle mindful meditation exercises and activities, with the focus on nature. Free, weekly, 40 mins, via Zoom. If you are interested, please email us – enquiries@woodlandskillscentre.co.uk

MUM & BABY ONLINE GROUP/ PREGNANCY

Find out about **mother and baby groups**, parenting and birthing stories with Laura Knott. Via Zoom: [birthingmamas.co.uk](https://www.birthingmamas.co.uk) or FB group: Laura Birthing Mamas Doula, Pregnancy and Postnatal Yoga

FB = Facebook YT = YouTube

Om Yoga North Wales Pregnancy Workshops

Details: bookwhen / OmYoga North Wales

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

STORYTELLING

Caffi Stori Llangollen was instigated by Fiona Collins and met on the 3rd Friday of every month at the Courtyard Cafe, Castle St, Llangollen; and **Blue Bell Story Group Conwy** Met every 3rd Wednesday of the month at the Blue Bell pub, Conwy. Both story groups featured traditional Welsh stories as well as current stories, poems, songs and items of interest from people's lives. We are currently emailing each other until we can meet again. If you would like to be on our email list please write to: suemoore@me.com

TAI CHI & QI GONG

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

Tai Chi North Wales See: taiji-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. 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. Join Network She on FB and find out about a multitude of different support initiatives and regular weekly events. Coffee Connections - 2nd Tues/month. The Power Hour - 3rd Thurs/month. Wellbeing Wednesday - 4th Weds/month. Cocktail Connections - 4th Thurs/month. Signpost Saturday - 4th Sat/month. More from; networkshe.co.uk ~ info@networkshe.co.uk FB: Network She Mothership

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

Llandudno Writers Usually based in Colwyn Bay Cricket Club, but for the time being we use Zoom for our monthly meetings. If you wish to take part you need to join up, so get in touch with our Secretary, Steve Baker at bakersteverh05@outlook.com More from: llandudnowriters.weebly.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: druyogaonline.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

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, traceyjoscelyn@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, 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 After lockdown: Every Monday and Wednesday, 5.30 - 6.30 pm, £6 per class all welcome at the Telford Centre opposite Waitrose, Menai Bridge. Helen McCreary, www.dance-classes-north-wales.co.uk, 07751 017157.

RIDDLES TIME !!!

- 1. What has many keys but can't open a single lock?**
- 2. What runs all around a back garden but never moves?**
- 3. What has a bottom at the top?**
- 4. If two's company and three's a crowd - what are four and five?**
- 5. What has an eye but cannot see?**

Answers on page 42

INTERNATIONAL WOMEN'S DAY EVENTS

DIWRNOD RHYNGWLADOL Y MERCHED

Images of Feminist Resistance:

Artist Helen Cammock

Wednesday 3 March / 5 - 6pm, / free. How have images shaped, and been shaped by, feminism? Helen Cammock's work considers how photography and film are implicated in the politics of resistance and protest – asking whose voices are marginalised from history. Register: eventbrite.co.uk

Women in Conservation

Monday 8 March, 6 - 9pm, donation (min of £1). An annual conference showcasing the amazing women that have managed to overcome societal obstacles in conservation. Register: eventbrite.co.uk

Virtual Tour of Hadeel Craft Workshop in

Bethlehem 8 March, 12pm, Zoom. You will be shown around the workshop of the Bethlehem Arab Women's Union. The talented crafters will tell their stories, answer your questions and demonstrate their skills LIVE for you. Part of Fairtrade Fortnight. More: fairtrade.org.uk

International Women's Day Webinar: A

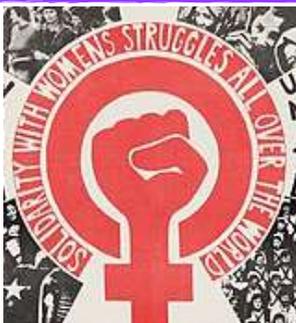
Conversation with Jane Dacre & Helena Kennedy **Monday 8 March** | 6 - 7pm, free. Join in the conversation on #ChooseToChallenge theme from two women who are celebrating and showcasing women's achievements. Book: eventbrite.co.uk

Women in Leadership In honour of International Women's Day, we will be celebrating diversity and leadership in social work. Led by Sarah Blackmore, Exec Director of Social Work England. | **Monday 8 March**, 10.40 - 11.40am, free. Register: eventbrite.co.uk

Women Embracing Global Change Together with Trish McGinley. **Monday 8 March**. An event with Donegal Women in Business Network and international partners, covering: Covid-19, Brexit, Remaining Optimistic & Resilient. 11am - 1pm, free. Register: eventbrite.co.uk

Agents for Change? Women and Protest in The National Archives Collections **Friday 12 March**, 2pm, free, 45 mins. This talk will reflect on women and protest in modern Britain through The National Archives records, from the movement for women's suffrage to the Ford Dagenham Campaigns of the 1960s. Register: eventbrite.co.uk

Uncovering Hidden Stories: Women in the Archives **Friday 26 March**, 2pm, free. From the Caribbean to India, to Britain, we are afforded small glimpses into women's lives. Book: eventbrite.co.uk



Online / Ar-lein

An Evening with Sally Wainwright

The mind behind programmes Happy Valley, Last Tango in Halifax and Gentleman Jack, Sally as she breaks down some of her most iconic and inspirational female characters, as well as giving the audience chance to ask some of their most burning questions.

Friday 12 March / 7 - 8.30pm / £8. Register: eventbrite.co.uk

The Museum of Witchcraft & Magic

by The Last Tuesday Society **Sunday 14th March**, 8 - 10pm, £5-£11. Simon Costin, the Director of Cornwall's Museum of Witchcraft & Magic will discuss the extraordinary history of the institution and look at some pieces. Book: eventbrite.co.uk

Be inspired by: 100welshwomen.wales

Women On The Frontline

Over the past year, women from all walks of life across Wales have achieved great things while facing challenges both new and old in the face of a global pandemic.

We're showcasing the stories of our members and other women from around the country who continue to connect, campaign, and champion alongside us to create a Wales free from gender discrimination.

FB: Women's Equality Network Wales (WENWales)

where you can find many other videos and talks re women's equality: Universal Basic Income, childcare crisis, the pandemic impact, WEN Cafes, women's safety, The Pregnant Then Screwed helpline



British Newspapers Archive

"All These Barriers are Broken Down"

5 remarkable women who shaped the 1920s
Millicent Fawcett, Marie Stopes, Carrie Morrison, Gwyneth Majorie Bebb & Margaret Bondfield

blog.britishnewspaperarchive.co.uk

Cerys Matthews is nominated as part of NN's idea to celebrate inspiring women who live or work in North Wales for International Women's Day #ChooseToChallenge.

"I've never met her but love her entertaining radio show on 6Music (Sundays 10am - 1pm). She has a lovely voice and is also sincerely interested in her extraordinary wide-ranging choice of guests. Cerys is a true Welsh music lover.

Cerys has also co-founded a festival called The Good Life Experience which is held in Hawarden Estate, Flintshire every year. Hopefully, this year's will go ahead - Summer Camp in July and also Camp Good Life in the Autumn. It shows her commitment to bringing the best music to the local community and at the same time reconnecting to nature with the love of The Good Life that festivals bring.

I think that throughout Cerys' work her love of life shines through and inspires others to #ChooseToChallenge"

Rhian, Flintshire

honour the women
who have offered their bodies
to give birth to us



recollect women
who have died for us so that
we may be equal



celebrate women
who stir up our souls to stand
and #choosetochallenge

by Sarah, Gwynedd

Mynydd (Mam) Carnguwch

When I want to talk to the Great Mother, there is a spot where I like to stand and be; sit and meditate or just move around with free flowing movements, or dance and sing loudly, chanting my thanks and gratitude for the place that is Mynydd Carnguwch.

This is a magical place. I find the very presence of Mynydd Mam (my name for it - locally called Titty Mountain), is reassuring as she surveys her queendom; Cardigan Bay, Garn Fadryn, the view to the south of Pen Llŷn and even across the Irish Sea to the Wicklow Mountains on a clear crisp day; and from the top nipple-shaped cairn towards the Snowdonia range to the east and then northerly across to Anglesey. All seeing, all mighty.

Across the road there is Tre'r Ceiri, an impressive ancient settlement. But I prefer Mynydd Mam, where there are soft, full mossy rocks to sit on. Every step of every sheep track I follow, weaving in between heather and hare resting places, green mosses and small chattering birds, you can hear the history and the voices from days gone by. I imagine the effort needed to regularly repair the walls, tend animals and find food. Once you arrive - smiling - at the top, Mynydd Mam offers bilberries in the round sheltering cairn, a sweet prize at 1179 feet.

If all we ever needed was a place to just be, then this is hard to beat. I am near home, up high and there's nothing 'fancy' here - just raw nature; grasses, twigs, a mosaic of earthy greens and browns and greys; no exotic Birds of Paradise, but signs of Fox, Hare, Crow, Red Kite, Peregrine and the calls of Seagull and Buzzard. You could call it a bare land, 'sheep-wrecked', tired; she's working hard to feed her fostered beings. But land it is, safe, solid, simple, formidable land, holding vast amounts of natural pure water which nourishes all around.

Far-reaching blue sky you can fall in love with and make dreams upon, and bright stars under which you make wishes.

Sue, Pen Llŷn

COMMUNITY ACTIVISM



Educate Yourself ~ Find like-minded people ~ Have Fun ~ Never Give Up!



No More Google! Top alternative Search Engines that donate a high % of their money to charities include :: SearchScene (95%), Ecosia (80%) OceanHero (50%)
You can choose which project you would like your donation to go to.
searchscene.com ~ ecosia.org ~ oceanhero.today

TECSTILIAU :: 'Crop to Cloth' ~ 'Cnwd i Frethyn' is a new initiative being launched by Tecstiliau to create a community garden along side our space at Y Bedol, Bethel, Gwynedd. However, we are also seeking the support of our community to help provide match funding for the garden. Our basic design will include raised beds, paths, hedging and plenty of plants. We hope this outdoor space will also bring with it more living life to our community space. Our aim is to use the winter months to develop the foundations of our garden so that we can begin planting in Spring/Summer 2021. **Visit: tecostiliau.org**

How To Save The Planet
A Friends of The Earth Podcast
Join Danny and Isobel as they talk to Connor, Friends of the Earth climate lead, about what a "Green and Fair Recovery" actually is, and outline the topics we'll be diving into over the coming months.
More from: friendsoftheearth.uk



Save Penrhos Nature Park Holyhead

Plans are in the pipeline to destroy the Park and turn it into a holiday park.

Go to **FB page of same name** to join in the activism against the development

Extinction Rebellion Rewilding

Join us as we begin a project to rewild and regenerate. Plant trees, create forest gardens instead of paved front gardens, instead of bare roundabouts, reforest the moors and enable wild inner to flourish .. What are your visions?

FB: Extinction Rebellion Rewilding

LOVE ANIMALS : * Feeding Ducks at Your Local Pond: * Uncooked thawed peas and pea shoots * Sweet corn * Lettuce or kale * Oats * Seeds * Rice ~ all in moderation! A Duck's natural diet consists of algae, aquatic plants, worms, crustaceans, snails, small fish and fish eggs, insects, small amphibians, berries, fruits and nuts. (**No bread please!**). More: returntonow.net



Nature Uplift

A poem by Simon Moore

the light increases daily
we managed two days outside
in pleasant temperature,
snowdrops open in sheltered spots,
daffodils thrusting through the withered grass,
birds managing some uplifting song
our fish stirring in the pond.
Soon there will be frogs,
then toads engrossed in re-creation.

photos courtesy of Simon Moore



Simon and Suzi Moore run the Storytelling Groups in Llangollen and Conwy - You can join the groups via email for the time being, see page 13 under Storytelling

You can find out more about Simon's wildlife garden at YT: Our Garden and It's Wildlife

Forest Gardening Livestream with Jake Rayson

Jake discusses how much a forest garden costs / 35 mins
YT: Forest Garden Wales

Love Spoon Making

Top 10 Tips - A Quick Guide
YT: Beginners love spoon carving

Learn Welsh

Animals, Cafe foods, numbers, colours and more in Welsh, aimed for children.
YT: Learn Welsh



Storyhouse, Chester

You can become a member for £4 a month, and stay connected to all films available via the virtual cinema plus links to group meets. Watch *The Falling* until March 8th; a film that shines a light on dementia
More from: storyhouse.com

Wales' First Ecomuseum -

Celebrating Llŷn Peninsula's cultural heritage

An ecomuseum is a museum focused on the identity of a place, largely based on local participation with the aim of growing the economy whilst enhancing the welfare and development of local communities. It refers in particular to a new idea of holistic interpretation of natural and cultural heritage as opposed to the traditional focus on specific items and objects by conventional museums. This Ecomuseum - the #Ecoamgueddfa is located in Pen Llŷn. It aims to enable Pen Llŷn to be a home and a destination, providing opportunities for the communities today and in the future to prosper in their own locale on their own terms whilst enriching the visitor experience, whilst moving away from 'extractive' tourism. The Ecoamgueddfa operates in partnership with seven of Pen Llŷn's heritage organisations; Nant Gwrtheyrn, Llŷn Maritime Museum, Felin Uchaf, Porth y Swnt, Plas yn Rhiw, Oriol Plas Glyn y Weddw, and Plas Heli.



Find out more: ecoamgueddfa.org ~ FB: Ecoamgueddfa



Workshops 2021

APRIL

Adventures in Snowdonia 7th - 11th, Field Studies Council, Rhy-y-Creiau. More: field-studies-council.org

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

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

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

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

Making Pallet Furniture 17th. CAT, Machynlleth 01654 705950, cat.org.uk

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

Confidence with Contours Outside navigation/Snowdon area. 18th. Moel Siabod Cafe, Capel Curig LL24 0EL. Book: eventbrite.co.uk

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

Yoga Rocks | Yoga & Hiking Snowdon Weekend 23rd - 25th. Menai Bridge. More: thezestlife.co.uk

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

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

MAY

Self-build Project Management 1st & 2nd. CAT, Machynlleth 01654 705950, cat.org.uk

Introduction to Renewables for Households 1st & 2nd May. CAT, Machynlleth 01654 705950, cat.org.uk

Yoga, Meditation & Walking Retreat 3rd - 7th. Trigonos, Nantlle info@trigonos.org ~ trigonos.org

Nomad 3 6th - 9th. Three days of journeying within ourselves and within the landscape of Snowdonia. More info : nomadwales.com

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

Hydroelectric & Marine Energy Generation 10th - 14th. CAT, Machynlleth 01654 705950, cat.org.uk

Yoga & SUP Weekend 14th - 16th & 21st - 23rd. Plas Cadnant, Menai Bridge. Info / Bookings: Laura Bell 07989 512859, info@thezestlife.co.uk

Build a Lapsteel Guitar 15th. CAT, Machynlleth 01654 705950, cat.org.uk

Introduction to Skyrunning Snowdonia. 15th & 16th. Based in Llanberis. Book: eventbrite.co.uk

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

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

Photography 20th May, £195. Held in Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

Renewables for Households: solar PV 22nd. CAT, Machynlleth 01654 705950, cat.org.uk

Spring Vision Quest 23rd May - 3rd June. With Pippa Bondy, ancienthealingways.co.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

Sound and Stillness Weekend Retreat 11th - 13th June. Held at Trigonos, Nantlle. Book: puresound.org.uk

Renewables for Households: solar PV 19th. CAT, Machynlleth 01654 705950, cat.org.uk

Always check first!

Workshops 2021



Build an Edible Garden 19th & 20th. CAT, Machynlleth 01654 705950, cat.org.uk

Practice of Council in Nature 19th - 25th, with Pippa Bondy, ancienthealingways.co.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

JULY

Dive into Yoga / Yoga & Wild Swimming 2nd - 4th. Info / Bookings: Laura Bell 07989 512859, info@thezestlife.co.uk *ALSO: 5th - 9th, 16th - 19th, 19th - 23rd.*

Spoon Carving 10th, CAT, Machynlleth 01654 705950, cat.org.uk

Renewables for Households: solar hot water, 17th, CAT, Machynlleth 01654 705950, cat.org.uk

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

A Way of Building: using locally sourced materials 23rd - 26th, CAT, Machynlleth 01654 705950, cat.org.uk

Summer Vision Quest Snowdonia, 24th July - 4th August, with Pippa Bondy, ancienthealingways.co.uk

Nomad 3 - Journey Retreat 29th July - 1st Aug. Book with Tom Carter, FB: Nomad 3 - Journey Retreat, nomadwales.com

AUGUST

Build a Shed: for absolute beginners 2nd - 6th, CAT, Machynlleth 01654 705950, cat.org.uk

Building with Straw Bales 9th - 13th, CAT, Machynlleth 01654 705950, cat.org.uk

Dive into Yoga / Yoga & Wild Swimming 13th - 15th. Info / Bookings: Laura Bell 07989 512859, info@thezestlife.co.uk *ALSO: 16th - 20th, 27th - 30th, 30th Aug - 3rd Sept.*

Making Pallet Furniture 14th, CAT, Machynlleth 01654 705950, cat.org.uk

Introduction to Solar P.V. & Off Grid Solar 14th & 15th, CAT, Machynlleth 01654 705950, cat.org.uk

Build A Lapsteel Guitar 28th, CAT, Machynlleth 01654 705950, cat.org.uk

Renewables for Households: heat pumps, 28th, CAT, Machynlleth 01654 705950, cat.org.uk

ONLINE workshops

APRIL

3rd - 8th Everyday Liberations Vajraloka Retreat Centre, Corwen 01490 460406, vajraoka.org

4th The Power of Tarot For 6 weeks, with Kristoffer Hughes. More from angelseydruidorder.co.uk

10th 7 Day Ayurvedic Detox Retreat@Home £295. Info: druyoga.com

16th - 23rd Dhyaana through the Body Vajraloka Retreat Centre, Corwen : vajraoka.org

24th Compost Toilets Book: cat.org.uk

26th Ayurveda Immersion; Meditation for the Doshas. Info: katharina@druworldwide.com

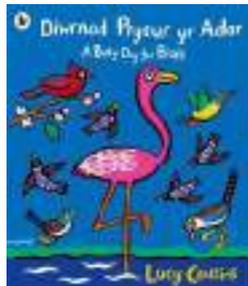
MAY

1st - 7th Wake Up - Just Sit Vajraloka Retreat Centre, Corwen 01490 460406, vajraoka.org

8th May - 2nd June Spirituality of Yoga - Level 2. You must have completed level 1. Info: druyoga.com

"Hiraeth is the music you play constantly in your head hoping that you do not forget – it's a place of comfort that you always return to".

Cardiff-based, Cameroon-born poet Eric Ngalle Charles. Through poetry, he explores the meaning of hiraeth along with a similar word from his mother-tongue Bakweri – *erzolzizoli* – in a collection of poems from both small nations: "*Hiraeth Erzolzizoli: Wales-Cameroon Anthology*"



Storytelling Video

Go to the Book Trust website to hear a telling of the story in English by Ode Oduba, in Welsh with Aneirin Karadog and in BSL / 4mins booktrust.org.uk

Art and Exhibitions

Please check with the Galleries about opening times.



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

Collect 26 February - 2 March. The very best of Welsh Contemporary Applied Art & Craft. A full programme of online events will run from 26 February - 2 March & the virtual Collect Fair will be open on [artsy.net](https://www.artsy.net) for a full month until 24 March 2021 adapting

a new format in response to the current landscape. Free resources to enjoy and online Exhibitions are available to see on the Centre website. Make a **Nature Inspired Mobile**

created for us by Donna Jones and designed for any age. Instructions available from Ruthin Craft Centre, Park Road LL15 1BB, 01824 704774, [ruthincraftcentre.co.uk](https://www.ruthincraftcentre.co.uk)



RNLI Coastal & Maritime Mixed Show Exhibition

We plan to open in early March. Oriel Ty Meirion, Y Brief Heol, Dyffryn Ardudwy LL44 2DH. 01341 247541, mima@tymeirion.co.uk tymeirion.co.uk



Charles Tunncliffe'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.** The

archaeological excavations at Parc Cybi, Holyhead, revealed the history of a whole landscape from before 6000 years ago to the present day. The exhibition presents the findings of the excavations alongside the actual artefacts, with contributions from the pupils of Ysgol Cybi. Until 13 June. Oriel Ynys Mon, Llangefni, Ynys Mon LL77 7TQ. 01248 724444, orielmon.org



Lisa Carter-Grist, Elfyn Lewis & Ceri

Auckland Davies 28 February - 24 March. Ffin y Parc Gallery, Betws Road, Llanrwst, Conwy. LL26 0PT, 01492 642070, welsh.art

Annual Open Exhibition All of the successful entries can be viewed online and purchased. (We are closed during lockdown.) Please contact us on rca@rcaconwy.org If you are interested in buying a piece of art. Visit: rcaconwy.org



Jennifer Allan : 'Through The Looking Glass'



Helen Arthur: 'Nighwalks: Balance Tower, Blaenavon'

Bocswn : Community music project for young people between the ages of 5 and 18 on Anglesey. **More:** [soundcloud.com](https://www.soundcloud.com)

LISTEN WATCH read

Klara and The Sun by Kazuo Ishiguro. Ishiguro's latest book. See Calendar 2nd March for interview on day of the book release



African Music for Meditation III - Kora Inspirations Listen on YT



Radio Garden

Breaking down boundaries and bringing radio stations to millions in lockdown. Download the free App and listen to music and speech from other lands. Visit: radio.garden

Meditative Painting To Heal Your Life
 Painting has the power to give you a present-moment, meditative experience.
 8 weeks/ 8 lessons for £12 - £40. Book: [dailiom.com](https://www.dailiom.com)

WATCH

The Criterion Channel

Three films by Madeline Anderson
Integration Report ~ A Tribute to Malcolm X ~ I Am Somebody. Madeline Anderson was the first black woman to direct a televised documentary film.

Go to: [criterionchannel.com](https://www.criterionchannel.com)

* * *

Llafur Ni - OurGrains

Welsh organic farmer Gerald Miles has been on an epic quest to rediscover the rare black oats his grandfather grew. Welsh, with English subtitles / 7mins. Visit: [vimeo.com/489406001](https://www.vimeo.com/489406001)

* * *

YouTube Films: (with thanks to Lee for some titles!)

Down To Earth Seeking wisdom 1hr 30

Aluna - The Movie A documentary by the Kogi in Colombia on understanding how to avoid the destruction of the world. 1hr 30

Forest Man One man, Jadav Payeng, plants a forest in India, 17 mins

Himalaya, Land of Women The life of 4 generations of women in Zanskar during harvesting season. 53 mins

Tibetan Woman's Life The film concentrates on the daily life of a Tibetan village woman - 34 year old Sgrolmamtsho. 52 mins

The Mountain Yogi | Pooye Lama Gomchen Milarepa Documentary of Gobind Lama. 52 mins
Made in Japan - Ishikawa and Gifu Cratmanship Exploring traditional Japanese handcrafts and artists from Ishikawa and Gifu. 21 mins



Malala Yousafzai, activist
 BBC Radio 4 Desert Island Discs | [bbc.co.uk](https://www.bbc.co.uk)

Investigative Journalism and Independent Media

Byline Times - "Show us what is happening". Fact, Argument, Reportage & Culture. More: [bylinetimes.com](https://www.bylinetimes.com)

Democracy Now! An independent news programme led by Amy Goodman and Juan Gonzalez. [democracynow.com](https://www.democracynow.com)

Glenn Greenwald Independent, unencumbered analysis and investigative reporting, captive to no dogma or faction. [greenwald.substack.com](https://www.greenwald.substack.com)

theCanary - Campaigning journalism that informs and empowers people to change their world. [thecanary.co](https://www.thecanary.co)

The Intercept - Fearless, adversarial journalism that holds the powerful accountable : [theintercept.com](https://www.theintercept.com)

Jonathan Cook - Journalist based in Palestinian section of Israel. **More:** [jonathan-cook.net](https://www.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](https://www.dailymaverick.co.za)

Double Down News Alternative voices & progressive media - [patreon.com/doubledownnews](https://www.patreon.com/doubledownnews)

The Conversation Academic rigour, journalistic flair : [theconversation.com](https://www.theconversation.com)

Factchecking for more than 180 years. [factcheck.afp.com](https://www.factcheck.afp.com)

<p>Have you ever tried mirror writing? Find a pencil/pen, a mirror and some paper. Start writing backwards - it takes a few minutes to work out and for the brain to adjust but it's fun !!</p>	<p>həjɪt rəvz wɔŋ svəɪt fə'ɪnɪtɪv rɔrɪəm ə wɪsɪ'fɪʃənlz n hɪtɪ rɪsɪŋg əwɔz hɔw rɔrɪəm ɪnɪtɪv tɪəz ə zɪsɪt tɪ - zɪvɪwɔsɪd stɔw ɔt zɪstɪmɪn wɪf ɔt nɪəɪd sɪt rɔf hɔw tɔw !! nɪf z'ɪ tɪd tɪnɪʃn</p>
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National Trust Llŷn:

On this day in 1994, Porthdinllaen came into our care and with it, hidden under the waves an expanse of seagrass meadow the size of 46 football fields.

Seagrass is brilliant at multi-tasking – it's fab at filtering and cleaning water, storing carbon, stabilising the seabed and providing the perfect nursery for young fish.



We've been working with @Penllynarsarnau to help protect this vital habitat by trialling helical anchors for boats in the bay. The anchors have been designed to minimise the impact on the seagrass and we hope to be able to use them more widely in the future along with other eco mooring technology.

FB: YG Eryri a Llŷn - NT Snowdonia & Llŷn



Soil, Soul, Society

Join Satish Kumar, June Mitchell and Caroline Walker for this three-week online course caring for the soil, soul and each other. Caring for the soil is of paramount importance. In this course we will learn how to take care of the soil. In this course we will also learn how to take care of the soul. The course will include meditation, relaxation, conversation and facilitated participant small group discussions.

12th - 27th March / BOOK BY 5th March
£265; bursaries available

Visit: dartington.org

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



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

HOW TO BUILD A MINI WILD LIFE POND

1. Choose your spot ... your pond will need light but not full sunlight all day. You can dig a hole and sink your container, or just have it sitting on the ground.
2. If the container isn't watertight, then add a pond liner
3. Add a layer of gravel and rocks
4. Fill your pond with rainwater (tap water contains chemicals)
5. Start planting - you only need 2 or 3 plants.

WATCH & WAIT for creatures to appear!

TIPS: Have a vertical growing plant (e.g. flowering rush) that reaches out of the water; one submerged plant, e.g. hornwort or spiked milfoil.

You can use logs or stones to create a range of depths and slopes for creatures to climb in and out.

(Don't put in frogs, fish or even water from another pond as they may carry disease.)

wildaboutgardens.org

If you live in Pen Llŷn and are looking for financial help to



start your business as well as advice from local business people, go for it! Applicants can apply for an interest-free loan of up to £5,000 to help with their business and this loan can be used to purchase essential equipment, training costs, marketing, renting a suitable location to operate the business. Visit: arloesigwyneddwlledig.com

:: RIDDLES 2 ::

SHE-GOAT, WOLF AND CABBAGE

A woman needs to cross a river. Her boat is small and won't fit more than one. She cannot leave her she-goat alone with the cabbage (because the she-goat would eat it), nor can she leave the she-goat alone with the wolf (because the she-goat would be eaten).



How can she get everything on the other side in this river crossing puzzle?

(answer on page 42)

RSPB Big Garden Watch Results will be available on their website from April. Which garden bird are you?! Take the Quiz ~ rspb.org.uk



Support a People's Circular Economy to Strengthen Wales' Communities

Practical Plans for a People's Circular Economy

Pobl Cymru, nid busnes mawr, sydd wedi gwneud yr ailgylchu sydd wedi galluogi cymdeithas Cymru i

symud o'r gyfradd ailgylchu isaf yn Ewrop i fod yn ail yn y byd erbyn hyn. Er gwaethaf yr ymdrech enfawr hon ar y cyd, dim ond cyfran fach iawn o'r deunydd a gesglir yn ein cymunedau sy'n cael eu dal i greu cyfleoedd a seilwaith cylchol, cynaliadwy sy'n cryfhau ein cymunedau.

It's the people of Wales, not big business, who have done the recycling that has enabled Welsh society to move from the lowest recycling rate in Europe to now being ranked second in the world. Despite this huge collective endeavor, only a tiny proportion of material collected in our communities are captured to create circular, sustainable opportunities and infrastructure that make our communities stronger. Sign the petition to Lesley Griffiths, Minister for Communities and tackling Poverty and others. Watch a video made by Eifion Williams from Circular Economy Wales.

change.org

Tree Planting UK

This group is to share details of tree planting schemes across the UK, and to encourage the creation of woods and forests.

More trees will aid the fight against climate change and provide habitat for thousands of native species.

Scope of the group; Tree planting, maintenance, forest ecology, and the creation of habitat.

FB: Tree Planting UK

5 Ways to Wellbeing and the Arts #Covid-19 Poster

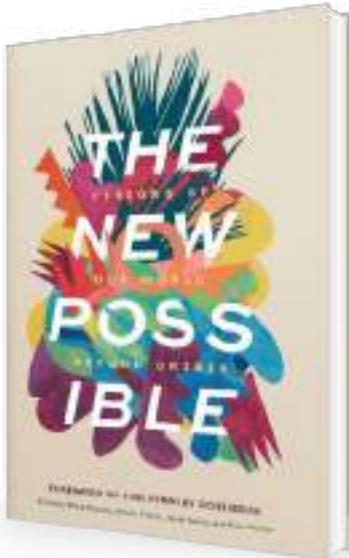
Download some ideas in English and Welsh that help with mental health

Go to: gwyneddgreedigol.com

Neuadd Ogwen, Bethesda

Here at Neuadd Ogwen we feel strongly that it is our responsibility to support our community during the recovery from this pandemic. In order to do this we need YOUR help. We need to know how we can best support you and the rest of the community over the coming months and years. Please fill in the link to answer the survey.

Go to: gwyneddgreedigol.com



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 Bollier ~ Oren Slozberg ~ Zak Stein ~ John Restakis ~ Ellen Brown ~ Kim Robinson ~ Michael Pollan ~ Varshini Prakash ~ Mamphela Ramphele ~ Justin Rosenstein ~ Tristan Harris ~ Francis Deng & more...

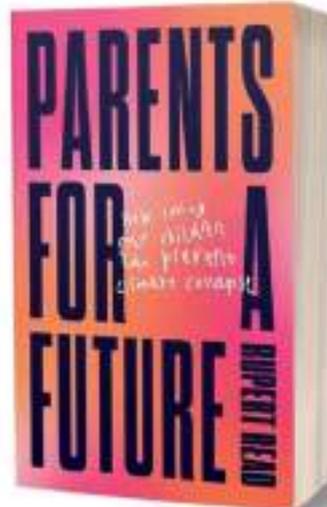
oneproject.org

Conflicted

Why Arguments Are Tearing Us Apart and How They Can Bring Us Together

Ian Leslie

"Inevitable. The world will be a better place if everyone read this book, and because it's so entertaining they probably will."



"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 medalist

parentsforafuture.org

Congestion In Snowdonia

John Harold

The Snowdonia Society welcomes a new consultation on sustainable parking and transport for two of Snowdonia's most popular sites, Yr Wyddfa (Snowdon) and Ogwen. We urge you to contribute positively and constructively to this consultation: it could be a game-changer for Snowdonia.

The Snowdon Partnership is consulting on its draft strategy to improve access and connectivity in the Yr Wyddfa and Ogwen areas of Snowdonia National Park with the support of Transport for Wales.

We are inviting local communities and stakeholders to help shape the strategy and potential solutions to address parking issues and encourage more sustainable modes of transport such as walking, cycling and public transport.

Sustainable transport and parking is a key issue in Snowdonia that the Snowdonia Society – along with our members and supporters – have flagged up time and time again with the Park Authority over the years.

This is one of the most pressing challenges facing Snowdonia at the moment and has huge implications for the environment and the wellbeing of those who live, work and play in the National Park. We're very supportive of the Snowdon Partnership's plans to overhaul the situation as it stands because it's simply not working, as we saw after the lifting of lockdown last July.

The consultation is taking place from now until 7th March. As well as information and a questionnaire on the project webpage local residents are

invited to attend an online community workshop focused on the issues and potential solutions for each of the gateway communities. Llanberis and Betws-y-Coed were held in February, with two more to come in March:

Beddgelert: 6.30-8.30pm on Tuesday 2 March

Bethesda: 6.30-8.30pm on Wednesday 3 March

The overall aim is to provide a world class sustainable tourism offer that allows visitors to enjoy the area in a way that protects the landscape and contributes positively to communities and the local economy. Visitors will be provided with high quality, affordable and accessible, low carbon transport services, and quality information that will enhance their visit whilst reducing their impact on the protected landscape. This will encourage them to stay longer and explore more widely, taking pressure off 'honeypot' sites.

Communities should benefit by seeing a reduction in car parking and traffic pressure, an improvement in transport services and investment in community facilities. The local economy and tourism businesses could also benefit by capturing more visitor spend in the area, with visitors staying longer and increasing visitor numbers in the months between high and low season, together with a more diverse visitor base.

To find out more and participate in the consultation, please visit the website or contact us as below.

John Harold is Director of the Snowdonia Society.

**www.snowdonpartnership.co.uk
yrwyddfa@grasshopper-comms.co.uk
01286 875860**



Ethical Vegan

Jordi Casamitjana



Veganism is much more than a consumer choice. It is much deeper, more profound and fundamental. What are its foundations? To

find them, we will need to look past the behaviour of self-defined vegans and investigate the biology, philosophy, history, politics and sociology behind this multidimensional concept.

The Vegan Society defines veganism as “*a philosophy and way of living which seeks to exclude—as far as is possible and practicable—all forms of exploitation of, and cruelty to, animals*”. Yet, there are those who only follow the diet aspect of veganism, by having a plant-based diet without animal products. They are known as ‘dietary vegans’ (or simply ‘plant-based’) and when they choose this diet for health reasons alone, they are known as ‘health vegans’. Moreover, those who follow The Vegan Society’s full definition, to encompass lifestyle alternatives (such as clothes, entertainment, household products, cosmetics, hobbies, etc.) - not primarily for their health, but for the animals, the environment or social justice—are known as ‘ethical vegans’. I am one of them and, like many, I entered veganism by the ‘animal rights’ gateway, but now embrace all the other reasons too.

When I started writing my new book *Ethical Vegan: A personal and political journey to change the world*, I was aiming to explore the foundations of ethical veganism. As a zoologist, I started looking at the biology of our species, to see if I could uncover the bases of veganism. It was here that I found the concept of

‘biological altruism’, which we see in different levels of organisation:

- * Genes beginning to cooperate with each other—rather than only competing for reproductive supremacy—working together to make the organism they were building fit and adaptative enough to survive to breeding age.
- * Developments of higher levels of organisation we know as ‘societies’, in which individuals avoid harming each other as they all have many genes in common.
- * Organisms avoiding conflict with members of other populations/species to prevent mutual harm and even helping each other, in the hope that respect and favour may be returned in the future (known as ‘reciprocal altruism’).

These biological adaptations toward avoiding harming ‘the other’ are present (in one degree or another) in most animals. But especially social species like ours.

The biological response of ‘doing no harm’ became a powerful idea that humans passed from generation to generation until it was articulated into philosophies. The first time we find it clearly expressed is with the term *ahimsa*. It comes from the Sanskrit root *hims*, which means ‘to strike’. *Himsā* means ‘wish to injure or harm’ and *a-himsā* is the opposite of this. As far as we know, this word was already in use in the ancient kingdom of Magadha, in Northern India, around three millennia ago.

Championed by spiritual revolutionaries who did not accept the status quo of animal sacrifices and violence, it was

around 500 years before the Common Era that this concept matured enough in the Indian continent to become an important tenant of several major religions, such as Hinduism, Jainism, Ajivikanism and Buddhism. It manifested by not only avoiding harming other humans but also other sentient beings, in particular killing non-human animals for food. In other parts of the world the same idea was becoming important in societies such as the Pythagoreans (and later the Epicureans) in ancient Greece who also abstained from 'meat', or the Taoist in the Far East - with their Ying and Yang concepts - who believe in the harmony of all things.

Throughout the centuries, the idea of 'do no harm' manifested in different ways.

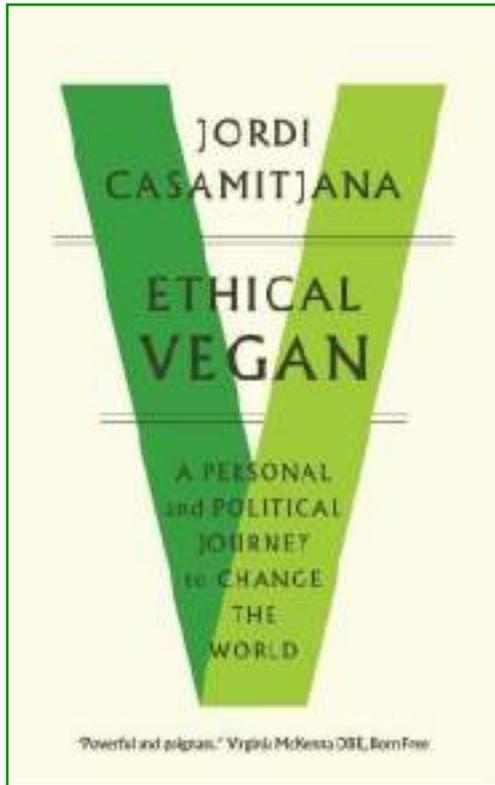
Initially, we often find it associated with religious communities, such as those mentioned above, in the form of advocating for abstinence of flesh. Later, others can be found in the Vaishna Hindus, the Manicheans, the Jewish Essenes and Therapeutae, the Christians Ebionites, Bogomils and Cathars as well as the Islamic Sufis.

At one point it began to detach itself from religion, such as with the unequivocal vegan Syrian poet Abu'l-'Ala' Al-Ma'arri in the 11th century CE, or the French

philosophers Pierre Gassendi in the 17th Century and Bernadin Saint-Pierre a century later (supported by British philosophers such as Margaret Cavendish, John Locke and Jeremy Bentham).

Strict vegetarian (and even vegan) Christian communities such as the

Dorrelites, the Grahamites or the Concordites proliferated in the West at the turn of the 19th century, when brave social activists such as Frances Power Cobbe, Dr Anna Kingsford, Annie Besant or Henry Stephens Salt pioneered the anti- vivisection and animal rights movements developing the concept of *ahimsa* beyond food consumption. This idea then merged with other social and political movements creating



the 'health-oriented' Lebensreformism in German-speaking countries and the anarchist Vegetarianism in France. The separation from religion was consolidated with the creation of the first Vegetarian Society in 1847, the Fruitarian Society in 1902 and The Vegan Society in 1944 (where the term 'vegan' was first coined by Dorothy Morgan, Donald Watson and Sally Shrigley). These societies opened the concept of 'doing no harm' to many more people, making it accessible to anyone from any race, culture, class or faith.

In the mid-20th century, philosophers such as Tom Regan, Peter Singer and Richard Ryder spelt out the different ethical approaches to veganism and animal protection as well as key fundamental concepts such as 'speciesism' and 'sentience', weaving their position into the fabric of the vegan philosophical belief. When environmentalism, animal welferalism, vegananarchism, abolitionism and intersectionalism were added to the socio-political mix, we ended up with the current diversity of the vegan kind. I discovered at least thirty types of veggie-related identities! Finally, in 2020 'ethical



Vegonia is open in Porthmadog High Street

veganism' was recognised as a legally protected philosophical belief in Great Britain due to a two-year-long litigation I initiated, which I write about in detail in my book.

Considering the current human-made world crises (global heating, pandemics, systemic racism, mass extinction, world hunger, etc.), ethical veganism may now become the intelligent answer we need to save the planet and its inhabitants. A philosophy which created a lifestyle underpinning a transformative socio-political movement capable of becoming humanity's last hope. As I write in my book, it is "A 21st-century revolution that

started more than 20 centuries ago".

If you are a vegan of any kind, learning about the foundations of veganism by reading books, talking to experienced vegans or discussing veganism with expert scholars, will reinforce your beliefs and not only help you to stay vegan for longer but will also make you feel proud to be part of such a crucial international movement.

Jordi Casamitjana is an independent vegan zoologist, animal protectionist and author.

His latest book **Ethical Vegan** is published by September Publishing.

vegansociety.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.

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

Edison's Electric Car

Jeremy Williams

"Within a year, I hope, we shall begin the manufacture of an electric automobile."

That was Henry Ford in 1914. Thomas Edison, a good friend of Ford's and a partner in the scheme, confirmed the plans. As far as he was concerned, electric traction would be the end of oil. "I believe that ultimately the electric motor will be universally used for trucking in all large cities, and that the electric automobile will be the family carriage of the future."

The Edison Ford electric car never saw the light of day, for a variety

of reasons. Both men would develop, own and drive electric cars, through their respective companies and as collaborators. Ford's wife Clara always drove electric, because you didn't have to crank it to start it. So did the First Lady, and there were electric cars in the garage of the White House through to the late 1920s. Nevertheless, it was internal combustion engines that ultimately won the day, in large part due to the power of the oil companies.

The fossil fuel industry's stranglehold on motoring has lasted over a century, but Edison wasn't wrong when he imagined that the cars of the future would be electric. He was just a hundred years too early – because last month the Ford company announced that it would be 100% electric in Europe by 2030.

Ford's news comes just two weeks after General Motors announced that it would no longer produce petroleum powered

cars by 2035. They join Volkswagen, which will release its last combustion engine cars in 2026, and Volvo, which was the first to move and announced its phase out of fossil fuels back in 2017.

It isn't just cars either. In December 2020 the Truckmakers Alliance said that they would stop making petrol trucks by 2040. A little later than we might like, but it's

happening. The Alliance includes some of the brands just mentioned, along with Scania, Iveco, Man and others. Edison was right about that too. "All

trucking must come to electricity", he said.

I've written before about how the world could have had electric vehicles a century ago, in the form of London taxis and buses. Or how a company started building a network for swappable batteries for electric cars in 1938 – an idea still considered radical today. We have had many opportunities to switch to electric, and the world may have looked, sounded and smelled very different today if we had. But better late than never.

Electric cars are not the only solution to sustainable transport – that starts further back – but we certainly won't get there without them. And with more and more car companies committing to the technology, the end of the fossil fuel era is finally in sight.

Jeremy Williams is a freelance writer, specialising in campaigning on social and environmental issues.

earthbound.report



Redesigning The Global Economy

Ross Jackson

The 2007–2009 world economic crisis has been characterized by some mainstream observers as the final death throes of the neo-liberal economic model introduced by Ronald Reagan and Margaret Thatcher in the 1980s. Many are the calls now - primarily from the ordinary people who are suffering from the collapse - for a "third alternative," a "new economic order" or a "new Bretton Woods" agreement.



I will outline some of the major components that would be desirable in shifting the global economy towards a new economic world order that is not only efficient but protective of the environment and social structures.

One of the foundation stones of the current system, which contributes to its instability, is the free flow of capital across borders. The reason why this is so important to the neo-liberals is that they want to be able to get their money out of a country fast when necessary so it can be invested elsewhere at a higher short term return. The problem is that the amounts involved are huge, while the markets where they operate are relatively small. These small, illiquid equity and currency markets cannot withstand the selling pressure in a liquidity crisis, and simply collapse.

"Free trade" is euphemistic shorthand for a particular economic strategy that allows the strong to exploit the weak, as opposed to protectionism, which protects

the weak from the strong. A more descriptive term than "free trade" would be "forced trade" as no country can keep out unwanted foreign products under a free trade regime, as they could prior to the formation of the World Trade Organisation (WTO) in 1995. No country ever became industrialized following a free trade policy. A great myth promoted by the

neo-liberals is that protectionism impedes growth. The key to any reform is to understand that there are different kinds of protectionism. Some are negative (e.g. protection of inefficient exploitative local monopolies), but most are actually positive (e.g. protection of the environment and other self-defined national security interests, such as food security). The problem with the WTO rules is that they forbid all kinds of protectionism. The entirely predictable result is the raping of the environment as corporations devour the planet's natural capital and call it "growth". Under the WTO rules, no member country dares protect its environment by requiring that its industry use more environmentally friendly production methods, because their industries would become uncompetitive, while they would not be allowed to put tariffs on foreign products that have lower environmental standards.

To tackle the problem of environmental protection we must introduce mechanisms that will give the incentive to private

corporations to protect the environment rather than to destroy it. But how can this be achieved? The USA and EU are certainly not willing to take the lead. Not even the major developing countries are ready for it.

There is, however, another possibility — a group of visionary, smaller nations who are willing to take on a leadership role at this time. They should get together and formulate a new and just template for international trade and global governance that would work for the entire global community, a model that would allow a wide degree of corporate freedom to innovate, but within a framework that is protective of the environment and recognizes the right of individual nations to take back control of their economies and define their own political priorities.

The 25-year experiment with free trade, unrestricted capital flows and deregulation has benefited only the already wealthy

and created an unacceptable level of financial instability that will continue until reforms are implemented which reverse the foundation stones of free market ideology. We need greater regulation of the corporate sector. We need capital controls on investment flows. Sovereign states need to take back control of their economies from foreign corporations, and a new global regime of trade and global governance that is protective of the environment and human social needs must be established.

The **Economic Design** 8 week online course of Gaia Education's programme in *Design for Sustainability* will start on 22nd March, so sign up now!

Ross Jackson is a co-founder of the Gaia Trust in Denmark. He initiated the Global Ecovillage Network. Gaia Education is a leading-edge provider of sustainability education that promotes thriving communities within planetary boundaries.

gaiaeducation.org



Epochs of the World

Elisabeth Haich (1897 ~ 1994)



In her remarkable 1953 autobiography, **Initiation**, Elisabeth Haich - who founded Europe's first Yoga School in 1941 - describes a vision of the future she received in a former life in Egypt. She sees images of the course of humanity from her own time at the dawn of the Age of Taurus through the Ages

of Aries and Pisces into the present Age of Aquarius. This short extract reveals how our own era looked to her over 6,000 years ago...

The sign of the *Fishes*, Pisces, belongs to the aqueous triangle. Hence in this epoch humanity must stand up to the challenge of *water*. It must conquer *water* with *water*. And before my astonished eyes I see a machine by means of which people make use of the power of water transformed into steam. And I see great ships - like cities! - crossing the sea with enormous speed. They too are driven by the power of water transformed into steam. Mankind passes the test: it conquers *water* with *water*.

In medical science too water dominates the picture as a therapeutic agent. Everywhere I see bathing establishments, spas and medicinal baths making use of water for all kinds of cures and treatments.

Then, towards the end of the Age of Pisces, when the vernal point approaches the next constellation - that of the *Water Bearer*, Aquarius - people make technical discoveries and inventions based on wave energies. This is one of the early effects of the budding *Water Bearer* era, an age of technical achievement. The radiation of the *Water Bearer* constellation, which knows no limitations and sweeps all obstacles out of its path, reveals itself in

the ideas and social concepts of humanity. At the end of the era of the *Fishes*, these new energies cause great revolutions in the places where people react most powerfully to them.

I see thousands of people of the ruling class sitting in prison, while a spirit with the characteristics of the new coming era decapitates or otherwise kills countless people of the upper class.

A vision for the time when the energies of the *Water Bearer* are working with full power shows me that the great teacher of this epoch abolishes all the boundaries between the three dominant religions. With his own person he proves that the inner core of all religions is one and the same truth, one and the same God. The boundary between religion and science disappears too, as people discover that everything, even matter, is a wave movement. They learn that the only differences between manifestations of the spirit and those of matter are differences of frequency, while in its essence everything is only the manifestation of the one, single, prime source of all forces, *God*. *Everything* is a *wave*, just as the symbolic representation of the *Water Bearer*

constellation shows: a supernal being pouring waves out of his pitcher...

The spiritual movements on the earth show this effect. Science discovers the "wave" theory, and I see countless



inventions based on waves. I see pictures of people, landscapes and objects - pictures made by the effect of light waves. I see different kinds of devices which send out waves. Waves penetrate matter and reveal its solidity. There are waves that show what elements are present in the matter of the planets and fixed stars, electric waves, waves of sound, light and smell. Medical science has stopped giving treatments with water in favour of treatments based on waves. All kinds of waves, from infra-red to ultra-violet, short waves and still shorter waves, even more penetrating waves and frequencies ... all in use by science!

The constellation of the Water Bearer belongs to the *airy* face of God. And mankind conquers the *air* with *air*, with energies won from matter in the airy state. I see people moved onward from the steam engine to other machines operated by gas. And then my astonished eyes follow huge locusts high up in the air, made by human hands and carrying people in their bellies! These machines are powered by gas: *Air conquers air* ...

Through the complementary sign of the *Lion* people again recognize the strongest manifestation of God on earth. The sun, the great Ra, is again acknowledged as the prime source of all manifestation of earthly energy.

Once more people have become sun worshippers, even though not in a religious sense. The influence of the *Lion* shows itself in another plane too. The effect of the *Water Bearer* is to abolish all boundaries, all limitations. But the absence of boundaries without a concentrating mid-point means mental disease, spiritual death. The boundlessness of the *Water Bearer* would affect the unconscious masses as a mental illness running

throughout all humanity, causing anarchy and chaos, and destroying everything. Through the complementary sign of the *Lion*, however, dominion is often concentrated in individual persons - wise or otherwise - who group the people about themselves and attempt to guide them.

In this epoch people discover traffic and intercourse with other planets. Boundaries and obstacles disappear, and with them the isolated state of the earth in cosmic space. And as the boundaries between countries disappear too, all humanity is governed from one centre. "One stable, one shepherd". *The eternal wheel rolls on...*



Elisabeth Haich and Selvarajan Yesudian who founded Europe's first Yoga School and wrote many books on yoga and ancient wisdom.

Full Moon Meditation Network

Full moon:

Aries: March 28th at 7:48pm

Spring Equinox: March 20th at 9:37am

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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Riddles 1 Answers

1. a piano
2. a fence
3. legs
4. nine
5. a needle

Riddles 2 Answer

Take the she-goat to the other side. Go back, take the cabbage, unload it on the other side, where you then re-load the she-goat on to the boat, go back and unload the she-goat. Take the wolf to the other side where you unload it. Go back for the she-goat. That's it.



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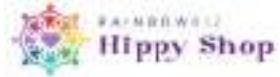


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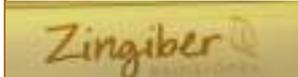
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A Network of Goodwill

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

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

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

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

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

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

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

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

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

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