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“only integrity is going to count”

Buckminster Fuller
May 2021

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www.femkevangent.art

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Network News cic, Pwllheli
Welcome to the May Network News. Buckminster Fuller studied our planet as thoroughly as anyone in the last century. He died in 1983 - five years before the IPCC* was even established - yet spent his final years explaining how humanity was living on a knife-edge, but with a tiny window of hope. At age 87 he spoke unscripted for hours at a time, to mainly youthful audiences, many of whose lives were shaped by the experience. His last events were “Integrity Days” with the seed thought: “Only Integrity Is Going To Count”.

His use of the word “Integrity” was multi-faceted - just like the geodesic forms he is usually remembered for. It was at once scientific, spiritual, personal, universal and - above all - practical. He had spent his life trying to determine the role of “Humans In Universe”. He concluded that humans have exceptional access to Mind, which gives us the means to grasp and apply those universal principles that permeate Everything Everywhere. Harvard-style science prefers to study a nice solid brain rather than the elusive “Mind”. You can slice and measure a brain, and write impressive papers about it, but Mind tends to slip through the fingers and lead to poetry or epiphany! Bucky had been thrown out of Harvard so he could deal with “Mind” directly, out of range of peer ridicule.

Bottom line: if we have this privileged access to the rules of the Universe, but don’t bother to study them or apply them for the benefit of all beings… we are not doing what we are here for. And Universe, being infinitely abundant will have to recycle humanity and try again somewhere, somewhen! So: to act with Integrity is to do what we are here to do, as whole-heartedly as possible, while refusing to be deluded or distracted by any lesser purpose...

Blessings to all Beings

*The Intergovernmental Panel on Climate Change
All too often, we behave as if we are gods. Foolishly, we have made a religion of science. We have forgotten that in a world of unknowables, the application of science is necessarily tentative and ideological. It is a tool, one of many that we can use to understand our place in the universe, and one that is easily appropriated by the corrupt, by the vain, by those who seek power over others, by those who worship money.

Until relatively recently, science, philosophy and theology sought to investigate the same mysteries and answer the same existential questions. Through much of history, they were seen as complementary, not in competition.

Today, Rene Descartes is best remembered for his famous – if rarely understood – dictum: “I think, therefore I am.” Four hundred years ago, he believed he could prove God’s existence through his argument that mind and matter are separate. Just as human bodies were distinct from souls, so God was separate and distinct from humans.

We can briefly grasp how strong the continuing grip of his thinking is on us when we are confronted with more ancient cultures that have resisted the west’s extreme rationalist discourse – in part, we should note, because they were exposed to it in hostile, oppressive ways that served only to alienate them from the western canon.

Hearing a Native American or an Australian Aboriginal speak of the sacred significance of a river or a rock – or about their ancestors – is to become suddenly aware of how alien their thinking sounds to our “modern” ears. It is the moment when we are likely to respond in one of two ways: either to smirk internally at their childish ignorance, or to gulp at a wisdom that seems to fill a yawning emptiness in our own lives.

Descartes’ legacy – a dualism that assumes separation between soul and body, mind and matter – has in many ways proved a poisonous one for western societies. An impoverished, mechanistic worldview treats both the planet and our bodies primarily as material objects: one a plaything for our greed, the other a canvas for our insecurities.

The British scientist James Lovelock who helped model conditions on Mars for NASA so it would have a better idea how to build the first probes to land there, is still ridiculed for the Gaia hypothesis he developed in the 1970s. He understood that our planet was best not viewed as a very large lump of rock with life-forms living on it but distinct from it. Rather Earth was as a complete, endlessly complex, delicately balanced living entity. Over billions of years, life had grown more sophisticated, but each species, from the most primitive to the most advanced,
was vital to the whole, maintaining a harmony that sustained the diversity.

Few listened to Lovelock. Our god-complex got the better of us. And now, as the bees and other insects disappear, everything he warned of decades ago seems far more urgent. Through our arrogance, we are destroying the conditions for advanced life. If we don’t stop soon, the planet will dispose of us and return to an earlier stage of its evolution. It will begin again, without us, as simple flora and microbes once again begin recreating gradually – measured in aeons – the conditions favourable to higher life forms.

The abusive, mechanistic relationship we have with our planet is mirrored by the one we have with our bodies and our health. Dualism has encouraged us to think of our bodies as fleshy vehicles, which like the metal ones need regular outside intervention, from a service to a respray or an upgrade. The pandemic has only served to underscore these unwholesome tendencies.

“Holistic” medicine still struggles to be taken seriously. Faced with a fear-inducing pandemic, the medical establishment has inevitably reverted even more strongly to type. The virus has been viewed through a single lens: as an invader seeking to overwhelm our defences, while we are seen as vulnerable patients in desperate need of an extra battalion of soldiers who can help us to fight it off. With this as the dominant framework, it has fallen to Big Pharma – the medical corporations with the greatest firepower – to ride to our rescue.

Vaccines are part of an emergency solution, of course. They will help save lives among the most vulnerable. But the reliance on vaccines, to the exclusion of everything else, is a sign that once again we are being lured back to viewing our bodies as machines. We are being told by the medical establishment we can ride out this war with some armour-plating from Pfizer, Moderna and AstraZeneca. We can all be Robocop in the battle against Covid-19.

But there are other ways to view health than as an expensive, resource-depleting technological battle against virus-warriors. Where is the focus on improving the ever-more nutrient-deficient, processed, pesticide-laden, and sugar and chemical-rich diets most of us consume? How do we address the plague of stress and anxiety we all endure in a competitive, digitally connected, no-rest world stripped of all spiritual meaning? What do we do about the cosseted lifestyles we prefer, where exertion is a lifestyle choice renamed as exercise rather than integral to our working day, and where regular exposure to sunshine, outside of a beach vacation, is all but impossible in our office-bound schedules?

For much of human history, our chief concern was the fight for survival – against animals and other humans, against the elements, against natural disasters. Technological developments proved invaluable in making our lives safer and easier, whether it was flint axes and domesticated animals, wheels and combustion engines, medicines and mass
communications. Our brains now seem hardwired to look to technological innovation to address even the smallest inconvenience, to allay even our wildest fears.

So, of course, we have invested our hopes, and sacrificed our economies, in finding a technological fix to the pandemic. But does this exclusive fixation on technology to solve the current health crisis not have a parallel with the similar, quick-fix technological remedies we keep seeking for the many ecological crises we have created?

Global warming? We can create an even whiter paint to reflect back the sun’s heat. Plastics in every corner of our oceans? We can build giant vacuum-cleaners that will suck it all out. Vanishing bee populations? We can invent pollinator drones to take their place. A dying planet? Jeff Bezos and Elon Musk will fly millions of us to space colonies.

Were we not so technology obsessed, were we not so greedy, were we not so terrified of insecurity and death, if we did not see our bodies and minds as separate, and humans as separate from everything else, we might pause to ponder whether our approach is not a little misguided.

Science and technology can be wonderful things. They can advance our knowledge of ourselves and the world we inhabit. But they need to be conducted with a sense of humility we increasingly seem incapable of.

We are not conquerors of our bodies, or the planet, or the universe – and if we imagine we are, we will soon find out that the battle we are waging is one we can never hope to win.

Read Jonathan’s full article at his website and please DONATE to support his essential independent journalism...

Jonathan Cook is a freelance journalist based in Nazareth, the capital of the Palestinian minority in Israel.

jonathan-cook.com
Although they are quite far away geographically - in the far North of Scotland - our Network has always had a spiritual connection to the Findhorn Community, so we felt it appropriate to share this news:

Beloveds, I want to deeply appreciate those of you who have shared messages of love, support and empathy in the wake of the devastating fires here at Findhorn in the early hours of Monday, 12 April. The outpouring of love from around the world continues to be an ever-present soothing balm and a source of strength.

For those who may not be aware, sadly, both our Community Centre and the Main Sanctuary on our Park campus, where I live, and where many of you will have experienced unique moments of peace, bliss, belonging and connection, have been burned to the ground. We are blessed that no lives were harmed.

As you can well imagine, we are all in shock and grief-stricken that these two treasured meeting spaces that represent the heart of the community, where countless souls have gathered over the decades to spiritually align, commune, connect and socialise, are no longer. In this raw state, words fail me really. Lots of tears. Lots of symbolism. Lots of universal feedback.

The community has been gathering to support one another in the grieving through meditation and prayer, devotional singing, large witnessing circles and smaller, more intimate sharing circles.

For me, it feels important to honour the grief and loss process; to humble ourselves and stay in the uncomfortable, poignant space of the unknown; and to fully be with the mix of feelings and emotions right now, rather than leaping ahead to what comes next. That will come in perfect timing.

This is a time to deeply examine and be with the lessons underlying this physical devastation.

We know that the fires were set intentionally and that the person responsible turned themselves in to the authorities a few hours later. I’ve been sitting with these profound words of Bayo Akomolafe, who was a guest speaker recently, “We will not transform into new shapes until we ask the difficult questions. And these questions will come to us as a gift of the opening, as a gift of the wound of these times. It is in that place of obstacle that magic becomes possible.”

I therefore choose to continue to sit in the fire with the difficult questions; to stay open to myself, my fellow community members, our global family, the beings seen and unseen who overlight our centre and its founding impulse, and the “crowd of sorrows still sweeping through our house”. Yes, no doubt, they are “clearing us out for some new delight”, as Rumi says, but for right now, I am lovingly and tenderly hospicing the old before welcoming and midwifing the birth of the new.

Your prayers, care, love and blessings are so very welcome and so very needed at this time.

All my love and gratitude, in community. findhorn.org
The Madness of Sara Mansfield
Sophie McKeand

The Madness of Sara Mansfield is the first in my feminist sci-fi series, The MthR Trilogy. This story explores the intricacies of women’s relationships with technology, the land and each other. Set in the year 2050 after The Wars reconfigured much of Europe’s political landscape, a new operating system, MthR is developed by some of the best scientific minds in the sovereign state of Mont Blanc. MthR quickly becomes ubiquitous as her ability to meld gaming, work and social media through hyper-connected augmented reality deeply impacts the lives of our protagonists, who are simultaneously battling to understand an emerging, visionary connection with the natural world.

In celebration of the Creative Commons

The MthR Trilogy will be published copyleft in solidarity with the trees and the land, whose very nature is the Creative Commons. I wanted the making of this book to be an act of trust, whose creation speaks to an anarchic ideal that everything under this blue sky belongs with a collective stewardship, in the creative commons. Whenever I sit with the trees, they remind me that all we have is a gift from the land and as such we can take whatever is needed, but no thing belongs to us. I think of the apple trees who give with such generosity, no matter if a person forages a few or strips the entire crop to sell, the trees offer their fruit indiscriminately. This is the truth of nature and we accept this as our right, yet rarely expect this same behaviour or commitment from ourselves.

In this short extract we meet Alex, a WrkR on the Isle of Cymru who is experiencing a visceral spiritual awakening:

Us (The Barddrin)

We cannot tell you that we woke on the harvest moon now that every full moon is a harvest. A 30-day cycle from planted seed to ready crop. No one goes hungry. Hallelujah. Fields of wheat and corn are giant yellow and green blankets stretched out under the prefabricated white sky – a perfectly controlled microcosm. And yet, there are those of us who do not call this living. There are those who call existing in this way a living death. In dreams leaves fall from oak trees like flames. This is how we remember The Great Mother. Those who are awake. Most choose the dreamless sleep. And you? We will manifest as a waterfall, pierce the lake’s surface with the beak of a crow. When you hear this, find your way to us, we meet where the old trees are fingerbones. Come in any form. You are known. Mae nhw wedi dod nôl eu coed / They have come back to their trees. We can hope.
The voices. The knowitallknownothing voices.
You disintegrate a mountaintop.
Your grief is flowing lava.
You don’t know the origins, but know you have been grieving for aeons. You grieve for the people sleepwalking around you, grieve for The Great Mother allowing herself to be subjugated in this way; grieve for yourself for being so malleable.

It is morning. You wake in the New World with an aching jaw. White teeth grind against restrictive gumshield. And the words: I am not ready. It is not time.
Fuck that.
You unfold soft limbs from the futon, reach for clothes stacked neatly to one side. Last night you devoured mountains. Today you are a WrkR: tech support for INform. Rainfall clatters across eyes. You leap to wobbly fawn-feet, walk the few strides to peer out of your porthole where you scan endless rows of identical blue doors. You imagine the ocean of WrkRs sloshing like sea-waves behind the round windows that replicate yours as WrkRs lift from sleep and, dressing simultaneously, flood to the treadmills in the centre of each living-space. The HoLo engages so that you believe you are now stood together beneath a bright blue-white sky.
You reach for Palm, readjust ER WrD and blink BCLs into optimum mode, ready for MthR to conjoin your MthR Trinity with the other WrkRs as well as to the tiny, listening ERs floating surreptitiously around your appointed district. Your mind becomes a HoLo screen. Information rolls into your consciousness. You are at once autonomous and a component of The Community.
Nobody else hears the waterfall tumbling wild through your mind.
You begin by reciting the Five Principles of MthR:
kindness, compassion, emotional intelligence, empathy, togetherness.
MthR, the eternal matriarch, overseer and oracle, speaks, Welcome Alex, thank you for attending the WrKShfT today. Your input is of great value to The Community. Never forget that you are the future of The Community, and for this planet.
You blink. A crow caws from inside a HoLo, from behind data feeds. Head tilts to one side.
The crow blinks.
The sound of tumbling water emanates from your mouth.
You disconnect Palm.
The sound of tumbling water increases in your head.
You are the sound.
The waterfall is you.
Around you 10,000 WrkRs bustle together in their solitary rooms. They are a forest without memory. Thoughts are lifted into air like leaves falling in reverse, tumbling upwards into the mouths of extractor fans.
You begin speaking in tongues om up as sa ta ma hi vep nee ir en pla te bri os re na mu le in se pu le ma tee so rey fo lu pa ne. Each monosyllable is a pebble falling from your mouth, rattling into a vast river.
This is the first time you died.

The Madness of Sara Mansfield is available in e-book format at SophieMcKeand.com from 1st May
The Dark Ages still reign over all humanity, and the depth and persistence of this domination are only now becoming clear. This Dark Ages has no steel bars, chains, or locks. Instead, it is locked by misorientation and built of misinformation. All are intractably sceptical of what they do not understand. We are powerfully imprisoned in these Dark Ages simply by the terms in which we have been conditioned to think. For ages, humans have mistakenly thought that solids were truly solid and that several lines could pass through the same point at the same time.

Misorientation, wrong beliefs, and conditioned fixations are escapable only when that which is physically and metaphysically true becomes experimentally provable and comprehensible. The untrue is rendered spontaneously obsolete only by the demonstration of that which is true.

Over a half century ago [written 1980] I set before myself one very large question: What is our human function here in Universe?

My first answer to that question came from three closely related observations:

- That all the known living organisms other than humans have some integral bodily equipment that gives them special operating capability in special environments (air, sea, soil etc.)
- That many creatures, including humans, have brains, and brains are always and only sorting the information reported by the senses and integrating this information into system images. Brains are always dealing with special case experience - for example,” this one smells a little sweeter than that one.” Brains must sleep periodically. Brains deal in beginnings and endings of special-case considerations. Brains are physical and temporal.
- Humans also have a faculty unidentified with any other creatures - the faculty of mind. Minds are always and only concerned with the discovery of those eternal, constant interrelationships that manifest in a myriad of special-case experiences.

One of the most important events of classical science involving the inter-relationship findings by the human mind is demonstrated by the mathematician and astronomer Johannes Kepler.

Based on his accurate observations and measurements, Kepler found all the planets of which he was aware:

1. were of different sizes,
2. operated at different distances from the Sun,
3. orbited the Sun at different rates, and
4. travelled their respective orbits at different rates.

Kepler said that the planets - while apparently on the same team - seemed to be utterly disordered. He then said that they did share one thing: the fact of all going around the same Sun. As a mathematician, he knew that given two known constants, one may discover other interrelationships within the team.

Starting at the same moment of calendar time and finishing at the same moment of calendar time, Kepler observed and recorded the planets’ concurrent orbital travel over a 21 day period. This gave him the data for graphing the slices-of-pie-shaped, triangular patterns formed by the starting and finishing radii of measured distance from the Sun to each planet at the start and finish of the 21 day event. Kepler intuitively decided to calculate the area of each differently shaped slice. Doing so, he found that they were not only similar areas but were elegantly exactly the same size.
He surmised that the planets could not sweep out exactly the same cosmic areas unless they were coordinating in some exact manner. Since the planets were not touching one another, they could not be coordinating like toothed gears. Yet these massive bodies were rotating and orbiting millions of miles distant from one another.

Kepler was forced to conclude that there was an invisible, unsmellable, soundless, untouchable, intertensionally restraining force governing the planets orbital motions.

Later, the work and findings of Kepler’s contemporary Galileo led to Isaac Newton discovering the mathematical expression of the gravitational laws of Universe. Newton found that the interattractiveness of any two celestial bodies always varies inversely with the second power of the arithmetical distances intervening. Thus, halve the distance, and increase the interattractiveness fourfold.

Here again, we have the human mind discovering what the brain’s sensing is utterly incapable of apprehending. When such initial discoveries are found to be exceptionless, they become known as “laws” - hence, the generalised laws of science.

Exceptionless can be termed “eternal”. Human mind has discovered a meagre inventory of these mathematically expressed, eternal laws governing the physical design and operation of Universe.

I note the work of Einstein as that of an individual who seemed to have been uniquely inspired by a clear vision of nature’s generalised principles.

That humans alone of all known phenomena have access to the great design laws of Universe immediately implies that we must have been introduced into Universe for some very significant ultimate function. Human mind alone has been given access to some of the eternal laws governing physical and metaphysical Universe, such as the laws of leverage, mechanical advantage, mathematics, chemistry, electricity, and the rules governing gravitational or magnetic interattractiveness.

The present evolutionary crisis of humans on planet Earth is that of a final examination for their continuance in Universe. It is not an examination of political, economic, or religious systems, but of the Integrity of each individual human.

The best antidote to the powerfully misintentioned sensing and acting reflexes of society is the study of Synergetics which describes nature’s own co-ordinate system. Along with the re-commitment of human individuals to utter faith in the Integrity and Love governing eternally regenerative Universe. Together, this may bring about an ultimate escape from the Dark Ages. Humanity may escape the suicidal belief that cosmic supremacy is vested in little planet Earth’s politicians, priests, generals, and monetary-power wielders.

Dear reader, traditional human power structures and their reign of darkness are about to be rendered obsolete. www.bfi.org
2020 was an unprecedented year for people and planet: a global pandemic on a scale not seen for more than a century; global temperatures higher than in a millennium; and the highest concentration of carbon dioxide in our atmosphere for over 3 million years.

While many will remember 2020 most poignantly for how the COVID-19 pandemic affected the world, this report explains that, for many across the planet, especially in developing countries, 2020 was also a year of extreme weather and climate disruption, fuelled by anthropogenic climate change, affecting lives, destroying livelihoods and forcing many millions from their homes.

This report also demonstrates the impact of this warming, both on the planet’s ecosystems and on individuals and communities, through superstorms, flooding, heatwaves, droughts and wildfires. We know what needs to be done to cut emissions and adapt to climate impacts now and in the future. We have the technology to succeed. But current levels of climate ambition and action are significantly short of what is needed.

We know that to avert the worst impacts of climate change, we must keep global temperatures to within 1.5 °C of the pre-industrial baseline. That means reducing global greenhouse gas emissions by 45 per cent from 2010 levels by 2030 and reaching net zero emissions by 2050. The data in this report show that the global mean temperature for 2020 was around 1.2 °C warmer than pre-industrial times, meaning that time is fast running out to meet the goals of the Paris Agreement. We need to do more, and faster, now.

This year is pivotal. At the United Nations climate conference, COP26, in November, we need to demonstrate that we are taking and planning bold action on mitigation and adaptation. This entails scaled-up financial flows from developed to developing countries. And it means radical changes in all financial institutions, public and private, to ensure that they fund sustainable and resilient development for all and move away from a grey and inequitable economy.

As the world focuses on COVID-19 recovery, let us use the opportunity to get back on track to achieve the Sustainable Development Goals and reduce the threat from climate change. I call on everyone – from governments, civil society and business to individual citizens – to work to make 2021 count.

*Download the full report for free from: public.wmo.int*
The following middle pages section has many inspiring events which reconnect us to others all around the world. Whether you are meditating indoors (and conjuring up mountains) or tending tulips outside whilst mindfully being present to inner thoughts and feelings, access to our inner core strength is always available.

We are here because we believe in the positive action of transformation - ourselves, our communities and our world. Psychologist William James once wrote: “The things of the world cannot affect the soul; they lie inert outside it, and only internal beliefs disturb it.”

Beltane
Saturday 1st May
Celebrate the return of summer with a ‘bright fire’

Wishing you a house full of sunshine, hearts full of cheer, love that grows deeper each day of the year.

VOTE !!
Thursday 6th May
PLEIDLEISIO !!
Ddydd Lau, 6 Mai
senedd.wales ~ senedd.cymru
Watch a Mock Election with Young People; candidates, issues, “Use Your Voice”.
Candidates list: whocanivotefor.co.uk

You can find out more about the Senedd through 30 min introduction videos on Weds 28th & Fri 30th April and Weds 5th May, 10 - 10.30am, available to watch for free on the website above or eventbrite.co.uk

THE FESTIVAL OF HUMANITY ~ May 26th
“The higher interlude of the spiritual year culminates in the Gemini full moon – in a Festival which celebrates the spiritual potential of humanity to unify the personal will with the Will of God. This Festival augments the Principle of Unification which brings the higher and lower aspects of humanity into closer relationship; the light of the soul waxes and increases while the light inherent in matter wanes. This facilitates the expression of a spiritual unity and the annihilation of separatism.” [Lucis Trust]
may events, courses & workshops

The following listings here are face-to-face, offline, physically distanced and subject to Covid restrictions

1st SATURDAY
Upland Birds We will walk around the varied mountain and moorland habitats of this Welsh upland environment. We’ll follow woodland edge, plantation, wetlands and open hillsides to discover the birdlife. Led by Jim Langley and Sophie-Lee Williams. 9am - 4.30pm, £60. Siabod Cafe, Capel Curig. With Jim Langley, Nature’s Work; natureswork.co.uk / eventbrite.co.uk

1st SATURDAY & 2nd SUNDAY
Make a Three Legged Stool Learn the basic techniques of green woodwork to make three stool legs. On the second day you will cut and prepare a solid wood seat, drill the mortices and assemble your stool. £140, deposit £70. Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

2nd SUNDAY
Dawn Chorus Day! If you can’t make it to a walk - just open your window and listen!
Up With A Lark! On International Dawn Chorus day, a walk around this NWWT reserve to see and hear some of the birds that call it home. Gors Maen Llwyd top car park off B4501. GR SH 9707 5806. 4.15am - 7.30am. Mark J D Hughes 07800 771570, mjdhughes1108@gmail.com

Walk: Dawn Chorus with John Harold. Members free, guests £5. 5.30 - 9.30am. Contact: claire@snowdonia-society.org.uk

Conservation and the Future of our Uplands Learn about and discuss land use, conservation and wilding issues. Steve Evison, director of Nearly Wild, join us for this interactive workshop. 9.30am - 4.30pm, £60. Siabod Cafe, Capel Curig, Nature’s Work; natureswork.co.uk / eventbrite.co.uk

3rd MONDAY
Swamp Secrets Find out about the amazing wetland wildlife at Cors Goch including insect eating plants and other creepy creatures. Children welcome. 3.30 - 5pm. Caroline Bateson 07725 174087, northwaleswildlifetrust.org.uk

6th THURSDAY
Catrin Finch & Seckou Keita With Special Guests Vishtèn Harpist Catrin and Kora player Seckou play “... intoxicating, often improvised, synergy captures a magical meeting of minds and talents within a borderless musical landscape.” 7.30 - 10.30pm, £22/£20/£15. Galeri, Caernarfon 01286 685222, galericaernarfon.com

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

7th FRIDAY
FFEAST Monthly community gatherings celebrating fire-food-elements-arts-story- togetherness. A community feast, incorporating delicious fire-cooked food, community spirit, and local talent. Each month we will be welcoming either local musicians, storytellers or a craft person who will share their skills and talents with us. Today our guest is singer songwriter Eve Goodman > Alcohol free, veggie food/dietary needs catered for. 6 - 9pm, sliding scale cost £25 - £15; children 12yrs+ welcome. Outdoor event, bring appropriate clothing. Held at Bryn Llys, Coed y Parc, Bethesda, Bangor LLS7 4YW. Ticketed only event available from: nomadwales.co.uk ~ tom@nomadwales.com

7th FRIDAY - 9th SUNDAY
Pause & Reconnect SUP & Sound Retreat Pause for a weekend of self care and reconnection with nature through movement, stillness, silence and sound healing. £400+; held at Trigonos, Nantlle. Bookings: psychedpaddleboarding.com/sup-wellbeing-retreat.

10th MONDAY - 16th SUNDAY
Mental Health Awareness Week See page 21 for some virtual events. FB: Mental Health Foundation

15th SATURDAY
Colwyn Bay Artisan Market A host of unique handmade artisan arts & crafts from local artists, designers and makers. Alongside an array of artisan cheeses, breads, olives, chocolates, cakes and, of course, our delightful street food trucks serving an impressive choice of hot foods from around the world. 10am - 4pm, Station Rd., Colwyn Bay.

15th SATURDAY & 16th SUNDAY
Bushcraft through the Seasons Course content will include seasonal wild food and medicinal plants, natural fire lighting techniques, wood carving, natural cordage, tracking and navigation techniques. £150, £75 deposit. Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk
19th WEDNESDAY

Mindfulness in the Carneddau My mindful retreat walks combine 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. Led by Belinda Gammon, qualified walks leader and Mindfulness Teacher. 9.30am - 1pm, £24.50, 18+ yrs, 3 miles/950 ft climb; suitable for all. Sychnant Pass, Conwy LL32 8BJ. For Covid-19 measures and to book phone 07851 218014 ~ wayofmindfulness.co.uk

20th THURSDAY

Photography An inspiring day exploring the Clwydian hill range and local woodlands with your camera. This digital photography workshop works on both technical and creative levels, giving you skills and confidence; learn how to get the best out of your equipment. £95; bring packed lunch; accommodation included. 18yrs+, suitable for all. Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

20th THURSDAY - 23rd SUNDAY

Weaving Colours Create a beautiful wall hanging using Eta’s stunning styles and techniques. Colourful yarns and other materials will be available for use in your freeform weaving, working on an upright loom. The course is suitable for those completely new to weaving as well as experienced weavers. £655 (all inclusive) - £330 (non-res). Please confirm dietary requirements. Trigonos, Nantlle info@trigonos.org ~ trigonos.org See ad page 6

Spring Journey Retreat This is our original journey retreat that aims to encourage participants to reconnect with nature, themselves and to others. The Nomad crew create a safe and nourishing environment for internal reflection through a series of fun and challenging processes, testing out ideas and theories and having a wonderful journeying time! Led by Nomad - journey with a purpose and based at Henbant, Clynnog Fawr. More details and booking with ourselves, nature & each other.

21st FRIDAY - 23rd SUNDAY

Yoga & SUP Weekend Stand Up Paddle boarding, walking, inspiring yoga and relaxing times. £510-£650 all inclusive. Plas Cadnant, Menai Bridge. Info / Bookings: Laura Bell 07989 512859, info@thezestlife.co.uk

22nd SATURDAY

Renewables for Households: Solar PV This one day course aims to answer questions through lectures and hands-on sessions. 10am - 4.30pm, £70. 18yrs+. CAT, Machynlleth 01654 705950, cat.org.uk

22nd SATURDAY & 23rd SUNDAY

Willow Animal Sculpture We will be using prepared non-living willow and learning techniques which can be adapted to produce a wide range of animal forms. £150, £75 deposit. Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillcentre.uk

28th FRIDAY

Glaciation in Snowdonia This workshop is designed to develop your understanding of glaciation at a global scale and also at the local, regional level. 10am - 4pm, £47.48. Siabod Cafe, Capel Curig. With Nature’s Work; naturework.co.uk / eventbrite.co.uk

28th FRIDAY & 29th SATURDAY

Build a Wildlife Garden All you need to know to overhaul your green space into a wildlife haven, from plants for bees and pollinators to key tips for wildlife gardening in a low-maintenance manor. 9.30am - 4pm, with breaks, £300 all inclusive. CAT, Machynlleth 01654 705950, cat.org.uk

29th SATURDAY

Romeo + Juliet - 25th Anniversary (12A) Film with Moonlight Flicks. Starring Leonardo DiCaprio and Clare Danes. 9.25pm. Join up for £4 per month. Open-air cinema; bring a deckchair under the stars with a giant cinema screen. Chester Cathedral, The Dean’s Field. Book with moonlightflicks.co.uk

Mountain Environment The workshop focuses on the environment of Snowdonia and identification of flowers but also providing an overview of the mountain environment in general. 10am - 4pm, £47.48. Nature’s Work, Siabod Cafe, Betws y Coed LL24 0EL. More: naturework.co.uk / eventbrite.co.uk

30th SUNDAY

Hand Weaving with Kirsty Jean who will demonstrate thread by thread how to set up a frame loom and accomplish different woven techniques. You will then be able to try these patterns out for yourself, weaving with a variety of different textural and colourful yarns to create a beautiful piece of handwoven cloth, to make in to a small wall hanging, a table piece for your home or just a fabulous bit of weaving! Equipment is provided by the tutor for use during the workshop. All materials are included in the cost, come and enjoy. 10am - 3pm, £60. Tectstiliau, Y Bedol, Bethel, Gwynedd. LL55 1AX. Web: tecstiliau.org

Mountain Flowers of Snowdonia This workshop aims to develop your understanding and knowledge of the nature of the mountain environment. The workshop focuses on the environment of Snowdonia and identification of flowers but also providing an overview of the mountain environment in general. 10am - 4pm, £47.48. Siabod Cafe, Capel Curig. With Nature’s Work naturework.co.uk / eventbrite.co.uk

Snowdon: The Living Mountain Snowdonia Society along with its partners has produced a new educational resource detailing some of the remarkable habitats and species found on Snowdon, one of our precious National Nature Reserves. From geology to wildflowers, the double sided nature ‘map’ provides a colourful introduction to the nature of Snowdon and can easily be tucked into a pocket while out exploring. The resource is available from: snowdonia-society.org.uk
### Healthy Body, Mind & Soul

**Regular Local Ongoing Sessions, Groups and Classes**

**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

**DANCE / MOVEMENT**

- **Continuum Movement Practice Group** FB: Lucy Parry / North Wales Continuum Movement
- **Farrah’s Dance Workout - Bollywood** Fit at Home! More from FB: farrahsdanceworkout/live
- **Chakradance with Roz** FB: Chakradance with Roz
- **Heb Ffiniau / 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

**EXERCISE**

- **Online Exercise Classes** Clubbercise, Boogie Bounce Daily and Hoop Cahoots. Led by teachers from Aspire Fitness, Rhos on Sea: aspirefitnessstudio.co.uk

**GARDENING**

- **Blodeuwedd Botanics** ‘Wellbeing Through Gardening’ Y Plot, Pandy Farm, LL57 4RA. FB: Blodeuwedd Botanics or 07799 224636.
- **Felin Uchaf Volunteers** Rhoshirwaun, Pen Llyn. Contact Dafydd 01758 780280, info@felinwales.org / FB: Felin Uchaf
- **Incredible Edible Ruthin** Link up via Facebook: Incredible Edible Ruthin
- **Bwyd Bendigedig Port / Incredible Edible Porthmadog** FB: of same name
- **Incredible Edible Conwy / Bwyd Bendigedig Conwy** FB: of same name

**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

**MEDITATION**

- **Meditation** Variety of classes from Kalpa Bhadra Kadampa Buddhist Centre, 34 Mostyn St., Llandudno LL13 1YY. 01492 878778, meditatennorthwales.com
- **Meditation Session** Contact Alan 07816 988124. newmindfulness.net
- **Breathing Exercises** FB: Wave Therapy / annalisalloyd@googlemail.com
- **Meditation Classes & Gentle Yoga** OM Yoga North Wales, Colwyn Bay / omyoganorthwales.co.uk

**MUSIC/SOUND**

- **Sessions everyday via Zoom in use of sound, animation, graphics, field recording, etc.** Run by Tape Community Arts Centre, Old Colwyn tapemusicandfilm.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

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

SOCIAL
Canolfan Felin Fach Contact 01758 701611 or FB: Canolfan Felin Fach
Actif Conwy (for children) FB: Actif Conwy
Coffee Connections 2nd Tues/month; 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

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
The 18 Movements of Tai Chi Qigong with Phil East. Tues 11-12pm., Bodnant Welsh Food, Colwyn Bay LL28 5RP. Bookings: bookwhen.com

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; sistercirlcetemple.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

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 Hemnings: crishtrees@gmail.com
Llandudno Writers Contact the Secretary, Steve Baker at bakersteverh05@hotmail.com
More from: llandudnowriters.weebly.com

YOGA
Emily Kyle Yoga Contact: 07775 798536. FB: Emily Kyle Yoga
Rosslyn Falconer Yoga Friends FB: Love Yoga Live Yoga
Tru Dru Yoga Cat Stuijt 07816 103064, trudruyoga.co.uk
Claire Mace Online and offline classes on Anglesey; videos on YT, inspiratrix.co.uk and FB: Inspiratrix Yoga
OM Yoga North Wales Serenity Evenings once a month; Meditation, Yoga Nidra & special events. FB: OM Yoga North Wales
Dru Yoga North Wales Info: druyogaonline.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, traceyjoselyn@gmail.com.
Online Chair Yoga Book with Lisa 07878 113599, lisa.martindale@newmind.org.uk
Gentle Yoga & Relaxation 01352 974430, jillblandford@yahoo.co.uk
Hatha Yoga with Nalini Yoga Weds 7.45pm & Thurs 6pm. More on FB: Nalini Yoga
Teresa’s Yoga Class Online Weekly Dru Yoga classes in the peace of your own home, either live or via the recording any time. Contact Teresa, teresa@teresa4yoga.co.uk ~ teresa4yoga.co.uk/yoga
Yma Yoga Llanberis. Find out more: FB: Yma Yoga

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.danceclasses-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 *

FB = Facebook  YT = YouTube
Two Free Webinars with CAT, Machynlleth

Renewable Energy: community and commercial
Wednesday 5th May. Expert Bethan Edwards and community energy expert Rod Edwards will join forces to offer insights from the ground on how we can power a Zero Carbon Britain.

Sustainable Housing: past, present & future.
Wednesday 13th May. Principal Lecturer on CAT’s Masters in Sustainable Architecture course Dr Alison Pooley will explore the challenges and opportunities around housing, including the potential environmental benefits of retrofitting our current housing stock. Webinars start at 7.30pm, please book.

Zero Carbon Britain - local energy solutions
Friday 21st May. Through expert presentations and case studies from community projects, we’ll cover why renewable and local energy models are important, which options to go for, what you need to consider and how to get the community on board. 9.30am - 5pm, with breaks; £65 waged / £45 low waged, concs, 16 yrs +, materials included.
ALL Webinar bookings: 01654 705950, cat.org.uk

Find out about the Partneriaeth Tirwedd y Carneddau Landscape Partnership. Its vision is to help conserve the Carneddau by increasing understanding and enjoyment of the cultural and natural heritage of the area across a wide range of communities, individuals and organisations. More: snowdonia.gov.wales

Earth Festival: Beltane Meditation, Nature-Connection & Seasonal Reflection
Tuesday 4th May | 7 - 8pm, free
Book a space via resurgenceevents.org

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

Wales Nature Week Saturday 29th May - Sunday 6th June.
An annual celebration of nature featuring the fantastic habitats and species of Wales. Our virtual set of events commence with a welcome return of the Garden BioBlitz - you can take part across Wales by spotting and sharing nature visitors and residents in your garden. Helpful tips and support from our community of experts will ensure your participation is fun and informative. More info: biodiversitywales.org.uk

Botanic Gardens Wales We might not be open to visitors right now but we’ve devised a wonderfully fun programme of things you can do in your garden to learn about and enjoy nature. Visit the website for ideas about: wildlife recording, daily nature discovery walk, wildflowers, a wildlife-friendly lawn, gardening for pollinators, being peat-free, urban gardening and make an edible rainbow garden.
More from: botanicgarden.wales

Talk: Celtic Rainforests of Snowdonia The Celtic Rainforests Wales Project seeks to protect and enhance the unique oak woodlands found in western areas of Wales. Thursday 13th May, via Zoom, 7pm, free to members of Snowdonia Society; guests £5. Book through link on website: snowdonia-society.org.uk

Migration Live The Living Seas team will be coming Live from Cemlyn Nature Reserve to talk migrating sea birds and welcome the return of the terns! Saturday 22nd May, 10 - 10.30am. Please book: northwaleswildlifetrust.org.uk

Migration Live

Talk: Celtic Rainforests of Snowdonia

Wales Nature Week

Botanic Gardens Wales

Earth Festival: Beltane Meditation, Nature-Connection & Seasonal Reflection
**Our Picturesque Landscape Project**
The project aims to restore and preserve key views both from and into the World Heritage Site including views from Pontcysyllte, Chirk and Llantysilio. Volunteering activity will be promoted through the restoration of the Dell at Plas Newydd. The project will also seek innovative solutions to reducing congestion, access and erosion issues. Interested?
Find out more from: pontcysyllte-aqueduct.co.uk

**Jonathan Drori, Sarah Raven and Tim Smit on the Stories of Plants**
Thursday 6th May / 6.30 - 7.30pm, £16.76. Often beautiful, sometimes deadly, but constantly ingenious, plants are the source of life and delight, myth and mayhem.
Register: eventbrite.co.uk

**The Earliest Botanic Gardens in the Middle East**
with Shahina Ghazanfar
Thursday 13th May | 6.30 - 7.30pm | free.
This talk will look at the earliest botanic gardens and their role in the conservation of plants of historical and cultural importance. Further development included physic gardens and botanic gardens where fruit plants were sought out and brought from long distances to be cultivated.
Register: eventbrite.co.uk

**Resurgence Talks:**
**George Monbiot: Dying from Consumption**
Monday 17th May 7 - 9.30pm, £10 - £25. George will unpack some of the complex problems behind the catastrophic effect of consumption of people on the planet. (See Back Cover)

**Gail Bradbrook - Effective Methods for Overcoming Domination Paradigm**
Wednesday 26th May | 7.30 - 9pm, £6.50. Gail’s talk on the science of the ecological crisis, the psychology of active participation and the need for civil disobedience has gone viral and been part of the inspiration for many to join XR.

**Carbon Ambassadors Course**
Friday 28th May - 9th July.
A comprehensive overview of carbon footprinting and reductions.
Course cost: £79
Book via link from: resurgenceevents.org

**Everything You Want to Know about Solitary Bees**
Thursday 13th May 7.30 - 9pm, free.
Learn about Solitary bees, their habitat, behaviours & life cycle, and helping them by providing bee hotels. Register: eventbrite.co.uk

**Keystone Species Series - Ecosystem Builders**
Wednesdays 5th - Beavers - The Battle to Bring Them Back to Britain
12th - Water Voles: Saving Our Riverbank Gardeners
19th - Pine Martens: Ecosystem Restoration
All start @ 8pm. £4 per talk or £10 for three.
Book a place via resurgenceevents.org

**RiverLife Chit-chats: Are OTTERS otterly brilliant animals?!**
Saturday 29th May, 7.30pm, free.
All about one of our favourite animals, their ecology, threats and what we need to do to protect them.
Register: eventbrite.co.uk

**Plant & Seed Swap**
Donate seeds or plants to swap for something new! Saturday 22nd May 12 – 4pm, Llanfairfechan Community Hall.
Call 01248 681697, jayne@llanfairfechan.net

**Plant & Seed Swap Workshop**
Monthly workshops; finding, harvesting and cooking with wild food.
Plus seasonal foraging tips.
Thurs 20th May, 7 - 8.15pm, £7.
Book: woodlandclassroom.com

**TREE ID for Beginners**
Tuesday 11th May, 7 - 8pm, free.
This talk with wildlife expert Dave Winnard is sure to help you unlock the world of trees
Register: eventbrite.co.uk

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Nonviolent Communication
“If someone is being angry, offensive, defensive, passive-aggressive or aggressive, remember, this is a strategy in trying to get their needs heard. And it’s the only way they know how to speak out.”

An example of understanding Nonviolent Communication by Marshall Rosenberg
nonviolentcommunication.com
You can listen to 5 hours on how to create your life, your relationships and your world in harmony with your values; it’s free for 30 days from when you sign up with audible.co.uk

Wake Up - Just Sit Retreat
On this retreat we’ll be exploring some direct and very effective ways to let wakeful, spacious awareness open up. This fresh wakefulness is what just sitting and receptivity is really about. There will be breaks in between sessions. This is a ‘dana’ event – please give whatever you can afford via the donation button. Saturday 1st - Friday 7th May begins 9.30am.

Book: vajaraloka.org

Kalpa Bhadra Kadampa Buddhist Centre, Llandudno
Led by resident teacher Kelsang Jangchub
Saturday 8th May Introduction to Tara
Prayers Tara Prayers, are known as “Liberation from Sorrow”, which includes a special prayer Praise.

Saturday 15th May Just Breathe Day Retreat 10am - 3.30pm, £15. Learn a special breathing meditation which comes from Buddha’s tantric teachings which is known as the ‘OM AH HUM’ meditation. Sunday 22nd May Becoming a Friend of the World 10am - 11 talk & meditation; 12 - 1pm Refuge & Bodhisattva Vow Ceremony. £15. By paying attention to our thoughts and our actions and holding the determination to benefit every living being, we can profoundly shift our identity.

Register: meditatenorthwales.com

Jain Veganism - Ancient Wisdom, New Opportunities Weds 19th May, 7 - 8.15pm, free. This presentation considers the growing global phenomenon of Jain veganism as a contemporary expression of non-violence (ahimsā).

Register: eventbrite.co.uk

Growing Into Mindfulness ~ Online course / Zoom
Wednesdays 5th May - 14th July 11 weeks, 6.30 - 8.30pm. £200 includes book “Mindful Way”. This experiential course introduces us to the wisdom of mindfulness in a very practical way.

Bookings: gwyneddmindfulness.co.uk

Restoring the Sacred / webinar Saturday 15th May / 2 – 6pm
Humanity is at a crossroads. There is a deep need, as we do so, to hold an awareness of life as sacred. Led by Justine Huxley of St Ethelburga’s Centre for Peace and Reconciliation. To join in please email: clairemcdonald62@msn.com

An Evening of Mantra and Meditation with Siri Åkal Friday 7th May / 7.30 - 9pm, free. Join international recording artist Siri for an evening to celebrate the relaunch of Wellbeing Radio.
Web: wellbeingradio.com

A Jewel of Indian Spirituality: Reflections on the Yoga Sutras of Patanjali According to its Indian origins yoga is not just a physical practice but a sacred science of right living and higher awareness aimed at coming to realise the inner truth of the universe - the Divine. Sunday 16th May 1 - 4.30pm, free.

Register: eventbrite.co.uk

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The Life & Teachings of Ram Dass
Begins 10th May. This is an eight-week course designed to teach the art of being here now, and to open us up to the possibility of taking off our masks and reconnecting to our loving, compassionate hearts. Talks, teaching recordings from Ram Dass, Q & A sessions, extended material, meditation and mantra practice. Sliding scale pricing, find out about more and registering for free if you cannot afford a donation: ramdass.org

Practising Existential Therapy: Prof Ernesto Spinelli
Monday 10th May, 3 - 5pm, £20, donation. Existential therapy places pivotal significance upon the inter-relational aspects of human experience. From this perspective, the presenting symptoms and disorders brought to therapy are disclosed as direct expressions and outcomes of the client’s overall ‘way of being’ rather than as isolated and disruptive impediments.

The Life & Teachings of Ram Dass
Begins 10th May. This is an eight-week course designed to teach the art of being here now, and to open us up to the possibility of taking off our masks and reconnecting to our loving, compassionate hearts. Talks, teaching recordings from Ram Dass, Q & A sessions, extended material, meditation and mantra practice. Sliding scale pricing, find out about more and registering for free if you cannot afford a donation: ramdass.org

Practising Existential Therapy: Prof Ernesto Spinelli
Monday 10th May, 3 - 5pm, £20, donation. Existential therapy places pivotal significance upon the inter-relational aspects of human experience. From this perspective, the presenting symptoms and disorders brought to therapy are disclosed as direct expressions and outcomes of the client’s overall ‘way of being’ rather than as isolated and disruptive impediments.

Mental Health Awareness Week 10th - 16th May This year’s theme is “Nature”: Take Action, Get Active; have half an hour exercise a day, outdoors and be as creative as you like. The important thing is to switch on your senses and really connect – whether that’s noticing nature on your daily jog, or listening to the birds on your woodland walk. You can fundraise for mental health

Useful websites: mentalhealth.org.uk / mind.org.uk

Post Pandemic: Mental Health in the Workplace. Wednesday 12th May 3.45 - 5pm, free. Taking place during Mental Health Awareness Week this event will look at the role of organisations in providing effective support at work.

Empathy Circle
Marxism Festival - A weekend of online debates, talks and culture
Sat 8th - Sun 9th May from 12noon, £10, donation.
Speakers from anti-racism, anti-apartheid, Marxist Economy, the Capitalisation of Food, BBC’s Small Axe & NHS: Trevor Ngwane, Paul Mason, Ilan Pappé, Christine Buchholz, Leila Hassan, Karen Reissmann, Weyman Bennett.
Join us for Marxism Festival online to discuss how we can fight back against a system in crisis - and build a radical alternative.
Register: eventbrite.co.uk

Dressing Dykes: A History of Lesbian Fashion
Monday 10th May / 6.30 - 8.30pm / donation
A lecture about lesbian fashion over the last 200 years, approached in a non-chronological way.
Tickets: eventbrite.co.uk

The Dark Side of the Universe
Talk by Catherine Heymans, Prof of Astrophysics at University of Edinburgh
Thursday 20th May, 7.30 - 9pm - Free.
Heymans has used the world’s best telescopes to map out the invisible dark matter in our Universe and confront different theories on the dark Universe.
Register: eventbrite.co.uk

The Geology of Mars
Wednesday 12th May 5 - 6pm, £11.37
Explore the landscapes and rocks of Mars with planetary geologist, Dr Matt Balme.
Register: eventbrite.co.uk

Astronomy Talk: Light and Dark - a Story of the Cosmos
Monday 10th May 7 - 8pm, free talk.
Light is the main factor in cosmology, but most of what we "see" with this light is how the dark universe behaves, with Marika Asgari.
Register: eventbrite.co.uk

Amphibian & Reptile Conservation’s Adder Guide Narrated by Chris Packham and Iolo Williams.
Adder facts, when you might see them and how to keep pets safe.
YT: ARC’s Adder Guide / 4 mins

Kendal Mountain Film Festival
May 13th - Family Bike Touring
27th - Adventure Art Workshop, 7.30 - 8.30pm | free
A series of conversations live-streamed from our website, YouTube and Facebook. Book: eventbrite.co.uk

FEEL GOOD FILM FESTIVAL
Short feel-good films; inspirational stories about the depth of the human spirit.
Click on Programme 2
7th - 10th May, £10 for viewing pass.
feelgoodfilmfestival.com

Word Puzzle
For each puzzle convert the word at the top of the line into the word at the bottom. At each stage you must put a valid four-letter word that is identical to the word above except for one-letter change. There maybe more than one way of achieving this. Answers on page 42.

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Snowdon Rocks ...
Take some volcanoes and a warm, shallow sea and add millions of years of vigorous mountain-building. Once the mountains of Snowdonia were immense - a match for the Alps as they are today.
Over time erosion by wind, rain and glaciers ground down those mighty peaks to make dust that eventually formed the soils of the lowlands.
The result is Snowdon as we see it today. Its foundations are the rocks that seem unchanging yet have always changed - a geological timeline of fossil, slate, quartz and more.
snowdonia-society.org.uk
Art and Exhibitions

Please check with the Galleries about opening times.

Carl Melegari, William Selwyn & Iwan Gwyn Parry Until 19th May. Followed by Carl Chapple, Colin See-Paynton & Chris Neale 23rd May - 16th June. Ffin y Parc Gallery, Betws Road, Llanrwst, Conwy. LL26 0PT, 01492 642070, welsh.art


The Cherish Project Until 26th June. The project is a team of archaeologists, geographers and geologists studying the effects of climate change on coastal and maritime heritage in Wales and Ireland. This exhibition at STORIEL showcases a range of work done at coastal sites in Wales from Pembrokeshire to Anglesey. Of local interest are studies at the hillfort and wider landscape of Dinas Dinlle, places of pilgrimage on Gwynedd and Anglesey’s remote islands, shipwrecks at Abersoch and sand dunes at Aberffraw. Storiel, Bangor. storiel.cymru

Howard Coles, Lisa Eurgain Taylor, & Paul Emmanuel & Caroline Atkinson Exhibitions until 23rd May. Oriel Plas Glyn y Weddw, Llanbedrog, Pwllheli LL53 7TT. 01758 740763, enquiry@oriel.org.uk ~ FB: Oriel Plas Glyn y Weddw

Reveal Printmakers Until 2nd May. Their work varies from imaginative figurative works – including views of rural and industrial landscapes, still life and portraiture – through to vivid abstracts. Open 11am - 4pm. MOSTYN, Llandudno LL30 1AB, 01492 879201, mostyn.org

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

Bodnant Art Gallery A constant display of the best of Welsh artistic talent. Colwyn Bay LL28 5RE, bodnant-gallery.co.uk

RNLI Coastal & Maritime Mixed Show Exhibition Mixed exhibition celebrating the coastal and maritime landscape. Raising funds for RNLI. Oriel Ty Meirion, Y Brief Heol, Dyffryn Ardudwy LL44 2DH. 01341 247541, mima@tymeirion.co.uk ~ tymeirion.co.uk

Trigonos presents: A Special Exhibition of Weaving by Eta Ingham-Lawrie 2nd - 5th June Trigonos, Nantlle info@trigonos.org ~ trigonos.org
Finding The Mother Tree with author Suzanne Simard. Celebrating the publication of her new book Finding the Mother Tree, Suzanne reveals the complex life cycle of the forest and its profound lessons on resilience, kinship and the interdependence of human and plant life. **Tuesday 4th May, 7.30 - 8.30pm, £5.**

**Digital Nature** This project forms the jumping-off point for a discussion on the intersection of nature and the digital, in a time when the importance of both online connectivity and access to open space has been brought into sharp focus. **Monday 10th May, 7.30 - 8.30pm, free.**

Book both events through the British Library 01937 546546, boxoffice@bl.uk ~ bl.uk

**CAPTURE US!** We aim to inspire you to creatively “capture” photographic impressions of the Royal Cambrian Academy, either from the outside of our building or inside the gallery spaces. Send a picture to our email rca@rcaconwy.org / More details from: rcaconwy.org

**“Attention is the rarest and purest form of generosity”**
author Simone Weil

**HowTheLightGetsIn Virtual Festival**
100+ speakers, artists, 80+ events, 10 virtual stages at this philosophy & music festival. Music, comedy, cinema, Circles, social spaces, debates, talks, dance tent. **Saturday 29th May**
Tickets: howthelightgetsin.org

**5 hour global livestream at Worthy Farm on 22nd May and encore screenings on 23rd May.**
Coldplay ~ Damon Albarn ~ Wolf Alice ~ Michael Kiwanuka ~ Kano, and much more! **Tickets:** glastonburylivestream.seetickets.com

**Book Club** 11th May: Rhiannon Marks in discussion with Mihangel Morgan, in Welsh, 7.30pm, Zoom. pontio.co.uk

**Philip Pullman in Conversation** with Michael Rosen Friday 21st May 5.30 - 7pm, free. Philip Pullman will be talking about his writing and some of the stories and ideas behind his influential and much loved books. Register: eventbrite.co.uk

**Online Talk : The Turner Prize Explained** Tuesday 4th May / free, 2 - 3pm. This lecture looks at great winners (and losers) from the past and clarifies the ideas behind the annual competition. Join Arts Society Lecturer Frank Woodgate to learn more. Register: eventbrite.co.uk

**Bauhaus Women: Gender Trouble in Utopia** Monday 24th May / 6.30 - 8.30pm, donation. Discover how women of the Bauhaus navigated their way within a liberal system which, did not always offer them equal opportunities. Tickets: eventbrite.co.uk

**Time to Fold: Origami for Wellbeing** Thursday 13th May, 5 - 6pm, free. discover origami for relaxation and wellbeing with Dr Lizzie Burns. Register: eventbrite.co.uk

"Attention is the rarest and purest form of generosity”
author Simone Weil
* Listen *

**Wellbeing Radio** – everything from positive psychology to mindful parenting, Zen practices, ageing gracefully, personal empowerment, nutrition & so much more. Web: wellbeingradio.com

**Zombiemum Podcast** Laura Dockrill talks about her post-partum psychosis and what it’s like to be a mum; plus interviews with others on motherhood. Available: podcasts.apple.com / spotify.com / uk-podcasts.co.uk

‘Birdcast’ Podcast about birds with storyteller Malcolm Green. Web: open.spotify.com

**Future Woods** What would a truly regenerative relationship between woodlands and humans look like. Podcast with the Land Workers’ Alliance landworkersalliance.org.uk / spotify.com / 55 mins

* Watch *

**The Camino Voyage** A Camino by the sea; a 2500 modern day Celtic odyssey from Northern Ireland to Northern Spain / 1hr 34 mins / Amazon Prime

**The Journey of Understanding** (mental health) A two day walk across 3 counties in Wales, to promote positive mental wellbeing and create a shared understanding between people about mental health. on YT: Reconnect in Nature / 15 mins

Connect with similar folk: connect@reconnectnature

**A Simpler Way: Crisis as Opportunity** Free full documentary / 1hr 20 mins

**Karma** Full Nepali Movie. What is more important, inner development or outward social action? With English subtitles 1hr 45 mins

YT: Karma || Full Nepali Movie (Mila Productions)

**Welcome to the Dark Ages** In 2017 Bill Drummond & Jimmy Cauty, formerly The KLF returned after 23 years of silence - but they were no longer a pop group. They were now undertakers, planning to build a monument, the People’s Pyramid, out of bricks made from the remains of dead people. The process was dubbed MuMufication (referencing the KLF creation The Justified Ancients of MuMu). A film was made; you can buy or rent the movie from: burning-bridges.vhx.tv / visit: mumufication.com

**A Year & A Day** A 15 minute film of the transformation of a caterpillar into a moth. Free to watch, as are many other interesting short/archived films. British Film Institute: bfi.org.uk

**Beluga Catch** Watch a couple of minutes when Chris Vaughan-Jones played catch with a Beluga Whale near the North Pole! FB: SSI

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* Read *

**Mary Robinson of The Elders** In a talk which underscores that “... together we must place women and girls - and justice for women and girls - at the core of our COVID-19 response and beyond.”Web: theelders.org

**The Mint Magazine** Fresh thinking in economics drawing from institutional, behavioural, feminist, post-Keynesian, ecological and even Marxist economists. themintmagazine.com

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**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

- **Tax Research UK** Tax, accounting & political economy: taxresearch.org.uk
Educate Yourself ~ Find Like-minded People ~ Have Fun ~ Never Give Up!

Goodwill is one of the most basic spiritual qualities of the human being and the great untapped resource at the heart of every human community. Recognition of the sheer abundance of goodwill action as it exists today and the countless movements drawing on the energy of goodwill changes the way we see what is happening in the world. It is empowering and it gives us grounds upon which hope and faith in the future can grow. Truly, goodwill has the potential to become the keynote of a new civilisation of wholeness. [lucistrust.org](http://lucistrust.org)

<table>
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| **Developing A Dementia Friendly Community**  
Friday 14th May / 12.15 - 3pm, free. Speakers offer insights into their experiences of supporting people living with Dementia during the last year and will share key learning.  
Register: eventbrite.co.uk |
| **Carbon Savvy**  
A guide to improving your quality of life while reducing your carbon footprint. [carbonsavvy.uk](http://carbonsavvy.uk) |
| **Cyd Ynni**  
~ a network of community energy groups that build micro-hydro projects in North West Wales. They reinvest their profits in various local benefit schemes, from energy efficiency advice to solar panels on community buildings. Any surplus is then donated to community-led charities. FB: Cyd Ynni |
| **Lobby your MP to help scrap the warhead increase.**  
Over 50 MPs have already signed EDM 1667, to scrap the increase in nuclear warheads and uphold Britain’s obligations under international law. Find the CND tool to write to your MP asking them to sign: cnd.eaction.org.uk/EDM1667  
~ FB: CND Cymru |
| **AONB ~ Welsh Government Paper Consultation.**  
Key issues contained include: supporting good and safe access to the countryside; rights of way in agricultural environments are open, accessible and properly waymarked; for kissing gates to replace stiles improving access; common land - the removal of all internal fencing, organic agricultural farming, carbon storage and natural flood management and tree protection.  
| **Community Miles - the AONB’s network of community miles to walk in the Vale of Clwyd.**  
Find their booklet: Llwbyr Tyrnog Llandyrnog Walk |
| **Walking and Cycling in Conwy - Have Your Say**  
Add your voice and help improve cycling/walking routes in your neighbourhood. Web: conwy.commonplace.is |
| **Japanese Larch Disease**  
The slopes of Moel Famau have been affected by Phytophthora Ramorum and Natural Resources Wales plans to remove large sections of the affected woodland. “If you are visiting please: clear any loose mud off your clothing, shoes and bike tyres and thoroughly clean all of your equipment and gear before your next visit”.  
You can get in touch by phoning NRW on 0300 065 3000 |

A Practivist: a person who practices activism through their daily lifestyle choices, purchasing decisions, and practical actions at home.  
Read more: [thepractivist.com](http://thepractivist.com)
Moorland Management by John Roberts

Views (the Newsletter of The Friends of Clwydian Range and Dee Valley AONB) has previously reported the appointment of Graham Berry as the AONB’s Moorland Field Officer. We hope to have the chance to find a little more about Graham in a future issue. Meanwhile, it’s good to report that he is already having a strong impact on the area, with a number of important initiatives underway to bolster the AONB’s resilience to possible climate extremes later this year.

Jointly funded by Denbighshire County Council and Natural Resources Wales, Graham’s principal function is to liaise with landowners and graziers, together with the relevant statutory agencies, both to protect the moorland environment and maintain its economic productivity. Initially funded to late 2023, the goal is to reduce the incidence of wildfires through effective land management and careful risk assessment.

Graham has been working closely with the officers from the North Wales Fire and Rescue Service to develop a good working relationship between the Service and the AONB’s own Ranger Team. A shared communications plan is being developed about the dangers of wildfires and joint training in controlled burning and firefighting on Moel Famau took place in March.

The NWFRS have increased their capacity to fight wildfires by setting up three dedicated wildfire response teams across North Wales with specialist vehicles and equipment. Graham is responsible for advising and overseeing carefully planned controlled burning together with appropriate on-site training with North Wales Fire and Rescue Service. Wildfire Risk Assessment of the AONB’s moorlands is based on up to the minute upland management guidance which identifies areas that are particularly susceptible to fire.

Graham’s initial focus, inevitably, is the Llantysilio Hills which suffered so badly in the 2018 wildfire. The area has a complex land ownership, much of it protected by specific environmental designation, and engagement and co-ordination presents a real challenge. Running alongside this is the vital task of restoring those areas seriously damaged and that is being prioritised as I write. The first phase of a restoration scheme, funded by NRW will utilise heather cut from neighbouring moorland to stabilise the soils and promote recolonisation. A helicopter will be used to assist the transportation of heather cuttings to the badly affected areas where an upland grass seed mix will also be sown.

So, a very busy schedule ahead! We wish Graham and the AONB Ranger Team every success with this vital work. It’s clear that a very good start has been made and we look forward to keeping an eye on things as the year progresses.

John Roberts is the Editor of ‘Views~ clwydianrangeanddeevalleyaonb.org.uk

Frogfun - fact or fiction?

Which of the following statements about adult frogs is correct?

Q1
* They can only see shades of grey, not colour.
* They breathe through their nostrils, not their mouths.
* They have five toes on their front feet.
* They eat a mainly plant-based diet.

Q2
"Frog" has many meanings, aside from the familiar amphibian. Which of these is NOT a correct use of the word "frog"?
* The central indentation on the top surface of a brick.
* The end part of a violin bow.
* An early prototype of the laminator.
* A device for holding flowers in place in a vase

Answers page 42.

In Celebration of National Dawn Chorus Day

“Once upon a time, When women were birds, There was the simple understanding That to sing at dawn And to sing at dusk Was to heal the world through joy. The birds still remember what we have forgotten, That the world is meant to be celebrated.”

- Terry Tempest Williams, “When Women Were Birds”

2nd May
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

Compost Toilets 5th. CAT, Machynlleth 01654 705950, cat.org.uk

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

Reed-beds & Waste Water Management 6th. CAT, Machynlleth 01654 705950, cat.org.uk

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

Renewables for Households: Wind Turbines 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

Timber Frame Build 21st & 25th. Wernog Woods, 07765 251531, wernogwood.co.uk

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

This Mountain, That Mountain Weekend 5th & 6th. Kalpa Bhadra Buddhist Centre, Llandudno. meditatenorthwales.com

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

Introduction to Renewables for Households 26th & 27th. CAT, Machynlleth 01654 705950, cat.org.uk

Blacksmithing - Fire poker & hooks 26th & 27th. Wernog Woods, 07765 251531, wernogwood.co.uk

Dive into Yoga / Yoga & Wild Swimming 28th June - 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.

Spoon Carving 3rd, CAT, Machynlleth 01654 705950, cat.org.uk

Carve a Knife, Fork and Spoon 3rd & 4th. Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

Introduction to Basket Making 3rd & 4th; Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillcentre.uk

Dru Ayurveda Online Foundation Course 4th - 25th. Book: druuyoga.com

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

Space To Be (waiting list only please!) 8th - 11th. Trigonos, Nantlle, info@trigonos.org ~ trigonos.org. See ad p. 6

Stone Carving 10th & 11th. Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

Insight into Emptiness 10th - 17th. Awakened Heart Sangha, Ynys Graianog, Criccieth. Web: ahs.org.uk ~ hermitage@ahs.org.uk

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

Mindfulness in the Clwydians 17th, Capel y Waen, Waen LL16 4BT. Book: wayofmindfulness.co.uk or phone 07851 218014.

Renewables for Households: Solar Hot Water, 17th, CAT, Machynlleth 01654 705950, cat.org.uk

Making Frame Baskets 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

Bushcraft Through the Seasons 17th & 18th; Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillcentre.uk

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

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

**Wild Swimming**

Dive into Yoga / Yoga & Wild Swimming 13th - 15th. Info / Bookings: Laura Bell 07989 512859, info@thezestlife.co.uk

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

**Meditation on Emptiness** 12th - 17th. Awakened Heart Sangha, Ynys Graianog, Criccieth. ahs.org.uk ~ hermitage@ahs.org.uk (Online participation available)

**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

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

**Pit-Fired Ceramics** 21st - 25th. 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

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

**SEPTEMBER**

**Timber Framing Course** 6th - 10th. Arfon Timber Cooperative Ltd, Caernarfon. FB: Timber Framing Course

**Dive into Yoga / Yoga & Wild Swimming** 10th - 12th. Info / Bookings: Laura Bell 07989 512859, info@thezestlife.co.uk ALSO: 13th-17th, 17th-20th, 20th-24th

**Bushcraft Through the Seasons** 11th & 12th; Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

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**GladFest** 11th & 12th. Literary festival. More: gladstoneslibrary.org

**The Mountain Environment of Snowdonia** 25th. Siabod Cafe, Capel Curig, Nature’s Work; natureswork.co.uk / eventbrite.co.uk

**Glaciation in Snowdonia** 26th, Siabod Cafe, Capel Curig, Nature’s Work; natureswork.co.uk / eventbrite.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

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**Biodynamic Association**

**Online Workshops:**

**Sun 6th June**

No Dig Organic Gardening Summer Master Class with Charles Dowding

2-5pm. A return visit to Charles Dowding’s garden – much to learn and see, lots of practical advice guaranteed!

**Sat 10th July**

Vitality in the Garden and Kitchen

Be inspired by the vitality and biodiversity in this haven of biodynamics, then join Living Nutrition expert, and founder of Greencuisine Trust, Daphne Lambert in the kitchen. 10am – 4pm.

**Sun 15th Aug**

Discover the wonderful world of Biodynamic Wine with BDA Certification licensee and owner Robin Snowdon. Includes a wine tasting. 2 – 5pm.

biodynamic.org.uk

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**FB = Facebook  YT = YouTube**
Women Take The Floor (Article in The Guardian) At the Museum of Fine Arts in Boston, female artists throughout history are being given their due in a vital new exhibition. Includes painting, ceramics, furniture & prints among others. This exhibition runs until 28th November 2021. You can see a virtual tour and hear podcasts at: mfa.org
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

POEM: Porsha Olayiwola:
YT: What Is The Suffrage Movement to a blk womyn?: an anthem by the Boston Poet Laureate.
"The 24 stories of this joyously ambitious solarpunk anthology chart a broad map for integrated relationships between humans and nature, spotlighting award-winning and emerging speculative fiction writers from Asia and the Pacific. The linguistically and culturally diverse lineup excels when entwining relational nuance with keenly handled futurist ideas."

Publishers Weekly
This is how 95% of the one billion chickens raised in the UK each year are grown: chicken is the country’s most popular meat and these massive sheds are why it’s so cheap.

The premises which produce much of the UK’s meat are relatively hidden from view. Not only do most people not want to think about how meat is raised, it is in the interests of the intensive livestock industry to keep a low profile. Many meat eaters understandably tend to avoid watching documentaries and reading about the horrors of factory farming. Out of sight, out of mind. The meat industry knows this too, and tries hard to keep the realities of the conditions that industrially farmed animals are kept in divorced from the product people buy in supermarkets.

For the last four years, I have been investigating how intensive poultry units have been allowed to multiply across certain parts of the UK. I have discovered that the poultry industry has taken advantage of weak regulatory and planning regimes in order to expand what is a very profitable business.

I have traced how local people have become increasingly angry about the myriad impacts they face from the chicken sheds – and how they have mobilised to fight the industry’s expansion.

Why can you buy a whole chicken at Tesco for under £3? The costs are being paid by local communities and environments in the damage to the landscape, air and water pollution and quality of life. And that’s not all...

Alison Caffyn is a Research Affiliate, in Geography and Planning at Cardiff University. Alison’s article based on four years research can be found at: theconversation.com
An Open Letter to Keir Starmer

Dear Keir,

I am 81. I have always voted Labour, or – since I now live in a Conservative/LibDem marginal – LibDem. I was a strong Remainer. My career has been mainly in public service here and abroad in the environmental sector. Now you know “where I come from”.

The Conservative Party has morphed from a centre right party into the English National Party. The name has not changed but its core philosophy has altered fundamentally. I get the impression that the Labour Party has not realised the full significance of this. And perhaps the English have been slow to see it – but it is very apparent to people living in Scotland, Wales and Northern Ireland.

One thing ought to be clear: the Labour Party cannot be a second English National Party. Waving union flags and beating jingoistic drums (albeit more softly) will never convince those who want the true thing and will embarrass and alienate those who find this kind of gesture nationalism offensive. And yet the government has been able to define this as the playing field upon which you feel you are required to operate.

Stand back and see what is happening to our politics. The government has attacked key institutions and processes that might stand in its way by illegally proroguing Parliament, breaking international law and aiming to roll back judicial review. It is threatening to restrict the rights of democratic protest. It wishes to make it more difficult for marginalised groups to vote (c.f. the Republican Party). It intimidates and undermines the independence of the BBC (as if it did not already have overwhelming and largely uncritical support from the MSM). It is ready to provoke a series of skirmishes in the ‘woke wars’ designed to keep alive the “anti-elite” resentment that played so well for Johnson et al in 2016 and 2019. It is happy to project a mildly delinquent image of the UK on the international stage in the name of sovereignty.

Many see this as the first steps towards a very British kind of fascism, or at least a drift towards a Hungary-style, one-party state. Even if you are reluctant to describe what is happening in those terms, it is clearly a deliberate and sustained assault on many of our tolerant traditions and democratic ways of working. And it is also an attempt to create the conditions in which lies, distortion and corruption go unchallenged and where our leaders use every device to avoid accountability (for COVID errors, for personal failings and policy disasters too numerous to list).

This is not politics as usual, nor can it be addressed through politics as normal. Given how our electoral system works, the Labour Party can only win power if it responds to the current crisis for British democracy by adopting a radically different way of working which completely
re-sets the political landscape. In short, it needs to be bold in a way that it has – sadly – not so far shown an appetite for.

To grasp the political initiative, the Labour Party should declare that it believes there is now an unprecedented threat to our democracy which calls for unprecedented measures by all who value our democratic traditions: and that you are therefore inviting all other opposition parties – the Greens, the Lib Dems, the SNP, Plaid Cymru, the Alliance Party, and the Social Democratic and Labour Party – to join Labour in forming an Alliance for Progressive Democracy, to confront the slide into narrow English nationalism.

Such an alliance, would be confined to democracy-related issues and would be an arrangement for the rest of this Parliament only. Basically, it would be a time-limited political truce – rather like the war-time coalition – with three specific aims:

- to join together to confront the Government at every turn in Parliament, in the courts and in other ways when it threatens democratic institutions and processes. It won’t stop it, but it will make the progress of legislation more difficult and controversial.
- to raise public awareness of the threats to our democracy so that it is talked about and properly covered in the MSM and on the BBC. Brexit taught us two things: a matter of marginal interest to most people before 2016 was skilfully manipulated into becoming the defining issue and fault line in UK politics; and not all politics is about bread-and-butter issues. Why wouldn’t a rallying call to ‘Defend our Democracy’ – there’s your three word slogan – achieve comparable success?
- to discuss and seek agreement on the elements of constitutional change we want to see in the UK so that democracy is made safe in future. This may be no more than reaching agreement before the next election on the need for a Royal Commission on a written constitution and on a few principles for a new voting system based on Proportional Representation (PR) rather than First Past the Post (FPTP). Obviously, the pressure for a Scottish referendum will greatly complicate matters, but that is no reason not to explore the common ground with as many of the parties to the alliance as possible.

Just think how such an initiative by this group of parties might alter the political landscape. You would be setting the agenda, not following that of the government. The government would be faced with a combined opposition that would represent 57% of the 2019 vote. Public opinion would be awakened to the real threat to our rights and privileges. Many voters would respond positively to the unusual sight of parties working together. Millions, young people especially, who feel politically homeless at present would have a cause to rally to. And the ground could be laid for a winning alliance at the 2024 election.

Perhaps it is naïve to hope for a bold cross-party initiative like this, but I believe that politics as usual is not up to the task of defending democracy against the threats it now faces and that it falls to the party you lead to show a different way forward.

Yours etc.

Adrian Phillips

Adrian’s letter has gone “viral”, but it appears Sir Keir has not succumbed to it yet! Perhaps some readers might send extra encouragement?!
**Few things excite** biologists more than contemplating the parts of the world still relatively free of human damage. For the last 30 years, scientists intent on protecting Earth’s biodiversity have sought to enshrine targets for preserving and expanding these remaining areas of wilderness.

But what actually *is* wilderness, and how do we know when we’ve found it? Most people would call anywhere that’s remote and with few human inhabitants wilderness, but for scientists, it’s more complicated. Most scientific definitions of wilderness centre on the concept of “intactness”. If the basic structure of a habitat, such as a forest, is intact and there is little evidence of human impact, then it is often considered wilderness.

Studies conducted over the past decade have tried to map how intact ecosystems are on a global scale using satellite imagery. Their estimates suggest that between 20% and 40% of the planet’s land surface could be considered ecologically intact. But what can be detected by satellites is a poor measure of how wild a habitat actually is. Beneath the seemingly intact canopy, the extinction of large mammals and birds through hunting and introducing invasive species and diseases has depleted the biodiversity of the world’s wilderness areas.

In a new study, published at [frontiersin.org](http://frontiersin.org) my colleagues and I used a different definition of intact ecosystems that considers whether all species known to have occurred in an area are still present and whether they’re sufficiently abundant to play their ecological roles, such as top predators or seed dispersers. We set the benchmark at AD1500, which means that only parts of the world which are as ecologically intact as they were 500 years ago – with the same complement of species at similar levels of abundance – could be considered wilderness.

We discovered that only 2.8% of the planet’s land surface fits this description. These patches, each 10,000 square kilometres or larger, are scattered in
various places around the world. They include the Nouabale-Ndoki National Park in the Congo, the Serengeti-Ngorongoro in Tanzania, the Alto Rio Negro indigenous territory in the Amazon forest, the Great Siberian Polynya in northern Russia and Kawésqar National Park in southern Chile. These are very rare and special places that should be conserved, but only 11% of them fall within a protected area.

Clearly, where a species has gone extinct, the original wilderness cannot be revived. But where species have been locally eradicated but survive elsewhere, there’s hope for restoring an ecosystem’s integrity by reintroducing species. This will take a significant commitment from governments and multinational bodies, as reintroduction can be costly and difficult. The original threats to wildlife have to be eliminated to ensure success.

But we predict that ecosystems with communities of wildlife at historical levels of abundance and activity could be restored on up to 20% of Earth’s land. Focusing on areas of the world where the habitat appears intact from satellite images, we identified places where five or fewer large animal species have been lost and where it might be feasible to return them.

For example, some protected areas in the Congo Basin have lost forest elephants, but these areas are still large and remote enough and with plenty of intact habitat to support this species. Reintroducing elephants here could be successful if hunting can be brought under control.

As the world considers a new framework for managing biodiversity, the integrity of ecosystems is emerging as an important goal. The UN has also called the 2020s the “decade of restoration”, when national efforts should turn to restoring degraded habitats.

Repairing the world’s most damaged habitats is undoubtedly important, but there’s an opportunity to restore relatively intact habitats to something resembling their former glory. Instead of just conserving them, let’s be ambitious and try to expand these rare and pristine patches by reintroducing long-lost animals. If successful, these intact sites can serve as an invaluable reminder of what the rest of the world has lost, and a useful benchmark from which to measure what is truly wild.

Andrew J. Plumptre is currently head of the Key Biodiversity Areas Secretariat, representing 12 organisations committed to mapping and conserving the most important sites for species and habitats on the planet.
### 14 SEPTEMBER 2017: NATIONAL RISK REGISTER OF CIVIL EMERGENCIES

Registered by the Cabinet Office. The report notes ‘there is a high probability of a flu pandemic occurring’ with ‘up to 50% of the UK population experiencing symptoms, potentially leading to between 20,000 and 750,000 fatalities and high levels of absence from work’ Cabinet Office.

### 2018: THE ASSOCIATION OF DIRECTORS OF ADULT SOCIAL SERVICES (Adass) warns the government, in a series of reports, about care homes’ exposure to a pandemic, the Guardian reports. ‘They called for better supply plans for personal protective equipment warning that ‘demand for PPE could rapidly outstrip supply’ plus improved infection control and a system to enlist volunteers to help services expected to be stretched to breaking point.’ Adass comments, ‘We are not aware of whether government departments picked up on any of the recommendations set out’ Guardian.

### JULY 2019: ‘BORIS JOHNSON SCRAPPED A TEAM OF CABINET ministers tasked with protecting the UK from a pandemic six months before coronavirus arrived,’ the Daily Mail reveals. The group, officially known as the Threats, Hazards, Resilience and Contingency Committee, a subcommittee of the National Security Council and attended by senior ministers including Michael Gove, Matt Hancock and Gavin Williamson, was ‘disbanded without discussing virus control plans... as part of a vow to streamline Whitehall’ Daily Mail.

### JANUARY - FEBRUARY 2020: BORIS JOHNSON MISSES FIVE EMERGENCY COBRA meetings on coronavirus Sunday Times. Responding to the story on 19 April on the BBC’s The Andrew Marr Show, senior government member Michael Gove says missing COBRA meetings is normal for a Prime Minister. The Guardian notes ‘Gove is correct in that prime ministers do not always, or even routinely, chair COBRA meetings. But it is common for them to do so during a major crisis’ Guardian.

### 3 FEBRUARY 2020: SPEAKING IN GREENWICH, THE PRIME MINISTER says there is ‘a risk that new diseases such as coronavirus will trigger a panic and a desire for market segregation that go beyond what is medically rational to the point of doing real and unnecessary economic damage. At this moment, humanity needs some government somewhere that is willing at least to make the case powerfully for freedom of exchange, some country ready to take off its Clark Kent spectacles and leap into the phone booth and emerge with its cloak flowing as the supercharged champion, of the right of the populations of the earth to buy and sell freely among each other... I can tell you in all humility that the UK is ready for that role,’ the Prime Minister says Prime Minister’s Office, 10 Downing Street.

### 13 FEBRUARY 2020: BETWEEN 13 FEBRUARY AND 30 MARCH THE UK misses a total of eight conference calls or meetings about Coronavirus between EU heads of state or health ministers Reuters.

### LATE FEBRUARY 2020: According to a Sunday Times report, at a private event Dominic Cummings, the Prime Minister’s chief adviser, outlined the government’s strategy at the time in a way that was summarised by someone present as ‘herd immunity, protect the economy, and if that means some pensioners die, too bad’ Guardian. Speaking to the Times ‘a source who was advising Downing Street... said that herd immunity was central to the government’s plans in late February and early March.’ The source noted, ‘There was always this message coming straight down of, “We’ve all got to get it”’ Times.

### 2 MARCH 2020: AFTER CHAIRING HIS FIRST EMERGENCY COBRA meeting the government’s emergency response committee on Coronavirus, Prime Minister Boris Johnson says the country is ‘very, very well prepared’ Sky News. ‘I wish to stress that, at the moment, it’s very important that people consider that they...’
should, as far as possible, go about business as usual’, the Prime Minister says Sunday Times.

3 MARCH 2020: ‘PRIME MINISTER BORIS JOHNSON SAID... THAT coronavirus would not stop him greeting people with a handshake, adding that he had shaken the hands of everyone at a hospital where infected patients were being treated’ Reuters. ‘I was frankly horrified,’ Professor Susan Michie, Director of the UCL Behaviour Change and member of SPIB, told Channel 4 Dispatches. ‘It seemed very odd for somebody who is in a position of power and a position of influence to be stating something that is so much at odds with not only with common sense but also scientific evidence about transmission’ Channel 4 Dispatches. The Prime Minister’s advice was: ‘We should all basically just go about our normal daily lives.’ He also advised: ‘The best thing you can do is to wash your hands with soap and hot water while singing Happy Birthday twice’ Guardian.

7 MARCH 2020: THE PRIME MINISTER JOINS THE 81,000 STRONG crowd that watched the England rugby team beat Wales at Twickenham, posting a video on Twitter of himself eagerly shaking hands with five female rugby players. Sunday Times. Rupert Read publishes a briefing setting out what a precautionary approach to the outbreak would look like, having sent it to a senior member of the government on 24 February. The briefing urges immediate implementation of measures such as the shutting down of most air travel, treating cold and flu symptoms presumptively as coronavirus symptoms and shutting down places where the old or medically vulnerable are likely to exposed to the virus. Rupert Read. The Guardian notes the mortality rate of Covid19 is ‘probably about or a bit less than 1%. Much higher figures have been flying about, but the UK’s chief medical officer, Chris Whitty, is one of those who believes it will prove to be 1% or lower’ Guardian.

8 MARCH 2020: ‘ON SUNDAY, MARCH 8, FRANCE BANNED PUBLIC gatherings of more than 1,000 people but that same day thousands of French fans were allowed to mingle in the 67,000 crowd at Murrayfield, Edinburgh, for their rugby team’s game with Scotland’ Sunday Times.

11-15 MARCH 2020: THE ALL ENGLAND BADMINTON Championships are held in Birmingham, attracting 300 players and more than 25,000 spectators from around the world, including China, Malaysia, Denmark, Taiwan, India and Indonesia BBC File On 4.

29 MARCH 2020: RUPERT READ RELEASES A VIDEO CALLING FOR A public inquiry into the government’s handling of the crisis. Within days the video had nearly half a million views; by June the video had over 600,000 views. Rupert Read.

10 APRIL 2020: THE UK REACHES A NEW RECORD HIGH 980 recorded daily deaths from Coronavirus from those tested and dying in hospitals. This number is higher than any daily maximum recorded in Italy and places the UK’s per capita death rate from Coronavirus as one of the highest in the world Statista.

30 APRIL 2020: LEADING THE GOVERNMENT’S DAILY PRESS BRIEFING, the Prime Minister says, ‘We have so far succeeded in the first and most important task we set ourselves as a nation to avoid the tragedy that engulfed other parts of the world’ (Prime Minister’s Office, 10 Downing Street.)

12 MAY 2020: DOWNING STREET STOPS PUBLISHING GRAPHS THAT compare the UK coronavirus death toll to the total in other countries Huffington Post. ‘International comparison charts were shown at the Downing Street daily briefing until England’s death rate from Covid19 hit a trajectory set to take it above other European nations,’ the Guardian reports on 17 May. ‘Ministers have said comparisons are not accurate because countries collect their data in different ways’ Guardian.

Visit the website below to read or download the whole book, which is a comprehensive record of the UK Government’s response to the Coronavirus crisis.
covidtheplagueyear.wordpress.com
Then one of the judges of the city stood forth and said, Speak to us of Crime and Punishment.

And he answered, saying:

It is when your spirit goes wandering upon the wind,
That you, alone and unguarded, commit a wrong unto others and therefore unto yourself.

And for that wrong committed must you knock and wait a while unheeded at the gate of the blessed.

Like the ocean is your god-self;
It remains for ever undefiled.
And like the ether it lifts but the winged.
Even like the sun is your god-self;
It knows not the ways of the mole nor seeks it the holes of the serpent.
But your god-self dwells not alone in your being.

Much in you is still man, and much in you is not yet man,
But a shapeless pigmy that walks asleep in the mist searching for its own awakening.

And of the man in you would I now speak.
For it is he and not your god-self nor the pigmy in the mist, that knows crime and the punishment of crime.

Oftentimes have I heard you speak of one who commits a wrong as though he were not one of you, but a stranger unto you and an intruder upon your world.

But I say that even as the holy and the righteous cannot rise beyond the highest which is in each one of you,
So the wicked and the weak cannot fall lower than the lowest which is in you also.
And as a single leaf turns not yellow but with the silent knowledge of the whole tree,
So the wrong-doer cannot do wrong without the hidden will of you all.

Like a procession you walk together towards your god-self.
You are the way and the wayfarers.
And when one of you falls down he falls for those behind him, a caution against the stumbling stone.
Ay, and he falls for those ahead of him, who though faster and surer of foot, yet removed not the stumbling stone.

And this also, though the word lie heavy upon your hearts:
The murdered is not unaccountable for his own murder,
And the robbed is not blameless in being robbed.
The righteous is not innocent of the deeds of the wicked,
And the white-handed is not clean in the doings of the felon.
Yea, the guilty is oftentimes the victim of the injured,
And still more often the condemned is the burden bearer for the guiltless and unblamed.
You cannot separate the just from the unjust and the good from the wicked;
For they stand together before the face of the sun even as the black thread and the white are woven together.
And when the black thread breaks the weaver shall look into the whole cloth, and he shall examine the loom also.
If any of you would bring to judgement the unfaithful wife,
Let him also weigh the heart of her husband in scales, and measure his soul with measurements.
And let him who would lash the offender look unto the spirit of the offended.
And if any of you would punish in the name of righteousness and lay the ax unto the evil tree, let him see to its roots;
And verily he will find the roots of the good and the bad, the fruitful and the fruitless, all entwined together in the silent heart of the earth.
And you judges who would be just,
What judgement pronounce you upon him who though honest in the flesh yet is the thief in spirit?
What penalty lay upon him who slays in the flesh yet is himself slain in the spirit?
And how prosecute you him who in action is a deceiver and an oppressor,
Yet who also is aggrieved and outraged?
And how shall you punish those whose remorse is already greater than their misdeeds?
Is not remorse the justice which is administered by that very law which you would fain serve?
Yet you cannot lay remorse upon the innocent nor lift it from the heart of the guilty.
Unbidden shall it call in the night, that men may wake and gaze upon themselves.
And you who would understand justice, how shall you unless you look upon all deeds in the fullness of light?
Only then shall you know that the erect and the fallen are but one man standing in twilight between the night of his pigmy-self and the day of his god-self,
And that the corner-stone of the temple is not higher than the lowest stone in its foundation. [From “The Prophet”]

Full Moon Meditation Network
Full moons:
Taurus: April 27th at 4:31am (Wesak Festival)
Gemini: May 26th at 12:14pm (Festival of Humanity)

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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Llys Ifor Farm Shop Check for opening hours. Deliveries to areas in Gwynedd. FB: Llys Ifor Farm Shop, 01766 530378.

Felin Uchaf, Rhoshirwaun For local Pen Llŷn residents: Market Garden full of organic veg, fruit and flowers/ Roadstall weigh & pay. FB: Felin Uchaf; 01758 780280, felinwales.org

Henbant, Clynnog Fawr, Caernarfon Permaculture based. Taking orders for their veg boxes Sign up : henbant.org. matt@henbant.org / 07786 316413.

Tyddyn Teg, Bethel, Caernarfon. Organic veg. Order or drop-in. Subscribe at: tyddynteg.com, 07737 970229, info@tyddynteg.com, FB: Tyddyn Teg

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Kyllin Cafe Deli, Bangor You can find them on Facebook or call 01248 355161.

Wildings Vegan Kitchen, Colwyn Bay Phone 07980 112698 or Facebook

Soulvegan Bakery Emma 07583 947472, emma@soulvegan.co.uk, soulvegan.co.uk ~ FB: Soulvegan bakery

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

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INSPIRATIONAL FOOD IDEAS

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

eatweeds.co.uk ~ a foraging guide to the edible and medicinal wild plants of Britain

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

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**PUZZLE ANSWERS**

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**Frogfun! Answers**

Q1. They breathe through their nostrils, not their mouths.

Q2. An early prototype of the laminator. Find out more about Frogs from: arc-trust.org
Where you can buy NN

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Sustainable Consumption Hotspots & Key Cultural Change Needed

**KEY HOTSPOTS**

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**HOUSING:**

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*The Polluter Elite* *Source: Kenner,*

https://whygreeneconomy.org/the-polluter-elite-database/

Source: UNEP Emissions Gap Report 2020

This presentation is by Richard Shirres, member of the United Nations Association, Menai Branch.

Source: The Cambridge Sustainability Commission on Scaling Behaviour Change (Table 2)