network news
a guide to inspiring events in north wales

road to calais ~ without force ~ the internet & everyone ~ big covert wood convalescence ~ $1,000 bet ~ wales net zero: 2050 ~ future nature ~ noise

“we are caught in an inescapable network of mutuality”

michael nagler
April 2021

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

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Network News cic, Pwllheli
Welcome to the April Network News. We have upheld Extinction Rebellion since its beginning. XR proclaims the great cause of our era. But we had concerns about their strategy: that persistent civic disruption would increase to a point where police cannot cope so politicians are forced to react. XR theorised that the government would be forced to negotiate - and then pressured to take radical steps to stop climate change… Problem: this government has an entrenched majority, so they have no need to negotiate - especially with the mass media in their pocket. Yes, they were forced to act - but rather than ban emissions, they chose to ban the protests that irritated their electoral base. We might ask: is the Police, Crime, Sentencing and Courts Bill a predictable outcome of XR’s strategy?

If we are to heal the “planetary systems breakdown” that surrounds us, we may need to shift from “non-violence” to “non-coercion”. In other words, recognise that all attempts to force, persuade or manipulate another human being - with or without violence - are doomed to fail. People are not things. We are a complex vortex of forces, some known, mostly unknown. Our lives appear to unfold from within, and the way we change our minds seems to arise from fields of pure thought (chitta), and by relating creatively with other beings. The use of force - whether by citizens or government - can give an appearance of success, but it does not last - backlash is inevitable. The suffragettes, abolitionists and liberators who lifted humanity did so because they embodied their cause: as inside, so outside. Those who merely disrupted and shamed others aroused resentment, so kicked the ball down the road for the next generation to do it all over again. We simply don’t have time for that anymore. Blessings to all Beings
In October 2020 I saw a friend’s post on social media about collecting donations to take to the migrant and refugee camps in Northern France. Having been cooped up and unable to make any significant positive difference to the world during lockdown, I made a quick decision to shout out for donations in North Wales and hopefully add some high quality jackets, tents and sleeping bags to her collection efforts.

Within a week my original post had been shared far and wide across the UK and I had offers of donations flooding in. I quickly realised I was going to collect enough donations of clothes, tents and sleeping bags in North Wales to require a van trip of our own, possibly two! That was going to require fundraising to cover the fuel and channel crossing costs so I started a JustGiving page.

By mid November we had over £800 and donations piling up and just at the point where I was ready to do the first trip to Calais I landed a month’s work (after a year of almost no work). A friend stepped in at the last minute to drive the first drop of donations and took over 50 tents and stacks of jackets and warm clothing to Calais.

The donations continued to stack up and we had plenty of money left to run a second trip so I scheduled it for the first day off after my job ended. Generously another local offered use of her van and to join me on the crossing so we loaded up, booked the tunnel and were ready to leave – then 12 hours before out tunnel crossing France closed their borders...

With just a few days to go to Christmas we postponed our crossing and waited for the borders to re-open. In mid-January we were finally ready to go and a 4:30am start from North Wales saw us make an epic round trip to Calais and back in just under 18 hours. Thankfully the roads were empty, the tunnel almost abandoned and we made it to Calais in good time, delivering a van packed to the roof with tents, sleeping bags, warm clothes, shoes and food to the Care4Calais distribution warehouse.

After a very brief pause to eat a croissant while looking back across La Manche, we were back in the tunnel and then hit the road home, being back in my bed at a fairly civilised 11pm.

After two successful deliveries from North Wales to Calais I was asked to help move the backlog of donations that Care4Calais had from Kent to Calais.

On the first weekend in February I was again sat in the Eurotunnel car park ready to do the first of four crossings back to back over one weekend moving over 4 tonnes of donations to where they are needed most.
This time when I got to French border control - unlike the last time - they asked me why I was crossing before asking for my Covid test result. As soon as the border agent read my humanitarian aid travel permit her attitude toward me changed. She then read my negative Polymerase Chain Reaction (PCR) Covid test result and dismissively told me it was an Antigen test result and I was not allowed into France. No amount of arguing or showing her evidence that my test result was the one required would change her mind and I was rudely ejected from the tunnel.

Our grand plan for moving all those donations went up in smoke.

I’ve taken a break now from doing trips to Calais as the combination of Brexit and Covid have made it very difficult and uncertain to plan crossings, but I have found a volunteer in West Germany who is collecting the donations and fund raising to take those donations across to the migrant camps of Northern France. Whatever the circumstances around Brexit or Covid, tents, sleeping bags and good quality clothes are always desperately needed in the migrant and refugee camps of Northern France and if you can help with fundraising please contact Ben (see below), or with donations contact Care4Calais.

Tom Johnstone is an aspiring marine conservation scientist and outdoor activity instructor living in Conwy.

ben-schmitz@gmx.de
care4calais.org
infomigrants.net

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**Trigonos Courses 2021**

**Space to Be**
- 8th - 11th July
- (waiting list only)
- 25th - 28th November
- with Ros Tennyson

**Weaving Colours**
- 20th - 23rd May
- with Eta Ingham-Lawrie
- *Special anniversary event*
- 21st - 24th October

**Rewilding the Mind**
- 21st - 24th October
- with Jonathan Stacey and Claire Thompson

Trigonos, Plas Baladeulyn, Nantlle LL54 6BW
trigonos.org ~ 01286 882388 ~ info@trigonos.org
Any act of coercion must produce an equal and opposite reaction. As Hannah Arendt observed, “The practice of violence, like all action, changes the world; but the most probable change is to a more violent world.”

Real nonviolence, by contrast, rarely has a backlash, because if it’s real nonviolence it does not operate by coercion. Moving the heart is qualitatively different from merely forcing others to do something by punishment or sanction. Since the opponents have changed willingly, they are not looking for an opportunity to get back at us.

Gandhi put it this way: “Power is of two kinds. One is obtained by fear of punishment, and the other by acts of love. Power based on love is a thousand times more effective and permanent than the one derived from fear of punishment.” Or again: “Sanctions are of two kinds: one, physical force, and two, soul force - Satyagraha. Physical force is nothing compared to the power of truth.”

When Satyagraha works, it doesn’t just change one party’s position, it changes the relationship between the parties. Once they have “seen” the situation from our point of view, those who once were our opponents move closer to us in spirit. This is integrative power. It is not something learned with our intellect (though the intellect can later help us understand it) but heart knowledge. And one of its characteristics is that it communicates itself on the same “gut level” to onlookers.

Martin Luther King started from the essentially religious persuasion that in each human being, black or white, whether deputy sheriff or manual labourer or governor, there exists, however tenuously, a certain natural identification with every other human being; that, in the overarching design of the universe which ultimately connects us all together, we tend to feel that what happens to our fellow human beings in some way also happens to us. So no man can continue to debase or abuse another human being without eventually feeling in himself at least some dull answering hurt and stir of shame. Therefore, in the catharsis of a live confrontation with wrong, when an oppressor’s violence is met with a forgiving love, he can be vitally touched, and even, at least momentarily, reborn as a human being. The society witnessing such a confrontation will be quickened in conscience toward compassion and justice. But history may not record it.

Gandhi again: “The fact that there are so many humans still alive in the world shows that it is based not on the force of arms but on the force of truth or love. Little quarrels of millions of families in their daily lives disappear before the exercise of this force. Hundreds of nations live in peace. History does not and cannot take note of this fact. History is really a record of the interruption of the even working of the force of love or the soul. History, then, is a record of the interruptions of the course of nature. Soul-force, being natural, is not noted in history.”
The noted criminologist Harold Pepinsky concluded that crosscurrents of violence and nonviolence are constantly running in us all, and that “from moment to moment” we make a profound spiritual choice about which we choose.

So why is it that we are usually so unaware of nonviolence? If it is a moment-to-moment reality, should we not be talking about it cogently and often?

The media sometimes suppress stories of corruption in high places; that is political bias. But there is a cultural bias that runs even deeper and may be doing us much more damage in the long run. By this bias, nonviolent stories are not so much suppressed as they are plain not observed. Sometimes, it seems, we are better at perceiving what are not moment-to-moment realities, just as it is hard to “see” the Milky Way because we’re part of it.

The ancient Greeks, that most inquisitive people, discussed how to wage war and manage slaves at great length, but they never discussed war or slavery as such, or for that matter economics, or the position of women. So the history of nonviolence is just beginning to be written and there’s as yet no account of it in standard behavioural science.

The mind-boggling discoveries of “new physics” are widely felt to hold deeper significance for what we think the world is - and the implications for areas beyond the physical world are intriguing but far from understood.

Dr Vandana Shiva was one of India’s leading physicists before she became one of the world’s leading environmental activists and thinkers. In her book Stolen Harvest about the global food supply, she says: “We have the opportunity to work for the freedom and liberation of all species and all people. Something as simple and basic as food has become the site for these manifold and diverse liberations in which every one of us has an opportunity to participate - no matter who we are, no matter where we are.”

During a period of terrible riots in Gujarat (Gandhi’s home state), a “Hindu” mob descended on a rural village, primed to kill. Almost all the village men were out in the fields. The women reacted quickly, however, and took in their Muslim neighbours to hide them from the mob.

As they lived mostly in one-room cottages, it often meant “hiding” the Muslims in the puja corner, underneath their household altar. The mob stormed up to home after home screaming, “You are hiding Muslims in there!” “Yes,” the women calmly replied.

“We are coming in to get them!” retorted the mob. Then the women, one after the other said, “First kill me, then only you may enter.” Every Muslim in the village was saved that day.

Who are these women? We need their courage, their instinct, their vision. We need their faith. Who are they? They are every one of us, brought to intense life by the intersection of a culture that still had remnants of humane vision and an extreme emergency.

Broadly speaking, we are all in such an emergency today, and there is every possibility that we can rebuild our culture to support us when we face our own opportunities to mobilise that kind of faith and courage. If we succeed (and we can afford nothing less), we shall be proud of our contribution to an otherwise bleak epoch of the human spirit.

[Adapted excerpt from The Search For A Nonviolent Future]

Michael Nagler is one of the most respected scholars and advocates of nonviolence worldwide. He is president and cofounder of the Metta Center for Nonviolence.

mettacenter.org
Try and write about Wales and climate change without referencing coal. It’s impossible to avoid how coal, steel and slate forged modern Wales. Industrial emissions in South Wales account for over a tenth of the UK’s current carbon footprint. But, with this week’s announcement that Wales intends to make coal history, it’s Wales’ future path to net zero that is now unavoidable, due to a unique and world leading law which applies long term planning to protect current and future generations.

What a difference an act makes. In 2015, cross party support delivered the Wellbeing of Future Generations Act (Wales), referred to as “the act” from here on. It enshrines wellbeing goals, aligned to the UN’s Sustainable Development Goals, into law and places a duty on Welsh public bodies to achieve them. Sophie Howe was appointed as the world’s first ever Future Generations Commissioner, to advise, promote and review progress on the act.

This act has shifted Welsh ministers away from short term, traditional economic development thinking to a longer term and holistic view of wellbeing. Over the past few years, environmental groups and the Future Generations Commissioner have argued that the economic case for a proposal to extend the M4 motorway did not outweigh the social and environmental costs, or the costs that future generations would bear. The first minister concurred and, in 2019, the plan was shelved. Instead, Wales is aiming for its citizens to ditch the car for almost half of all journeys under a new transport strategy that aims to be fit for future generations. Aspires to jump from third (yes, third) in the global recycling table, to first. From the planning system to pandemic economic recovery plans, Welsh ministers attribute greener, longer term, policy making to the act.

As UK ministers argue if climate change should factor into their decisions around a coal mine in Cumbria, Welsh law requires its ministers in Cardiff Bay to do just that. There’s still room for improvement, as a cross party Senedd committee found that the Welsh public sector should be going even further to implement and embed the act.

While committed to a 2050 net zero target, Wales has some catching up to do,
emissions have fallen by just 31 per cent since 1990, compared to 41 per cent across the UK. The second Welsh carbon budget will need to be published soon after this May’s Senedd elections and should aim for a 37 per cent emission reduction by 2025 to keep on track to the net zero target. More, Wales must accelerate a shift to a comprehensive, whole government strategy for net zero. This will be the biggest test yet for the act.

Wales’ pandemic recovery strategy is a green and wellbeing focused plan for the future. The Future Generations Commissioner recommends that the next Welsh government should go further and do the following: push through land use changes to rapidly expand mixed woodland while protecting and enhancing nature; commit to a ten year plan to retrofit all homes in Wales for energy efficiency; switch Welsh industry and businesses away from fossil fuels to hydrogen, clean electricity and carbon capture and storage; and, finally, support the Welsh public in moving to low carbon vehicles and sustainable consumption habits and diets.

This list involves immediate policy trade-offs, political opportunities and costs. But the act is intended to tilt the balance of these decisions in favour of options which will continue to benefit Wales in 25 years’ time.

Even as the politics of the UK’s four nations diverge, the need to collaborate remains. The South Wales Industrial Cluster will engineer new low carbon solutions financed by the UK government. There will be a competition between the four nations, over which party, or government, has the best plans to get to net zero, and who should take the credit for getting there, or who to blame if we fail. What is clear is that all levers of all the UK’s governments will need to be pulled to do it and Wales has equipped itself with an extra lever through the Well-being for Future Generations Act.

Wales’ main political parties want to see strong UK leadership at the COP26 climate summit in Scotland. Wales will head to Glasgow eager to learn how to accelerate our net zero plans. Other countries should observe our progress closely because legislating to embed long term decision making into government is already making a difference here. Future generations depend on other countries following the Welsh example by taking a long-term approach to the climate challenge.

If you’re in Wales, add your call for net zero to Climate Cymru which is sending 10,000 Welsh voices to COP26:

climate.cymru

Jonathan Tench is responsible for international partnerships and networks at the Office of the Future Generations Commissioner for Wales.

greenallianceblog.org.uk

@jonnytench
In the 1960s, Jones was an advocate of what today is called ‘design thinking’; (then, it was called design methods).

He advocated user-centred design well before the term was widely used.

He began by designing aeroplanes – but soon felt compelled to make industrial products more human. This quest fuelled his search for design processes that would shape, rather than serve, industrial systems.

As a kind of industrial gamekeeper turned poacher, Jones went on to warn about the potential dangers of the digital revolution unleashed by Claude Shannon.

Computers were so damned good at the manipulation of symbols, he cautioned, that there would be immense pressure on scientists to reduce all human knowledge and experience to abstract form.

Technology-driven innovation, Jones foresaw, would undervalue the knowledge and experience that human beings have by virtue of having bodies, interacting with the physical world, and being trained into a culture.

Jones coined the word ‘softecncica’ to describe “a coming of live objects, a new presence in the world”. He was among the first to anticipate that software, and so-called intelligent objects, were not just neutral tools. They would compel us to adapt continuously to fit new ways of living.

In time Jones turned away from the search for systematic design methods. He realised that academic attempts to systematise design led to the separation of reason from intuition and failed to embody experience in the design process.

After watching the rapid wing movements of a flying duck, Jones
compared “the beautiful, unconscious and ever-changing complexity of natural control systems with the stiffness and self-conscious centrality of all forms of government, management or social control”.

Jones called for the reintroduction of personal judgement, imagination and aesthetic sensibility into the design process.

He came to believe in “reversing the reversal” – by which he means the Renaissance “and its antecedents in ancient Greece and at the end of Stone Age thinking when masculine gods and values displaced feminine ones, and notions of dominance replaced those of receptiveness”.

The Internet and Everyone is the opposite of a how-to textbook. But at one point, in a passage on contextual design, Jones lightly introduces a manifesto that calls on designers:

‣ To begin with what can be imagined
‣ To use both intuition and reason
‣ To work it out in context
‣ To model the contextual effects of what is imagined
‣ To change the process to suit what is happening
‣ To refuse what diminishes
‣ To seek inspiration in what is
‣ To choose what depends on everyone.

A character in the book (who I ‘think’ is Jones) attributes this sensibility to being brought up in an old culture – in Wales – where “the renaissance never happened” and “pre-Cartesian thinking is in the language”.

John Chris Jones’s real enthusiasm, throughout the years, has been for a kind of social designing that did not even have a name when he started writing and teaching about the subject.

He decided that he would not try and change the system from within.

So, thirty-six years ago, Jones resigned from institutional life – from having a job, material security and a neat job label – for the life and economy of an independent writer, researcher and artist.

Since then Jones has written ‘design plays’ and other fictions, many of which are included in The Internet and Everyone.

“I’ve been drawn to study ancient myths and traditional theatres for decades,” he writes. “Unless we can rid modern culture of its realisms there is no getting out of the grim realities of commercial engineering and the way of life built on it.”

With its multiple voices and formats, this is not a book that I would presume to ‘review’ in a linear way. The best I can do is tell you how much I have been inspired by its 560 pages and urge you to explore the book for yourselves.

Jones writes, ‘There are two kinds of purposes. The purpose of having a result, something that exists after the process is stopped, and does not exist until it has stopped … and there is the purpose of carrying on, of keeping the process going, just as one may breathe so as to continue breathing. The purpose is to carry on.’

Long may John Chris Jones carry on. His website is:

publicwriting.net

John Thackara is a writer, advisor and event producer and visiting professor at Pontio Innovation in Wales.

thackara.com
Over the past few weeks North Wales Wildlife Trust (NWWT) have been supporting some of the owners at Big Covert Wood in Maeshafn with woodland management focussed on restoring this ancient woodland site. Big Covert is classed as a plantation on an ancient woodland site, the habitat is heavily degraded due to the dominance of non-native beech trees but also some non-native conifers such as larch and spruce. These tree species negatively impact the woodland ecosystem by shading out any native broadleaf trees and preventing the regeneration of native flora and fungi and subsequently reducing habitat availability for insects, birds and mammals.

So, to help us begin the task of gradually removing these non-native trees and setting the woodland on a new positive trajectory, we’ve been assisted since the beginning of February by horse logger Barbara Haddrill and her incredible horses Tyler and Molly, who travelled up to Maeshafn from Llanrhaeadr-ym-Mochnant in the Tanat Valley. A selective felling licence was obtained from Natural Resources Wales to remove a number of beech trees from the side of the footpath at Coed Cerrig, one of the compartments at the southern end of Big Covert. The gap created will be replanted with mixed native broadleaf trees, mainly oak, but will also allow the natural regeneration of seedlings from the few remnant oak, ash and wych elm growing elsewhere in the wood.

Horses are the preferred method for extracting timber on ancient woodland sites due to their low impact on precious woodland soil, and the beneficial ‘scraping’ effect of their hooves, which breaks up the deep layers of beech leaf litter, allowing light to reach the woodland floor and promoting the regeneration of ancient woodland plants such as wood anemone, lesser celandine, wood sorrel and bluebell. This woodland management work has been funded through NWWT’s Woodlands for Water Project, which is funded by the Welsh Government and the European Union until June 2022. If you would like to know more about the project or would like help or advice with woodland creation or management, please contact me: Jonathan.Hulson@northwaleswildlifetrust.org.uk

Jonathan Hulson is the Water Project Manager for the North Wales Wildlife Trust northwaleswildlifetrust.org.uk carnog.co.uk (Carnog Working Horses)

Are you feeling stuck in your life? Can’t make or sustain positive change? Want to change but don’t know how?

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

Resonance Repatterning® 01691 773806 Llangollen Natural Health Clinic www.resonancerepatterninguk.net
We are constantly trying to make the information shared here as relevant and readable as possible, hence the variety of formats over the last few months! It may not have found its perfect style yet but we hope it makes sense and draws you in to discover new activities and ideas. The following pages start off with face-to-face gatherings, then local regular groups followed by events online - local, national & global.

**April is National Poetry Month**

What’s your favourite?
Write your own!

**Link:** poetrywales.co.uk

“Writing was a political act and poetry was a cultural weapon.” – Linton Kwesi Johnson

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**Ysbyty Penrhos Stanley, Holyhead, Anglesey**

A new hospice has opened in Holyhead offering end-of-life care for those living with a life-limiting illness, as well as providing support for their friends and family. You can find out more from: stdavidshospice.org.uk

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**Snowdonia Society**

is looking for volunteers to help with taking care of Snowdonia National Park from April to September. “This year we need an even bigger team than last year as many visitors are expected and we want to provide coverage at more locations over a longer season”.

You will be given full training & PPE is provided. Our Outdoor First Aid course is available; flexible shifts. For more info and to join up: snowdonia-society.org.uk

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**The North Wales Growth Deal**

Among the first projects to get underway in 2021 is the £35m Morlais renewable energy scheme off the coast of Anglesey. It is hoped the Deal will boost the North Wales economy and offer many jobs. You can download the report from: northwaleseab.co.uk

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**Subscribe to Network News at network-news.org**
The following events are face-to-face, offline, physically-distanced and subject to Covid restrictions

3rd SATURDAY
Climb Snowdon Open to all; you will be joined by qualified and local Mountain Leaders who will share their enthusiasm and advice with you all the way. 8.45am - 5pm, £35. Book: climb-snowdon.co.uk Also on 5th, 10th & 24th

5th MONDAY
Climb Snowdon As 3rd

10th SATURDAY
Art Workshop at Tan Twr Garden with Ann Catrin Evans and Sian Owen celebrating Bethesda’s Bicentenary. More info on FB: Daucanmlwyddiant Bethesda Bicentenary

10th SATURDAY & 11th SUNDAY
Make A Rustic Chair
We will provide some coppice hazel and silver birch from our woods and then select the pieces we want to use for the back legs, the front legs and the rails. We will cut them to length and turn tenons on the rails, drill the mortices in the legs and assemble the chairs. £140, dep £70. Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

17th SATURDAY
The Colwyn Bay Artisan Market Back for the first time in 2021 and continuing every 3rd Saturday of the month May - November. Discover a host of unique handmade artisan arts & crafts from local artists, designers and makers as well as food from street vendors and artisan breads. 10am - 4pm. Station Road, Colwyn Bay LL29 8BU. theartisanmarketcompany.co.uk

World Slate Lecture with Dr Dafydd Roberts. Celebrating Bethesda’s Bicentenary. More info on FB: Daucanmlwyddiant Bethesda Bicentenary

Headspace on Halkyn Mountain Mindful retreat walks combining mindfulness meditation & mindful walking with the power of connecting with ourselves, nature & each other. Practising meditation outdoors increases our connection to & appreciation of nature, ourselves, each other & the planet and reduces stress, building up resilience & re-connecting us with our inner resources. 9.30am - 1pm, £24.50, ages 18+ all levels welcome. Rhes-y-cae, CH8 8JH, eventbrite.co.uk

17th SATURDAY & 18th SUNDAY

Home Chainsaw During this course an experienced local forestry worker will cover the construction and maintenance of a chainsaw including sharpening the chain, cross-cutting logs and felling small diameter trees. £150, £75 dep. Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

Diploma Course in Crystal Therapy (Levels 1, 2 & 3) This course consists of 20 hands-on classes which are held at the weekend and aim to guide you to build up your skills, understanding, confidence, and sensitivity to crystal energy. It is divided into 3 levels: Level 1: 17/18 April, 15/16 May and 19 June. Level 2: 20 June, 17/18 July and 14/15 August. Level 3: Dates are not yet confirmed but will comprise of 5 weekends. 10am - 5pm. Takes place in Bishop Lloyds Palace, Chester CH1 2LE. For more info and bookings: Sandra, sandra@hope-college.co.uk / hope-college.co.uk

18th SUNDAY
Confidence with Contours A workshop designed to gently build up your confidence at contour navigation. Snowdon area. 9am - 4pm, £55, led by Mike Raine. Moel Siabod Cafe, Capel Curig LL24 0EL. Book: eventbrite.co.uk

22nd THURSDAY
April Earth Day An annual event celebrated in 193 countries around the world to demonstrate support for environmental protection. Please support the movement in whatever way you can. Resources, info, ideas: earthday.org See page 18

24th 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. Led by Jim Langley. 10am - 4pm, £47.48. Siabod Cafe, Capel Curig, Betws y Coed LL24 0EL. Link to booking from natureswork.co.uk

Climb Snowdon As 3rd
Hand Weaving with Kirsty Jean
An introduction to hand weaving workshop. Suitable for beginners. 10am - 3pm, £60, all materials included. Tecstiliau, Y Bedol, Bethel LL55 1AX. Book: tesctiliau.org

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. £50, £25 dep. Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

24th SATURDAY & 25th 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. £180, £90 dep. Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

Bushcraft Through The Seasons ~ Spring
Course content will include seasonal wild food and medicinal plants, natural fire lighting techniques, wood carving, natural cordage, tracking and navigation techniques. £150, £90. Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

25th SUNDAY
Glaciation in Snowdonia - Environmental Workshop
This workshop is designed to develop your understanding of glaciation at the local, regional and global scale. Led by Jim Langley. 10am - 4pm, £47.48. Siabod Cafe, Capel Curig, Betws y Coed LL24 0EL. Link to booking from natureswork.co.uk

The Three Festivals
How do we tell the difference between a positive tradition that uplifts humanity and brings blessings to all beings... and a delusional belief system that brings only dogma, cruelty and unnecessary suffering?

It is even more difficult when the same names and symbols are used for both a positive tradition and a divisive and sometimes violent belief system! Most of the world religions have this problem...

There is an attempt by some elders of contemporary spirituality to salvage the best fruits from the past, while separating it from the destructive and divisive elements. One of these attempts is in the emerging tradition of The Three Festivals.

In the Christian tradition, the time of Easter is calculated by the Full Moon in Aries and in the Buddhist tradition, the time of Wesak is calculated by the following Full Moon in Taurus. In the new tradition, we are invited to meditate and celebrate at both full moons, and also on the third moon in sequence: the Full Moon in Gemini, which is simply known as a “Festival of Goodwill”.

This is an active attempt to harness ancient and emerging wisdoms and apply them in a spirit of synergy: i.e. the result is more than the sum of the parts!

We invite you to meditate and celebrate with the whole network on the following dates, and where possible around the actual time of the Full Moon:
Aries: March 28th at 7:48pm (Easter Festival)
Taurus: April 27th at 4:31am (Wesak Festival)
Gemini: May 26th at 12:13pm (Goodwill)

“Blessings To All Beings”

Copydate for May issue: April 18th

XR Empathy Circle Facilitator Training
Learn the practice to bring it to your local XR community. It supports team and community building, mutual support, conflict mediation, creativity and innovation. Each Cohort lasts 5 weeks and then the next Cohort starts. You can take the training for one Cohort or take it multiple times to deepen your practice and to become a trainer.

Dates for the next 5 Weeks Cohort 13 Series:
29 March; 5, 12, 19, 26 April (and so on).
7 - 9.30pm / 2.5 hours
Delivered via Zoom

Sign Up @ FB: XR Empathy Circle Facilitator Training: Cohort 13 Series Sign Up Now
**EXERCISE**

**Online Exercise Classes**
- Clubbercise, Boogie Bounce Daily and Hoop Cahoots. Led by teachers from Aspire Fitness, Rhos on Sea: aspirefitnessstudio.co.uk
- Farrah’s Dance Workout - Bollywood Fit at Home! More from FB: farrahsdanceworkout/live
- Chakradance with Roz FB: Chakradance with Roz
- Heb Ffîniau / Movement Bilingual lessons. More: pontio.co.uk
- Polynesian Dancing FB: Under The Dancing Tree
- Dance Classes FB: Harmony of the Heart or harmonyoftheheart.co.uk

**BOOK CLUBS**
- *Book Club Zoom* April: 6 & 27 / 7.30pm. More from pontio.co.uk
- *Book Club* Monthly, with a business theme. 8pm. Zoom. NetworkShe: networkshe.co.uk

**GARDENING**
- Blodeuwedd Botanics 'Wellbeing Through Gardening' Y Plot, Pandy Farm, LL57 4RA. FB: Blodeuwedd Botanics or 07799 224636.
- Heb Ffîniau / Movement Bilingual lessons. More: pontio.co.uk
- Incredible Edible Ruthin For the time being on Zoom, link up via Facebook: Incredible Edible Ruthin
- Bwyd Bendigedig Port / Incredible Edible Porthmadog FB: of same name

**DANCE / MOVEMENT**
- Continuum Movement Practice Group FB: Lucy Parry / North Wales
- Farrah’s Dance Workout - Bollywood Fit at Home! More from FB: farrahsdanceworkout/live
- Chakradance with Roz FB: Chakradance with Roz
- Heb Ffîniau / Movement Bilingual lessons. More: pontio.co.uk
- Polynesian Dancing FB: Under The Dancing Tree
- Dance Classes FB: Harmony of the Heart or harmonyoftheheart.co.uk

**MEDITATION**
- Meditation Variety of classes from Kalpa Bhadra Kadampa Buddhist Centre, 34 Mostyn St., Llandudno LL13 1YY. 01492 878778, meditatenorthwales.com
- Meditation Session Contact Alan 07816 988124. newmindfulness.net
- Breathing Exercises FB: Wave Therapy / annalisalloyd@gmail.com

**MUSIC/SOUND**
- Sessions every day via Zoom in use of sound, animation, graphics, field recording, etc. Run by Tape Community Arts Centre, Old Colwyn tapemusicandfilm.co.uk

**GONG**
- Pure Sound ~ Steph Healy Free online relaxation and sound meditations! YT: Pure Sound / FB: Pure Sound ~ puresound.org

**KUNG FU**
- Wing Chun Dave McQuillan northwaleswingchun.co.uk ~ dave@northwaleswingchun.co.uk

**LGBTQ+**
- Join our Group For those in the North Wales community. FB: LGBT+ Gwynedd, Conwy & Môn
- Rustic Rainbow Group for those who love the natural beauty of North Wales; a relaxing environment to make friends. FB: Rustic Rainbow ~ rusticrainbow.wordpress.com
- Gay Outdoor Club Activities include abseiling, underground exploration, scrambling & camping; walking is our main focus. Events info from : goc.org.uk

**MINDFULNESS**
- Mindfulness During Lockdown Tuesdays, 8pm. Sabine Soosten, an experienced Mindfulness in Nature tutor will guide you through with the focus on nature. Free, weekly, 40 mins. 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. birthingmamas.co.uk or FB group: Laura Birthing Mamas Doula, Pregnancy and Postnatal Yoga
- Om Yoga North Wales Pregnancy Workshops FB: OmYoga North Wales
SOCIAL
Canolfan Felin Fach Contact 01758 701611 or FB: Canolfan Felin Fach
Actif Conwy (for children) FB: Actif Conwy
Coffee Connections Monthly; networkshe.co.uk

STORYTELLING
Caffi Stori Llangollen and Blue Bell Story Group Conwy are currently emailing members until they can meet again. If you would like to be on our email list please write to: suemoore@me.com

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 Contact the Secretary, Steve Baker at bakersteveryh05@outlook.com More from: llandudnowriters.weebly.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. Details from choosecompassion.uk/qigong

WOMEN’S GROUPS
Circle of the Feminine Women’s spaces and activities in North Wales. FB: Circle of the Feminine
Red Tent Gwynedd Pabell Goch FB: Red Tent Gwynedd Pabell Goch
Online Sister Circles Meditations; sistercircletemple.com / FB: Sisters Circle Under the Dancing Tree
NetworkShe For women in business. More from: networkshe.co.uk ~ FB: Network She Mothership
Womens Gatherings Gwynedd Genod Gyda’n Gilydd Join in on their FB page of same name

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.co.uk and FB: Inspiratrix Yoga
OM Yoga North Wales Serenity Evenings once a month. FB: OM Yoga North Wales
Dru Yoga North Wales Info: dru yacht online.com FB: Dru Yoga Online Studio
Yoga Shala Classes FB: Yoga Shala North Wales
Source Yoga Nutrition & Health FB: Source Yoga, Nutrition and Health / sourceyoga.org.uk ~
Derwen Hatha Yoga FB: Derwen Yoga (North Wales)
Rishiculture Ashtanga Yoga FB: Yoga North Wales
Yoga Class with Laura Bell, Trefnant Village Hall, Denbigh. thezestlife.co.uk
Tracey Yoga Contact Tracey 07809 485323, traceyjoscelyn@gmail.com.

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

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

* If you would like your group listed here, contact us at info@network-news.org or text 07777 688440 *
**Singing with Nightingales:**

**Earth Day 2021**

Hosted by folk singer Sam Lee this audio broadcast, live on Youtube, will take you on a journey into the woods of Sussex to hear the unforgettable song of the Nightingale.

Thurs 22, 11pm - 1am Fri 23 April

Register: eventbrite.co.uk

“There is nothing in a caterpillar that tells you it’s going to be a butterfly.”

Buckminster Fuller

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**Grow To Give ~ 2 Gardening Masterclasses**

**Thursday 1 April ~ No Need to Dig!**
Feed the soil, not your plants.

**22 April ~ Know Your friends & foes and find your companions**
Pest management and companion planting. Both 6.30 - 8.30pm, free.

Limited places: eventbrite.co.uk

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**The Lost Portrait of Mary Seacole and its Forgotten Artist**

Discover the intriguing story behind the iconic National Portrait Gallery painting of British-Jamaican Crimean War nurse Mary Seacole.

Weds 7 April / 11am - 12pm

Free

Book: eventbrite.co.uk

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**A Feminist’s Guide to Botany : Online Botanical Painting Pay As You Can Session**

Short visual lecture and time to make your own quick sketches from your own collections. Then a lesson in basic watercolour techniques. Materials needed on event page.

**Thursday 1 April**

6.30 - 8.30pm.

Tickets: eventbrite.co.uk

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**Empathy Circle**

**Weds 7 April :: 7pm :: free**

This Circle is for ANYONE who values the opportunity to be heard. Led by Extinction Rebellion Cymru

FB: Empathy Circle

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**Countdown to 2030 - 9 Years to Make a Difference**

**Tues 27 April / 7.30 -9pm, free**

How can we get on top of the climate crisis and make ours one of the greenest, healthiest and happiest communities in the UK? Register: eventbrite.co.uk

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**The Earth is My Altar**

A free course in building altars and making authentic prayers. Began 1st March but recordings available on website once you join up.

**Mondays 5 & 12 April : 6 - 7.30pm**

Register: theyogologist.co.uk

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**The Green Man:**

The Carving & The Debate Online Talk

A review of the many theories that attempt to explain his origin and meaning.

**Tuesday 27 April :: 2 - 3pm :: free**

Register: eventbrite.co.uk

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**Magic & Ecology : Entangled Life**

David Abram and Merlin Sheldrake examine what it means to live “humanly” in a more-than-human world of entangled lifeforms. Podcast Friday 2 April & Live Q & A on Friday 9 April 6 - 7.30pm / free

Register: eventbrite.co.uk

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Register: theyogologist.co.uk
The Power of Tarot  For 7 weeks, with Kristoffer Hughes. A journey through the Branches of Wisdom. Sundays 4, 11, 18 & 25 April & 2, 9, 16 May.
All @ 7pm / £150
More from angleseydruidorder.co.uk

Becoming A Friend of The World
Saturday 3 April / £15. A short course with Kelsang Jangchub.
10 - 11am Talk & Discussion / 12 - 1pm, Refuge and Bodhisattva Vow Ceremony
includes a talk on developing compassion, loving kindness and wisdom and includes the opportunity to take the Bodhisattva Vow. Book online with Kalpa Bhadra Kadampa Buddhist Centre, Llandudno:
meditatenorthwales.com

Basics of Islam Religion - Understand & Learn - Ask Questions - Open To All
Sundays 7 - 7.30pm on 4, 11, 18 & 25
Wednesdays 11 - 11.30am on 7, 14, 21 & 28
Would you like to know more about Islam? Join the free session online on Zoom platform.
Register: eventbrite.co.uk

The Goddess Gatherings
Sunday April 22 / 7 - 8pm / free
Virtual gatherings for Conscious Women CEO’s & Global Leaders who are here to give birth to a New Earth. We will dive into the oracular messages that come through for us about the evolution of human consciousness and the enlightenment of the planet as a whole + the role we each play in this unfolding.
Register: eventbrite.co.uk

“\This is the real secret of life — to be completely engaged with what you are doing in the here and now. And instead of calling it work, realise it is play.\”  Alan Watts

Living the Bhagavad Gita for Beginners with Bhakti Marga UK, led by Swamini Karuna
Bhagavad Gita means the Song of God and can be read as a poem. What matters is that the spiritual truths inside the pages resonate with your heart and soul.
Every Saturday in April: 3, 10, 17, 24
5 - 7pm, donation.
Register: bhaktimarga.co.uk/events

Heart Love Meditation
As we meditate, we come to realise that we are not alone. Discover a deeper connection with ourselves, others and the universe.
Saturdays 10-11am, 3, 10, 17, 24.
Register: eventbrite.co.uk

Full Moon Transition Meditation
This is a monthly service activity that helps to create a more potent global network of light for both humanity and the planet, and the groups are linked together by an aspiration to serve the needs of the world.
Tuesday 27 April, 5 - 6pm :: free
More: transmissionmeditation.org

An Introduction to the Baha’i Faith
Thurs 29 April
8 - 9pm / free
An introduction to the teachings, history and practice of Baha’i.
Register: eventbrite.co.uk

Meditation for Europe
Online Meditation Class
Every Sunday 8.30 - 9.30am :: free
Guided by Sri Lankan Buddhist Monks  4, 11, 18, 25 April
Email: meditate.globe@gmail.com
Register: eventbrite.co.uk

Mass and Church Services in North Wales - livestreams via Zoom
More info from: northwales.com

In Conversation with David Attenborough by Earth Optimism
Discussing his hope for our planet, followed by a Q&A
Sunday 4 April / 2 - 3pm, free
Register: eventbrite.co.uk

In Conversation with David Attenborough
Discussing his hope for our planet, followed by a Q&A
Sunday 4 April / 2 - 3pm, free
Register: eventbrite.co.uk
People around the world are coming together to collectively reimagine our future.
Now is the time for the climate movement to reconnect! The **Global Just Recovery Gathering** is a three-day online event featuring interactive workshops, cultural sessions, and hands-on training. Build your skills, strengthen relationships, and hear from a powerful line-up of climate leaders, artists, and musicians in every corner of the world. Join us in designing a new path towards a better future for all.

**Friday 9th – Sunday 11th April**

Book your place: justrecoverygathering.org

**7 Day Ayurvedic Detox Retreat@Home** 10 - 17 April.
The process of ‘ama panchana’ is a simple ayurvedic detox programme. Book: janey@druworldwide.com druyloga.com

**Zoom Gong Baths** with Steph Healy
Sunday 11 April, 8 - 9.15pm, £16.50; + Recording to Keep
Book: bookwhen.com/omyoganorthwales

**Group Biofield Tuning Session**
Saturday 10 April 10 - 11am, £15, £4 concs. In Biofield Tuning Practitioners use tuning forks to locate and hear disturbances in the energy field / biofield.
Book: puresound.org

**The Earth Convention - Sustainable Cities ~ 5 x 15**
Wednesday 14 April
6pm / £16.76/concs available
A series of 5 x 15 minute online events bringing together world experts for online conversations, focusing on both the problems as well as the opportunities and the actions that we can all take. Speakers include: Chris Boardman, Isabel Dedring, Rohan Silva and Rosie Boycott.
Join up via : eventbrite.co.uk

**Online Courses with Field Studies Council**
* Thurs 8 April Plant Alert: Finding the Invasive Plants of the Future 2 - 3pm, £5.
* Weds 14 April Introduction to Hunting Wasps, 3 - 4pm, £5.
* Weds 21 April The Inside Out of Flies, 6 - 7pm, £5.
* Thurs 22 April Polling the Pollinators: Take part in the UK Pollinator Monitoring Scheme, 3 - 4pm, £5.
* Weds 28 April Some Like it Hot: Butterflies in a changing climate, 3 - 4pm, £5.
* Weds 28 April - Mon 31 May Discovering Earthworms - 4 week course, £20 - £60.
More: field-studies-council.org

**Compost Toilets : Live Online**
Get a good understanding of the principles, benefits and limitations of compost toilets.
Saturday, April 24 / 9.45am - 4.30pm, £65.
Book: cat.org.uk

**3 - 8 April Everyday Liberations** On this online retreat, we’ll focus on liberations with rediscovering your inspiration, renewing and deepening your meditation practice. For those who have some experience of meditation. Vajraloka Retreat Centre, Corwen 01490 460406, vajraoka.org

**17 - 23 April Dhyana through the Body** On this retreat, we’ll be suggesting approaches we’ve found to be helpful and effective in accessing dhyana (perfect equanimity). Vajraloka Retreat Centre, Corwen : vajraoka.org 🌿
Music in Springtime: Virtual Music Concert raising funds for the Young Minds Trust (Mental Health) Online, free Sunday 18 April / 5.30pm Register: eventbrite.co.uk

Sustainable Materials and the Circular Economy
Wednesday, April 14.
Environmental consultant, author and guest lecturer at CAT’s Graduate School of the Environment, Callum Hill, will discuss whether circular economies can really provide the answer to sustainable societies. 7.30 - 8.30pm includes Q&A, limited spaces, free webinar. Book: cat.org.uk

Online Lecture ~ Bethesda’s Bicentenary with John Llywellyn Williams & Lowri Williams. Celebrating Bethesda’s Bicentenary. Friday 16 April. More info on FB: Daucanmlwyddiant Bethesda Bicentenary

A Springtime Season of Exploring Nature Writing with the British Library
Friday 9 April: Bird is the Word with Helen Macdonald, Sam Lee and Bill Bailey. These authors share a fascination with birds and have spent hours in their company, studying their weird and wonderful ways, musing on the melodic beauty of their songs or reflecting on their place in human memory, love and loss. 7.30 - 8.30pm / £7.50.

Thursday 29 April: Dara McAnulty in Conversation with Lucy Siegle. The acclaimed teenage author and activist on the challenges facing his generation and why they must fight for the world they’ll inherit. 6.30 - 7.30pm / £5.

Thursday 29 April: I Belong Here: Anita Sethi in Conversation. Anita talks about her new book which transforms her personal experience into one of universal resonance, offering a call to action, to keep walking onwards, forging a path through and beyond pain. 8 - 9pm. Book a ticket for these and many others via: bl.uk

Kazuya Sato Concert - A Song of Cherry Blossoms in the Spring Breeze
Honpō-ji Temple in Kyoto will hold a spring performance, inviting acclaimed Japanese bamboo flute "Shinobue" artist Kazuya Sato. (Available to watch until 10th April 11.30pm BST)

Pop The Wave! Hokusai Wave Pop Art Workshop with Rie Takeda
Create and transform the well-known image of the Japanese Ukiyoe print - ‘Hokusai’s wave’ into the pop style! A template will be provided prior to the workshop. 2 - 5pm BST / £40.
Bookings for both events: eventbrite.co.uk

Gwaith Powdwr Updates
A presentation on the significant work done at Gwaith Powdwr Nature Reserve this winter to improve it for wildlife, heritage, and people. Friday 16 April / 4 - 5.30pm northwaleswildlifetrust.org.uk

Women’s Care Packages Network/Rhwydwaith Pecynnau Gofal Merched
A network of women sending and receiving small, anonymous care packages, to lighten our moods at this difficult time. Rhwydwaith o ferched yn anfon ac yn derbyn pecynnau gofal, i godi ein calonnau ni yn ystod yr amser anodd hwn. FB: Women’s Care Package Network or message: womenscarepackages@gmail.com

Women in Music: A Celebration
A concert in celebration of up and coming artists helping to inspire young women to get involved in music from a wide range of genres. Thursday 22 April | 7.30pm | £3.83. Book: eventbrite.co.uk
Virtual Writing House
with the National Portrait Gallery.
Create, connect and draw inspiration from the Portrait
Gallery’s collection. We will provide writing prompts, and/or
bring your own writing project-in-progress. We will write for
about 30 minutes and end each session with a brief discussion
Tuesdays 13 & 20 April, 5 - 6pm / free
Book: eventbrite.co.uk

Music Workshops Online:
with SOAS (School of Oriental
and African Studies)
Intensive and inspiring courses, workshops, taster sessions and
master classes for all.
Mon 26, Weds 28 & Fri 30 April
6 - 7.15pm / £50
Book: eventbrite.co.uk

Zero Carbon Britain:
Live Online
Connect with a
network of others working
and studying in the field
and explore the radical
changes needed to rise to
the climate challenge.
29 - 30 April £75 / £50
concession, 16 years+
Book: cat.org.uk

Nature Ideas for
Children: wildflower
bioblitz, wildflower
discovery card and
games with cards.
All resources printable
from:
http://natureswork.co.uk

Yr Afon Trail | Coed Y Brenin | 10.8KM
A favourite route for an all round family bike ride.
Part of the Coed Y Brenin centre, it is the green
trail. 10.8km which will take approx 3 hours to complete,
this really is a beautiful ride through the forest. The trail
takes you along open forest roads, passing waterfalls
and a disused gold mine. There are a couple of downhill
sections, so there is a chance for the kids to practice
their speed control, but all in a very safe and
car free environment. Link: mbwales.com

16km Caernarfon cycling route
alongside the Welsh Highland Railway on
the Lyn Peninsula (also known as the Lon Eifion
cycleway). The route gives views to Caernarfon Bay and
passes through Llanwnda, Groeslon (and near the
Glynllifon Country Park), through Penygros to the
village of Bryncir. Link: epicroadrides.com /
More ideas from: sustrans.org.uk

Ayurveda Immersion; Meditation for the
Doshas. Discussion & a short meditation.
26 April 6.30 - 7.45pm; each webinar
£25, full involvement £160. Info:
katharina@druworldwide.com

The Architecture of
Abundance
“We believe there is a simple
elegance to a political economy
in which people jointly set goals
for the good of their local and
global communities and then
allocate resources and efforts to
reach those goals ... some will see
the chance to co-create a new
reality based on values like
justice, fairness, empathy,
solidarity, non-violence,
compassion, interdependence,
and love for the universe.”
Read the full piece at:
oneproject.org

Stories from the Stars / Straeon o’r Sêr
by gan Gillian Brownson
The sky at night is a storybook, full of Myths and Legends.
Join Writer & Storyteller Gillian Brownson as she explores these
stories from the stars, some from Wales and some from further a
field, but all captivating as they twinkle above in the night sky.
Stories include: The Lady in Red from the Mabinogion; The
Horned Oxen (Taurus); 27 March
Andromeda / The Chained Lady on 3 April;
The Big Dipper / The Story of the Great Bear on 10 April.
All under 15 mins and suitable for 7+ years, plus previous
ones available to listen to at: venuecymu.co.uk

Home Decluttering - Free
April 21, Wednesday,
12noon-1pm
Get Started!
Register: eventbrite.co.uk

Comedy Club 4 Kids
Songs, silliness and improv
Saturday 10 April, 6+ years,
1.30pm, available via YouTube
or website with Zoom. £0-£20.
Link: theatclwyd.com

Do You Love Me Yet?
Friday 30 April / 7.30pm / free
A funny, touching, live theatre
experiment into human
intimacy.
Info: theatrclwyd.com
**Resurgence Talks**

31 March - Reclaiming Simplicity in a Complex World with Julia Hobsbawn OBE

28 April - The Last Useful Decade? From the frontline of the climate fight with Bill McKibben ～ 7.30pm / £6.50 each

Zoom / resurgenceevents.org/events

**In Conversation**

with Singer songwriters Tayo Akinbode, Daniel Lloyd and Lynwen Haf Roberts

Thursday 8 April 7pm / free
Live streaming with a chance to ask questions.
Tickets: theatrclywyd.com

**The Geology of Venus**

Thursday 22 April
Explore the landscapes and geology of Venus with Dr Peter Grindrod from the National History Museum. 5 - 6pm, £11.37. Tickets: eventbrite.co.uk

**Online Drawing Class/Dosbarth Iluniadu Bywyd Ar-lein**

with/gyda Mike Murray.

Wednesday 14 April / 7-9pm / £12. The focus is on line and proportion. Available from RCA Conwy. Register: 01492 593413

* You can also download activities for children based around painters talking and asking questions about their paintings. rcaconwy.org

**SAORImor Weaving Study Group** with Rosie Green

6 sessions. First session is on 7 April
For those who have a loom & basic skills. £90 for 6 x 2 hrs
saorimor.co.uk

**Monthly Online Gardener’s Club**

Thursday 8 April / 7 - 8.30pm / £6.50 each
Gardener’s Questions ~ Jobs To Do ~ Plants of the Month. Led by Esther Wolff
Register: eventbrite.co.uk

**Your Wild Food Year ~ April**

April 15, 7 - 8pm / £7
A monthly online session. Nettles, garlic mustard, beech leaves and more are awaiting the keen-eyed forager. There’s so much good stuff to be found in April and we want to help you make the most of it.
Book: woodlandclassroom.com

**The 2nd Annual National Antiracist Book Festival**

Celebrating the nation’s leading antiracist writers and helps to prepare the writers of tomorrow.
Sat 24 April | 2 - 11pm BST
Book: eventbrite.co.uk

**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

**Hollie McNish**

A Short Burst of Poetry
Every Sunday night, 9.30pm
live on Instagram - #holliepoetry

**Did you hear about the claustrophobic astronaut? He just needed a little space ...**

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with Rosie Green

6 sessions. First session is on 7 April
For those who have a loom & basic skills. £90 for 6 x 2 hrs
saorimor.co.uk

**Your Wild Food Year ~ April**

April 15, 7 - 8pm / £7
A monthly online session. Nettles, garlic mustard, beech leaves and more are awaiting the keen-eyed forager. There’s so much good stuff to be found in April and we want to help you make the most of it.
Book: woodlandclassroom.com

**The 2nd Annual National Antiracist Book Festival**

Celebrating the nation’s leading antiracist writers and helps to prepare the writers of tomorrow.
Sat 24 April | 2 - 11pm BST
Book: eventbrite.co.uk

**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

**Hollie McNish**

A Short Burst of Poetry
Every Sunday night, 9.30pm
live on Instagram - #holliepoetry

**Did you hear about the claustrophobic astronaut? He just needed a little space ...**

**SAORImor Weaving Study Group**

with Rosie Green

6 sessions. First session is on 7 April
For those who have a loom & basic skills. £90 for 6 x 2 hrs
saorimor.co.uk

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MAY

Upland Birds 1st. Betws y Coed, Nature’s Work; natureswork.co.uk / eventbrite.co.uk

Make a 3-Legged Stool 1st & 3rd. Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.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

Climbing Out! 6th - 10th. For those 30 years+ struggling to move forwards after a life changing injury or trauma. Based in Deiniolen. More: climbingout.org.uk

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

Introduction to Basket Weaving 15th & 16th. Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

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

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

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

Weaving Colours 20th - 23rd. Trigonos, Nantlle info@trigonos.org ~ trigonos.org See ad p. 5

Photography 20th, £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

Willow Animal Sculpture 22nd & 23rd. Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

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

Glaciation in Snowdonia 28th. Betws y Coed, Nature’s Work; natureswork.co.uk / eventbrite.co.uk

Build a Wildlife Garden 28th & 29th. CAT, Machynlleth 01654 705950, cat.org.uk

Mountain Environment 29th. Betws y Coed, Nature’s Work; natureswork.co.uk / eventbrite.co.uk

JUNE

Mountain Flowers of Snowdonia 30th. Betws y Coed, Nature’s Work; natureswork.co.uk / eventbrite.co.uk

JUNE

Mountain Flowers of Snowdonia - Environmental Workshop 2nd, 10am - 4pm, £45. Siabod Cafe, Betws y Coed. Book: eventbrite.co.uk

Greenwood Knife, Fork & Spoon 3rd - 4th. Held in Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

Blacksmithing: Hanger for flower basket or bird feeder 5th & 6th. Held in Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.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

Glass Fusing Introduction 19th & 20th. Held in Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

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

Zero Carbon Britain 23rd & 24th CAT, Machynlleth 01654 705950, cat.org.uk

Making Pallet Furniture 26th. CAT, Machynlleth 01654 705950, cat.org.uk

Build A Lapsteel Guitar 26th. CAT, Machynlleth 01654 705950, cat.org.uk

Fixing Your Damp House 26th & 27th. CAT, Machynlleth 01654 705950, cat.org.uk

Dive into Yoga / Yoga & Wild Swimming 28th - 2nd July. Info / Bookings: Laura Bell 07989 512859, info@thezestlife.co.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.

Space To Be (waiting list only please!) 8th - 11th. Trigonos, Nantlle, info@trigonos.org ~ trigonos.org. See ad p. 5

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

Stone Carving 10th & 11th. Held in Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk
**JULY (cont...)**

**Make a Cleft Oak Garden Gate** 16th - 18th. Held in Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

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

**Mindfulness in the Clwydians** with Way of Mindfulness 17th. Waen, Denbigh LL16 4BY

**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

**Early Summer Vision Quest** 4th - 15th. with Pippa Bondy, ancienthealingways.co.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

**Summer Wreaths & Garlands** 5th. Held in Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

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

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

**Greenwood Side Chair Makers** 14th - 18th or **Arm Chair Makers / Two Stool Makers** 14th - 19th. Held in Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.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.

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

**Pit Fired Ceramics** 21st - 25th. Held in Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.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

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**2021 Haf Paramethu Cymru - Permaculture Wales Gathering**

**Friday 10th - Sunday 12th September**

The details of this event are yet to be confirmed, but we believe it is time for Permaculture yet again to step ahead and try to offer solutions for a society waking up to it’s problems. Permaculture offers us solutions to nearly all our problems.

If you can offer a workshop or would like to see a certain topic covered please get in touch..

It will offer a varied programme of workshops, talks, discussions, videos, opportunities to share ideas and contacts, entertainment and food.

**Held at Henbant, Clynnog Fawr, Caernarfon LL54 5DF. 07786 316413, matt@henbant.org ~ henbant.org**

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**Sat-Chit-Ananda ~ Existence-Consciousness-Bliss.** It is not existence and consciousness and bliss; it is existence which is conscious of its own bliss.

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Olaitan Olawande from Bangor University has set up a business to provide public speaking workshops to young people across the UK. Her website [Practice What You Speak](http://www.practicewhatyouspeak.com) has already run workshops for 30 young people. Olaitan started her business with the help of Big Ideas Wales, part of Business Wales and part funded by the European Regional Development Fund through the Welsh Government. Their mission is to “empower the next generation leaders with the tools they need to speak effectively. The groups are run for three different age groups: 7-11, 12-17 and 18-24 years old.

If you are interested in booking them for a workshop visit: [practicewhatyouspeak.com](http://www.practicewhatyouspeak.com)
Educate Yourself ~ Find like-minded people ~ Have Fun ~ Never Give Up!

#ArtIsEssential: A UK-wide campaign to raise the profile of the visual arts. The purpose of the campaign is to ensure that policy and decision makers in local and national government understand the far-reaching impact that the visual arts have in our communities, and the huge contribution they make to our economy. The arts have been hit hard by the COVID-19 crisis and we know how important they are for the wellbeing of our nation, not to mention the many creative jobs and industries that rely upon a vibrant cultural landscape. Please support the Campaign - use the hashtag #artisessential when posting on social media and say what it means to you and/or your organisation.

You can find out how to be pro-active from: artisessential.art

Launch of new movement to eradicate litter and waste across Wales :: 28th May - 13th June Caru Cymru ~ Love Wales aims to inspire people to take action and care for the environment. We’re calling on everyone to take responsibility for the litter and waste they produce in a drive to create a cleaner, safer Wales. More from: keepwalestidy.com

Bangor & Ynys Môn Peace & Justice Group / Heddwch a Chyfiawder
Bangor & Ynys Môn Meets via Zoom every Monday. (Starts after Easter break on 12th April). You can join in the meetings by emailing mail@bangorpeace.co.uk / FB: Bangor & Ynys Môn Peace and Justice

Campaigns to stand up for Nature in the Light of the New Police, Crime, Sentencing and Courts Bill

The Wildlife Trusts: The ability of people to unite in standing up for wildlife is now more important than ever. Sign up: wildlifetrusts.org

Protect the right to protest: Nonviolent actions help us to win campaigns which protect our planet. Sign: secure.greenpeace.org.uk

Llanrug to Bethel Cycle Paths Petition to Gwynedd Council
* Sign up for the council to build a cycle path/walkway to avoid having to use a narrow connecting road.
SIGN: you.38degrees.org.uk

“100% of global warming is down to human activity. Without human influence, the climate would likely have cooled slightly over the last 50 years.” There is hope though; renewables have taken over fossil fuels for the first time. Wales is the first country that has a law to protect future generations. Our climate and natural world are in crisis, threatening our communities, our ways of life, and our beautiful Welsh places.

In November, world leaders will gather for the UN Climate Summit with the future of our communities in their hands. We need to show them we care.

More: climate.cymru
See article Page 8

38 DEGREES
people. power. change.
**Art and Exhibitions**

**Storiel Easter Egg Project :: Prosiect Wyau Pasg Storiel**

Faberge Easter Egg project creating and learning from Christian and Jewish traditions, taking inspiration from the collection of the Wartski family jewellers of Bangor and Faberge eggs. 50 volunteers will decorate wooden eggs for inclusion in an online exhibition. From 27th March. Storiel, Bangor. More storiel.cymru

**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

**Jane Ford, Chloe Holt @ 40 & David Lloyd Griffith**

Until 21st April. Followed by Carl Melegari, William Selwyn & Iwan Gwyn Parry 25th April - 19th May. Ffin y Parc Gallery, Betws Road, Llanrwst, Conwy. LL26 0PT, 01492 642070, welsh.art

**RNLI Coastal & Maritime Mixed Show Exhibition**

We plan to open in mid-April. Meantime, you can see the exhibition online. Oriel Ty Meirion, Y Brief Heol, Dyffryn Ardudwy LL44 2DH. 01341 247541, mima@tymeirion.co.uk ~ tymeirion.co.uk

**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

**Howard Coles, Lisa Eurgain Taylor, Caroline Atkinson & Paul Emmanuel**

From end of March. Oriel Plas Glyn y Weddw, Llanbedrog, Pwllheli LL53 7TT. 01758 740763, enquiry@oriel.org.uk FB: Oriel Plas Glyn y Weddw

**Shoreline Snood by Iona Pickard. Go to:**

tymeirion.co.uk

**Trigonos presents: A Special Exhibition of Weaving by Eta Ingham-Lawrie**

2nd - 5th June

Trigonos, Nantlle

info@trigonos.org ~ trigonos.org

Please check with the Galleries about opening times.
*Watch*

* **Ara Deg 2020 Virtual Festival** Musical performances from Gruff Rhys, Brìghde Chaimbeul, N’famady Kouyaté ++; available to watch: neuaddogwen.com

* **Slice** Short free docs about curious lives: discoveries, astounding info, unusual stories, weird, fun and instructive; Himalayas, Beavers, the Celestial Dance of Bhutan; Nature, Nomads, Fascinating Earth, and much more. YT: Slice and Fascinating Earth | Slice

* **Welsh Traditional Music** Wales has a whole ton of music, songs, and traditions that have ancient origins, including the Mari Lwyd and the world’s oldest harp music. YT: Welsh Trad Music | A Beginner’s Guide

* **A Interview with Jung** 40 mins. YT: Face to Face / Carl Gustav Jung (1959)

* **Reasons to be Optimistic** Over 1000+ TED Talks & videos to celebrate our amazing world. Explore: everwideningcircles.com / ted.com

* **The Story of Welsh Art** Available on BBCiplayer or on YT / 1hr

* **Welsh Slate Carvings - Storiel’s Carved Slates** The history of the quarry where the slate came from and how they were carved. / 5 mins Visit: storiel.cymru

* **A Simpler Way: Crisis as Opportunity** / 1hr 18mins follows a community in Australia who have come together to explore and demonstrate a simpler way to live in response to global crises. YT: A Simpler Way: Crisis as Opportunity

* **17 Years Living Off-Grid** / 13 mins Short film on living simpler on an island built with salvaged materials. YT: 17 Years Living Off-Grid


*Listen*

**Intentional Living Podcasts:** The Slow Home Podcast, Low Tax Life, Green Dreamer; & more on wellbeing & sustainability issues. Free. Info: thegoodtrade.com

**Poetry Unbound** A podcast by poet Pádraig Ó Tuama. More: onbeing.org

**Roots Reality Reggae & Dubwise** Live show on Sundays 7 - 10pm or listen to archives: consciousradio.net

*Read*

* **Understanding One’s Spiritual Aim** Spiritual Aspiration and Practice by Swami Krishnananda. “Every person in the world has some aim or motive, a purpose before himself or herself, without a consciousness of which no one would even lift a finger.” Listen or read at: swami-krishnananda.org

* **Welsh Community Radio:** Rising to the Coronavirus Challenge. Steve Johnson and Paul Atkins analyse the impact of the pandemic on community radio stations in Wales and the critical role it has played in addressing local needs. Find the article on: iwa.wales / the welsh agenda

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

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

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

  **The Canary** - Campaigning journalism that informs and empowers people to change their world. thecanary.co

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

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

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

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

  **The Conversation** Academic rigour, journalistic flair: theconversation.com

  **Factchecking** for more than 180 years. factcheck.afp.com
Wherever there is human judgement, there is Noise. This fascinating book is a groundbreaking exploration of why people make bad judgements, and how through controlling both noise and cognitive bias, you can make better ones.

Imagine that two doctors in the same city give different diagnoses to identical patients - or that two judges in the same court give different sentences to people who have committed the same crime. Suppose that different food inspectors give different ratings to indistinguishable restaurants - or that when a company is handling customer complaints, the resolution depends on who happens to be handling the particular complaint.

Now imagine that the same doctor, the same judge, the same inspector, or the same company official make different decisions, depending on whether it is morning or afternoon, or Monday rather than Wednesday.

These are examples of noise: variability in judgements that should be identical. The authors’ show how noise helps produce errors in many fields, including medicine, law, public health, economic forecasting, food safety, forensic science, bail verdicts, child protection, strategy, performance reviews and personnel selection.

And although noise can be found wherever people make judgements and decisions, individuals and organisations alike commonly ignore its role in their judgements and in their actions. They show “noise neglect.”

With a few simple remedies, people can reduce both noise and bias, and so make far better decisions. Noise explains how and why humans are so susceptible to noise in judgement - and what we can do about it.

Daniel Kahneman is the Eugene Higgins Professor of Psychology at Princeton University, Olivier Sibony is Professor of Strategy and Business Policy at HEC Paris and Cass Sunstein served on President Obama’s Review Group on Intelligence and Communications Technologies.

readnoise.com
On March 6th 1995, WIRED magazine’s executive editor and resident techno-optimist Kevin Kelly went to the Greenwich Village apartment of the author Kirkpatrick Sale. Kelly had asked Sale for an interview. But he planned an ambush. Kelly had just read an early copy of Sale’s upcoming book, called Rebels Against the Future. It told the story of the 19th-century Luddites, a movement of workers opposed to the machinery of the Industrial Revolution. Before their rebellion was squashed and their leaders hanged, they literally destroyed some of the mechanised looms that they believed reduced them to cogs in a dehumanising engine of mass production. Sale adored the Luddites. In early 1995, Amazon was less than a year old, Apple was in the doldrums, Microsoft had yet to launch Windows 95, and almost no one had a mobile phone. But Sale, who for years had been churning out books complaining about modernity and urging a return to a subsistence economy, felt that computer technology would make life worse for humans. Sale had even channeled the Luddites at a January event in New York City where he attacked an IBM PC with a 10-pound sledgehammer. It took him two blows to vanquish the object, after which he took a bow and sat down, deeply satisfied.

Kelly hated Sale’s book. His reaction went beyond mere disagreement; Sale’s thesis insulted his sense of the world. So he showed up at Sale’s door not just in search of a verbal brawl but with a plan to expose what he saw as the wrongheadedness of Sale’s ideas. Kelly set up his tape recorder on a table while Sale sat behind his desk. They argued about the Amish, whether printing presses denuded forests, and the impact of technology on work. Sale believed it stole decent labor from people. Kelly replied that technology helped us make new things we couldn’t make any other way. “I regard that as trivial,” Sale said.

Sale believed society was on the verge of collapse. That wasn’t entirely bad, he argued. He hoped the few surviving humans would band together in small, tribal-style clusters. They wouldn’t be just off the grid. There would be no grid. Which was dandy, as far as Sale was concerned. “History is full of civilisations that have collapsed, followed by people who have had other ways of living,” Sale said. “My optimism is based on the certainty that civilisation will collapse.”

That was the opening Kelly had been waiting for. In the final pages of his Luddite book, Sale had predicted society would collapse “within not more than a few decades.” Kelly, who saw technology as an enriching force, believed the opposite - that society would flourish. Baiting his trap, Kelly asked just when Sale thought this might happen.

Sale was a bit taken aback - he’d never
put a date on it. Finally, he blurted out 2020. It seemed like a good round number.

Kelly then asked how, in a quarter century, one might determine whether Sale was right.

Sale extemporaneously cited three factors: an **economic disaster** that would render the dollar worthless, causing a depression worse than the one in 1930; a **rebellion of the poor against the monied**; and a **significant number of environmental catastrophes**.

“Would you be willing to bet on your view?” Kelly asked.

“Sure,” Sale said.

Then Kelly sprung his trap. He had come to Sale’s apartment with a $1,000 cheque drawn on his joint account with his wife. Now he handed it to his startled interview subject. “I bet you $1,000 that in the year 2020, we’re not even close to the kind of disaster you describe,” he said.

Sale barely had $1,000 in his bank account. But he figured that if he lost, a thousand bucks would be worth much less in 2020 anyway. He agreed. Kelly suggested they both send their cheques for safekeeping to William Patrick, the editor who had handled both Sale’s Luddite book and Kelly’s recent tome on robots and artificial life; Sale agreed.

“Oh, boy,” Kelly said after Sale wrote out the check. “This is easy money.”

**Twenty-five years later, the once distant deadline is here...**

For more than two decades, the two bettors didn’t speak. But as the deadline drew near, Kelly set out to contact Sale. When Kelly eventually reached him by email, Sale was surprised to hear from his old adversary and shared the news that he was writing a book about the bet.

The book was called *The Collapse of 2020* - and yes, the neo-Luddite’s latest work is available on Kindle. In fact, Sale has made compromises with technology. He recently moved back to Ithaca with his wife to be near family. He does have a computer, as well as a printer, a landline, a stove, two televisions, and four radios. He draws the line at microwaves and smartphones.

In May 2020, Sale and Kelly settled on the terms of the decision. Their editor, Bill Patrick, would name the winner. Kelly proposed that Patrick wait until the last day of the year to issue his verdict, giving civilisation every possible chance to self-destruct. Kelly wrote up a four-page essay to press his case. Sale suggested that Patrick read his book. Patrick had free rein in making the determination.

When Sale and Kelly made the bet, they had assumed that by 2020 the winner would be obvious. Maybe all it would take was a look around: Is civilisation still here, or not? It clearly is still kicking around. But the pandemic, its economic consequences, and the worsening climate crisis have made things interesting. What would Patrick say?

Bill Patrick lives outside of Boston, editing, ghostwriting, and book-doctoring on a freelance basis. He’s long since left his old job at the textbook publisher where he got to know Kelly and Sale. But when Kelly asked him if he still had the cheques from the 25-year-old bet, he knew just where to look. He pulled open a file cabinet in his home office, flipped to a manila folder, and there were the two cheques, preserved in a ziplock bag.

Patrick has his own views on technology.
“I’m from the ’60s,” he says. “When computers came along, I did not view them as the next wave of liberation.” He appreciates the beauty of engineering but disdains what he feels is the arrogance of technology people. “And now the evils are very apparent,” he says. He is not on Facebook and uses a simple cell phone, not a smartphone.

In early December he began writing up his decision. Despite his wariness toward tech, he had no intention of jumping on the current techlash bandwagon. Instead, the bet was constructed on three clear conditions, and Patrick would consider each one separately, as if judging a boxing match round by round.

★ Economic Collapse. Sale predicted flatly that the dollar and other accepted currencies would be worthless in 2020. Patrick points to the Dow at 30,000 and the success of new currencies such as Bitcoin. “Not much contest here,” Patrick writes. Round goes to Kelly.

★ Global Environmental Disaster. Kelly tried to argue that despite worsening climate change, people are still living their lives pretty much as usual. “If this is a disaster, that is not evident to Earth’s 7 billion inhabitants,” Kelly wrote in his four-page argument. But Patrick isn’t convinced. “With fires, floods, and rising seas displacing populations; bugs and diseases heading north; ice caps melting and polar bears with no place to go; as well as the worst hurricane season and the warmest year on record, it’s hard to dispute that we are at least ‘close to’ global environmental disaster,” Patrick wrote in his final decision. This one is Sale’s.

★ The War Between Rich and Poor. Sale’s book cites devastating statistics on income inequality and the frayed social fabric. If he had written his book after the pandemic, the picture would be even worse. But are the classes at war? Patrick notes that in the decades since Kelly and Sale made the bet, breathtaking economic development has reshaped China and India, among other countries. On the other hand, he points to undeniable social unrest, even in the United States, with Trumpites taking to the streets with semiautomatic weapons, and massive protests against police abuses. He calls this round a toss-up, with an edge to Sale.

Round by round, the outcome would seem to make it a draw. But Patrick stuck to the language of the original bet. In that fateful Greenwich Village encounter, Sale called for a convergence of three disasters. “Kirk must hit the trifecta to win, meaning that all three horses of his apocalypse must come through,” Patrick wrote. “Only one of his predictions was a winner; one came in neck and neck; and one was way back in the pack.”

So on December 31 2020, Patrick declared Kelly the winner in an email to the bettors. “But it’s a squeaker and not much cause for celebration,” he concluded.

Kelly wrote to Sale on New Year’s Day, instructing him to direct the $1,000 to Heifer International, a nonprofit that gives away breeding pairs of animals. Sale puzzled him by replying, “I didn’t lose the bet.” Kelly assumed he hadn’t seen Patrick’s decision, and he had the editor resend it.

But Sale had read it - and rejected it. “I cannot accept that I lost,” he wrote to Patrick. “The clear trajectory of disasters shows that the world is much closer to my prediction. So clearly it cannot be said that Kevin won.”

Kelly warns Sale that history will recall him as a man who doesn’t honour his word. But Sale doesn’t believe that there will be a history... For Kirkpatrick Sale, collapse is now, and all bets are off...

The full version of this article can be found at WIRED

Stephen Levy has been writing about technology for more than 30 years and has written seven books. His latest is “In The Plex” - the story of Google.

d Wired.com
When I met Andreas Weber ten years ago, I was amazed at his audacity in challenging the orthodoxies of Darwinism and conventional biology. Only later did I realise how much his thinking about living biological organisms has to say about the subject close to my heart: the commons.

Andreas is a theoretical biologist and ecophilosopher based in Berlin, Germany, who proposes that science study a mostly unexplained and radical phenomenon - aliveness!

Weber rejects the neoDarwinian account of life as a collection of sophisticated, evolving machines, each fiercely competing with maximum efficiency to be the fittest in the laissez-faire market known as “nature.” Instead, Weber outlines a different story of evolution, one in which living organisms are inherently creative and expressive in their struggles to thrive. This struggle is not just about competition, but about symbiotic, enduring cooperation.

This re-framing of the evolution story not only forces us to rethink how life emerges and evolves, but how our entrenched categories of thought about the political economy – nature as the template for our nasty, brutish free-market economy – is simply wrong.

For Weber, life and evolution cannot really be discussed without talking about the “subjectivity” and creative agency of all living organisms. That’s because life is not a collection of fighting machines; it’s a dynamic web of living organisms engaged in a creative drama of interdependency. The heart of the evolutionary drama, Weber insists, is the quest of all living systems to express what they feel and experience, and in so doing, adapt to the world and change it.

If I may crudely summarise Andreas’ thinking in a sentence or two: relationality, aliveness, subjectivity, and wholeness are central to the functioning of healthy living systems. But western, modern Enlightenment thinking (including conventional science) and capitalism don’t get it. They are determined to disassemble wholes into their component parts, regard causation in fairly simple, mechanical terms, and to objectify life and assign it essential traits.

Andreas argues that this mindset is far too parochial. It helps explain why modern societies have failed to deal effectively with the pandemic, climate change, and other ecological crises.

He argues that “the insistence of western culture to rely only on a material science and to declare aliveness an illusion is a colonisation of the living cosmos. This severs humans from their aliveness and destroys the lives of other beings - humans and non-humans alike.”

Indigenous cultures can help guide us through a process of “western self-decolonisation” and a realisation of a new understanding of the Anthropocene, in which human and non-human agency working together contribute to “a fecund earth.”

David Bollier is an activist, scholar, and blogger who is focused on the commons.

bollier.org
Humans are brilliant at coming up with solutions. But often these bring new problems that require their own solutions — that bring their own problems. It’s like the old lady who swallowed a fly in the children’s rhyme.

Civilisation, essentially, has been a project to control natural systems: a river that is in the wrong place for us; earth that is too wet, or not wet enough; forests that we replace with monocultures of food, and so on. But natural systems are not compliant, and the unintended consequences of our changes require further fixes. The result is a world dominated by human influence, the Anthropocene epoch. Our problems are global and so, too, are our fixes.

These cascades of geoengineering are the subject of the new book from Elizabeth Kolbert, Pulitzer-prizewinning environment reporter at The New Yorker. Under A White Sky looks at what people are doing to address the catastrophes that Kolbert described in two previous books - climate change (Field Notes From A Catastrophe) and biodiversity loss (The Sixth Extinction). She tours a range of experiments, from the restorative to the radical, across the United States, Europe and Australia. The result is an arresting montage of just how hard it is to return balance to our exquisitely interconnected biosphere, and the extraordinary efforts people go to in the attempt.

Kolbert visits the mighty Chicago River system in Illinois, which was re-plumbed to discharge the city’s sewage, with major tributaries rerouted and even reversed. Here, she documents efforts to prevent an invasive fish species - deliberately introduced into the Mississippi River basin - from causing havoc to the newly connected Great Lakes ecosystem. These include electrifying sections of river, fish-hunting carnivals and a range of madcap inventions, such as a “disco” noise-and-jet water barrier and sweet treats used as bait.

Further south, in coastal Louisiana, she finds engineers planning a multibillion-dollar artificial river system to replicate the former flows of the powerful Mississippi. Excessive tinkering with the river, straightening it and creating flood defences have caused the land to sink and disappear, because alluvial soils are no longer replenished by regular sediment dumps. As a result, New Orleans is rapidly shrinking; smaller settlements have already been abandoned. As in her New Yorker essays, this is Kolbert at her most compelling - producing visceral, engrossing journalism with clear explanations of both science and social context.

An element of the ridiculous is ever-present in the dance between human hubris and desperation. Kolbert orchestrates this comic strand with aplomb, never sacrificing empathy or the humanity of her characters. It is only a shame that the focus is entirely on problems and solutions in rich countries, given the global nature of the Anthropocene and the inequity of its burdens.
In the Mojave Desert, Nevada, she visits an expensively created, fully staffed, artificial pond cave, built to try to conserve a minuscule fish that humans have made critically endangered in the wild. In an aquatic laboratory in Australia, she observes coral spawning, cued by a simulated romantic sunset. This is the prelude to an in vitro fertilisation programme that researchers hope will help to save the Great Barrier Reef from its calamitous decline in the wake of global heating. At one point, Kolbert wryly notes “how much easier it is to ruin an ecosystem than to run one”.

Kolbert meets genetic engineers hoping to replace struggling species such as endangered corals with ones modified to tolerate our environmental changes. Of this dramatic, ecosystem-altering step, one of the researchers points out: “We’re constantly moving genes around the world, usually in the form of entire genomes.” Consider the Peruvian potatoes planted in Europe’s fields or the domestic cats introduced by Europeans to New Zealand, where they have contributed to the extinction of at least nine native bird species.

Saving a fish species is hard, a coral-reef ecosystem immeasurably harder, but the ultimate challenge is fixing the global climate. Kolbert looks at geoengineering techniques to suck carbon dioxide from the air and store it, visiting facilities in the United States and Iceland. Options for ‘negative emissions’ were what finally got the 2015 Paris climate treaty over the line. The agreement to limit greenhouse-gas emissions factors in solutions such as planting forests to take up CO2 as they grow, and capturing industrial emissions at their source, then burying them.

The agreement does not mention more radical ‘hard geoengineering’ techniques to cool the climate, although research has been under way for decades. Kolbert talks to those studying methods to reflect the Sun’s heat, including spraying light-scattering calcite into the stratosphere, which would produce the white sky of the book’s title. This would be a drastic step. Yet, the extent of global heating brings its own terrible risks, which geoengineering could alleviate. “Doesn’t it have to be considered?” she asks, but can’t bring herself to answer.

There’s a grim fatalism to all this. We are so far down this path of global change that to turn back now is unthinkable, even impossible — like the old lady of the rhyme, who inevitably swallows the horse. Kolbert lays out this paradox perfectly. But she does so in the detached manner of an observer: always the reporter, documenting events but never asserting her own opinion.

The book ends abruptly when the coronavirus ruins her plans for further research trips, leaving as much unresolved within its pages as outside them. It is, then, a superb and honest reflection of our extraordinary time.

This review was first published in nature.com

Gaia Vince is a freelance science reporter and author of Transcendence ~ How Humans Evolved Through Fire, Language, Beauty & Time. wanderinggaia.com
In past articles, I have written about the many opportunities that the changes in the world brought about by Coronavirus - especially in the first lockdown brought us as a society. And how on a bodily level, a view of health not as absence of disease, but as a vitalistic state of being could give us all the tools to ensure we were in the very best of condition to deal with the challenges ahead.

That was almost a year ago now, and the strange agent of change that appeared in our lives a year ago is still with us. Three lockdowns and much emotional turmoil later, we are still here trying to make sense of what to do now. I would argue that whether we have been infected by Coronavirus or not, we have all been affected by it. Though its gift to us as a society may well be to show us new and possibly better ways of living our lives, the last year has undoubtedly taken its toll on us all. There is nothing quite so tiring or stressful as having to change and adapt without knowing fully what the changes will be or how our lives will be in the future; whether that is in a few weeks or next year.

I would like to reintroduce an almost forgotten idea to you - the art of convalescence. In the modern world we have developed a mindset where tiredness, emotional upset, and even our physical health are concerns that need to be 'patched up' with quick fixes to get us 'back on our feet' and 'back to work'. It was not always the case: in the past we realised, much more so than today, that in order to gain a lasting improvement to our health, or recovery from disease, one of the most essential medicines was time. Time spent actively promoting the recovery process by taking it very easy, being gentle to ourselves, and giving supportive or curative treatment to regain our strength.

With talk of lockdowns being lifted, and a return to normal life there is a great temptation to 'hit the ground running' and get back into the swing of a more outwardly focused life once more. I know that I keenly feel the need to start living my life in a more outwardly focused and active way once again! But as a society, and as individuals, the last year has taken its toll on us. If nothing else, the stress of not knowing what may come next, has been a cause of stress to us all, not to mention the privations of losing close, physical contact with loved ones, employment and money worries, and to top it off an infectious disease running amok through society!

I would suggest that as a society and as individuals who have gone through a hard year, we need a period of group and individual convalescence. An opportunity to take stock of all that has happened - and to give ourselves time to re-find our Centre: a chance to make sense of all that has happened and understand where we are as humans being.

Stress is a corrosive substance to the vitality of our being on all levels: it literally suppresses our physical, not to mention mental and spiritual health. Over the last seven years of clinical practice, I have learnt that people's health and vitality is often at its lowest ebb not in the depths of midwinter - but in early Spring, before we
have had a chance to bounce back from the winter slump. This effect is even stronger this year in the aftermath of the Covid crisis.

So my prescription for everyone reading this article is to take some time to actively convalesce from the past year. Take the time to sit down and ask yourself, what you need in order to be healthy - on all levels of your being. Make a list of requirements that come to mind (for what comes to mind is often what the body is trying to tell you!) to be truly healthy and well. If possible take action - where you are able - in order to make a positive change to support your health and wellbeing.

Now is a great time to look at toxic patterns of thinking and behaviour: the bad habits we often ignore. To reconsider our diet and ask ourselves if we are giving ourselves the nutrition we need rather than want. To think about our physical strength and whether we are getting the right amount of exercise? Are we doing too much - or too little?

To turn our attention to our sleep and comfort in sleeping… for this is the foundation of rest and health. You would be surprised at how good an investment in rejuvenation buying a new mattress or pillow can be if it improves our sleep, and in turn our ability to rejuvenate our bodies!

Turn your attention to nature and the restorative tonic that wild food and natural spring tonics can be. The purpose of this article is not to talk about foraging, but I will give you a jumping off point: look up spring tonic herbs online, and what wild foods are growing in the hedgerow and woodland. These will give you a physical spring tonic and much needed high-quality nutrition to get the fresh new season off to a sound start.

Lastly, be kind to those around you, but most of all yourself. We have all had a strange year: Let’s actively make an effort to recover from it by looking after ourselves and giving each other - but most importantly ourselves* some care and attention.

I wish you health, vitality, and happiness for the start of Spring!

*This is critical as if we do not look after ourselves, we can’t hold others in our care!

**Dafydd Monks holds a degree in Western Herbal Medicine, and is a practitioner and herbal medicine educator. He is a fervent advocate of empowering people to take control of their health and make lasting positive changes to their health, life, and vitality! Contact me as below:**

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**Full Moon Meditation Network**

Full moons:
- Aries: March 28th at 7:48pm (Easter Festival)
- Taurus: April 27th at 4:31am (Wesak Festival)

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**The Great Invocation**

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

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

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

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

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

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INSPIRATIONAL FOOD IDEAS

Plant-based recipes and ideas from Beach House Kitchen - Plenty of ideas for vital nourishment. Check out: beachhousekitchen.com or Facebook of same name

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

Even in the most ancient times, people understood the significance of the heart. They regarded the heart as the dwelling of God. Indivisible from the Good is the teaching of the heart. So, when we speak of the heart, we are speaking about the Beautiful. But in the New World, everything must be directed toward the Good. The heart must accustom itself to the active power of goodness. As experienced warriors, (we) should recognise the power of the Good; affirm the path of knowledge; and recognise and practice the creative principle of the Good.

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We are Survival International, the global movement for tribal peoples. We are fighting for their survival around the world.

The Right Honourable Boris Johnson
Prime Minister
10 Downing Street
London
SW1A 2AA

20 March 2021

Dear Prime Minister,

Re: The 30% protected areas target – a disaster for tribal and indigenous peoples and biodiversity

Survival International, the global movement for tribal peoples, is extremely concerned by the goal, supported by you and your government, of transforming 30% of the planet into “protected areas” by 2030.

The 30% target is being erroneously presented as a solution to reducing biodiversity loss and mitigating climate change. The creation of protected areas follows the colonial model of “fortress conservation” and leads to serious human rights violations against indigenous and local peoples. These include land grabbing, evictions, torture and killings at the hands of park guards, supported by conservation organisations like WWF and WCS.

The 30% plan would lead to the biggest land grab in history – violating the rights of over 300 million people. These will include the most vulnerable communities on the planet, who have contributed least to the climate crisis. It will not protect biodiversity or mitigate climate change. Evidence shows that when tribal and indigenous peoples’ rights to their ancestral territories are guaranteed, they are the best guardians of nature, yet the current plan does not provide any guarantee for the rights of tribal and indigenous peoples or for local communities. Their territorial rights and their rights to self-determination and to free, prior and informed consent, which are enshrined in international law, must be guaranteed and respected.

By co-chairing the High Ambition Coalition for Nature and Peoples, which is pushing the 30% target; and by hosting the G7 and COP26 summits this year, the UK is in a uniquely strong position to influence the debate. Therefore, we call on you to abandon support for the colonial and racist model of fortress conservation and we urge you to use your leadership to ensure that the rights of tribal and indigenous peoples are respected, along with strong, enforceable guarantees.

Indigenous peoples are the best conservationists and ensuring their rights must be the main tool for protecting biodiversity. For tribal peoples, for nature, for all humanity.

Yours sincerely,

Caroline Pearce
Director