network news
a guide to inspiring events in north wales

planet ocean ~ ubi in wales ~ walk in the woods ~ future perfect ~ ty gwydr
humans for abundance ~ savage summer solstice ~ after angry acceptance

“lead us from fear to trust”
June 2021

Articles

Planet Ocean  4
Our Mysterious Connections to Water
Michel Odent

Adequacy, Fairness & Longevity  6
The three tests of Wales’ Universal Basic Income pilot
Stephen Bush

One Man & His Rainforest  8
Chezza Zoeller

From Demons To Dreams  10
Maria José Iturralde

A Walk In The Woods  12
Sue Andrew

Summer Solstice For Savages  33
Andrew Durham

After Angry Acceptance  34
Fifteen Unhelpful Responses to Anticipating Collapse
Jem Bendell

Beyond Ty Gwydr Greenhouse  38
Chris Walker

Future Perfect  39
Michael Chown

This Month

Events  13 ~ 32
Online & Offline, Workshops, Exhibitions, Groups...

Full Moon Meditation Network  41

Local Fresh Food Supplies  42

Network Of Goodwill  Back Cover
Welcome to the June Network News. If all the money spent on pandemic relief had been given directly and equally to Citizens, it would have swiftly “Trickled Up” - like spring water - to all those who provide the goods and services that humanity really needs. In the prevailing system politicians take their lead from centres of wealth and power, so countless wasteful organisations were put on life support instead of Citizens. It is therefore inspiring that a few politicians have begun to seriously address Universal Basic Income (UBI), and even commit to a pilot scheme here in Wales. This is so much more than a tweak in the welfare system. It could open the flood gates - to security, creativity, sanity, community...

Many people instinctively oppose it. As Kahlil Gibran’s Prophet noted: “You often say, I would give, but only to the deserving. The trees in your orchard say not so…” Who exactly are the deserving? To find out, you must have a “means test”: “Oh do come in, I’ll show you everything I own and earn, and you can tell me what I deserve.”.

UBI is wholly different in conception. It is an unconditional payment to every Citizen to cover the basics of a dignified life. See article on Page 6

When Bob Woodward chronicled Trump, he called his book Fear. Trump had told him (with uncharacteristic hesitance) that all “real power” is based on fear. All tyrants use it. Fear of survival, of migrants, a Chinese virus, an Indian variant, and the ever-lurking Rebels, Socialists and Anarchists. Below them all: the Scroungers. A world in which each Citizen is seen to be worthy of a portion of the Earth’s bounty - simply for being alive… this is the opposite of the culture of fear. It is a civilisation built on Trust. Trust that every human being has a golden centre, which - if it is not perverted by fear - will contribute freely and uniquely to the common wealth.

Blessings to all Beings

citizensincome.org
In 1934, while my family was living in a village in Northern France, we got a car. The following Sunday, we went to the seashore by the Channel. A dream had come true!

In 1936, a paid vacation policy was set by a new French government. Millions of people went to the beach and spent days watching the waves, gazing at the horizon... and dreaming. This was an inspiration for my mother as a poet. The first verse of her poem in alexandrine* titled ‘Vers ton île’ (Towards Your Island) was a question:

‘Qui donc m’emportera vers ton île lointaine?’
(Who will take me to your distant island?)

The French navigator Jacques Cousteau was curious about his own mysterious vocation, confessing that he did not know why he loved the sea.

Once I was in a shop in Tokyo. There was a musical background. We could hear ‘La Mer’, by Charles Trenet. A poem-song about the sea makes people dream all over the world.

Myths and legends also belong to the realm of irrationality. The mermaid legends are mysterious because they are universal. There is always an erotic aura surrounding them. The typical mermaid has the head and body of a woman. Her hair is long and beautiful. Below the waist the mermaid is like a fish. The mermaid represents the femme fatale of the sea. Is there a link between the mermaid legends and the erotic power of dresses that do not separate the legs of women? Many other legends are based on the close relationship between the mysterious Eros and the sea. It is significant that Aphrodite, the Goddess of Love, was born from the foam of the waves. In every land, in every age, poets have testified to the irresistible erotic power of the sea.

Let us recall ‘Song for St Cecilia’s Day’, the poem by W.H. Auden:

Blonde Aphrodite rose up excited,  
Moved to delight by the melody,  
White as an orchid she rode quite naked  
In an oyster shell on top of the sea; ...

It would take volumes to present an overview of works of art inspired by mermaids, not just the famous sculpture in Copenhagen.

The mermaid comes up again and again in music. In the catalogue of modern music in the British Library the list of works associated with the key word ‘mermaid’ takes up many pages.

One could re-examine the entire history of painting from the angle of the relationship between Homo and the sea and, in particular, the erotic power of the sea. The collection by Genie Kahler titled ‘Women and the Sea’ leads to hundreds of pins! (pinterest.com)

*Alexandrine: verse form that is the leading measure in French poetry.
We must even consider the case of cinema as an artistic medium that could not be used before the twentieth century. In films, the sea has frequently been used as a powerful way to stimulate the imagination of the viewers. For example, it is common to cut from ‘couple kissing’ to ‘waves crashing on shore’.

Interestingly, while a great diversity of artists take advantage of the power of the sea on the imagination and emotional state of human beings, this power is used hardly in pornography. Whether you consider drawing, painting, sculpture, films or novels, when the genital organs are revealed, water is no longer employed as a symbol. The obvious reason is that true erotic art is not explicit, but suggestive. It is also notable that most of the well-known scientific researchers in human sexuality have not expressed a great interest in the effect of water on sexual arousal. Until now, the relationship between Homo and the sea does not appear as a serious topic among the current generation of mainstream scientists.

It is significant that the small groups of scientists who raised questions about the dozens of traits humans share with sea mammals, but not with other primates, have been marginalized.

Even if Eros thrives on mysteries, and even if human beings need mysteries, it seems unavoidable that in the near future we’ll have to cope with the ‘scientification’ of the relationship between Homo and the sea. This new step will follow ‘the scientification of love’ and the ‘scientification of transcendence’.

One way to explore the future is to consider what we might learn from fast developing disciplines. The significant fluctuations of sea levels during the Palaeolithic Ages are already studied by small groups of highly specialized experts. When these fluctuations become common knowledge, we’ll realize the narrow limits of what can be learned from fossil hunting. If most of our ancestors were living in areas that are now underwater, we’ll probably never find their fossils. Studies of archaic humans - either Neanderthal or Sapiens - as skilled long-distance navigators cannot be dissociated from studies of the evolution of the oceans and of the climates. Furthermore, it is probable that, in the near future, population genetics will become the most authoritative discipline to understand how our ancestors have colonised the whole planet.

In a renewed scientific context, we’ll learn to raise unusual questions.

What if my mother, in her poem, was expressing ‘the original dream’? What if ‘the original sin’ is the reverse of the original dream?

This excerpt from Planet Ocean reproduced with permission. © Clairview Books Ltd., 2021.

Michel Odent, 90, is a physician, obstetrician, scientist and pioneer of natural childbirth. clairviewbooks.com
The Welsh government is seeking to run a universal basic income (UBI) pilot. The proposal faces a number of serious hurdles: welfare spending is a reserved competence (that is to say, it is controlled by Westminster, not the Senedd) and a successful programme may be beyond the financial capabilities of the devolved Labour administration. However, it’s a good opportunity to ask some relevant questions, namely, what would a useful UBI pilot look like?

The first priority is to make sure a good universal basic income scheme is trialled, and any successful UBI scheme has to pass three tests: adequacy, conditionality and fairness.

It has to provide an adequate amount of money for people to live on, and thanks to the work of the Citizens Advice Bureau we know that’s around £11,500 per annum for an adult without dependents. Many UBI pilots fall at this basic hurdle: they offer far smaller amounts of money. These schemes tend not to tell us very much, other than that direct unconditional cash transfers are a good way of combating poverty (as we already knew).

They don’t allow us to stress test any of the claims about why a basic income is preferable to other forms of state support because they aren’t generous enough to give people greater freedom and control over their jobs, to encourage people to pursue ambitious artistic or business objectives, or any of the other claimed benefits that may accrue from a basic income scheme. (I’m not saying these claims are false or true: I’m just saying that we can’t test them unless we provide an adequate UBI.)

Now, of course, there is a low political argument, which is that it is easier to win political consent for a UBI of £80 a month than it is to win political consent for increasing Universal Credit by a similar amount. I am sceptical of this for two reasons.

The first is that, as the Conservative government’s difficulties in seeking to reverse the £20-a-week increase in Universal Credit have shown, after a decade of spending restraint the opposition is able to move public opinion when it argues explicitly for a change of approach. I don’t think that political parties need to back UBI just to increase the generosity of state provision. But if I’m wrong, there’s still no point in having a UBI “trial” for this type of scheme: if your political objective is simply to increase the generosity of the British welfare state by stealth, just propose an £80-a-month UBI and be done with it. You don’t need to “test” the effects of a policy you aren’t really committed to.
But if you want to test the impact of a genuine basic income, you need to meet that £11,500 figure (or, probably, around £9,500 in most of Wales, but let’s run with the UK-wide figure for ease of reference).

Yet you also have to avoid embedding greater unfairness in British society. While many complaints about universal benefits are, I think, misplaced, because there are either knock-on effects for the whole of society (it’s in my interests as a childless person to subsidise and encourage other people to have children, and a universal child benefit is one good way to do that) or because the amounts are quite small (the extra £80 that child benefit gave to people earning over £50,000 was not going to result in huge economic advantages for households earning above that amount).

With a genuine basic income, however, you really are providing amounts of money that are life-changing for pretty much anyone, regardless of how much they earn, and the problem with giving someone earning £80,000, £90,000 or £100,000 a year an extra £11,500 annually is that they will use that to entrench their economic and social advantages, whether via school fees, property purchases or whatever else you care to name.

So for your basic income scheme to meet both those criteria, you need to ensure an income floor of around £11,500 and make sure you are clawing back all or most of it via the tax system as people progress up the income scale. There are any number of good and interesting arguments about how much to claw back – you might want, for instance, to ensure that everyone receives £100 regardless of where they sit in the income distribution. Or you might want the UBI scheme to sit there as an alternative to unemployment benefit: a kind of permanent furlough scheme that protects incomes in the event of a crash but which some people receive nothing from.

Whatever you decide, these are the tests your UBI scheme needs to pass to be worthwhile. But the test itself also needs to pass another: longevity. One possible benefit of UBI is that people will feel able to say no to bad jobs and working conditions and to take risks in pursuing their ambitions and goals owing to the safety net that an unconditional UBI provides.

But, of course, if you know that at the end of a year or two years you are going to be shunted from UBI back to Universal Credit, with all its conditionality and other hard limits, you are not going to behave as you would if you were actually receiving UBI. (Again, I’m not making a claim either way about whether these benefits actually exist, I’m just saying that we can’t reasonably assess them without a prolonged pilot.)

And those tests – adequacy, fairness and longevity – are the three that any UBI pilot has to pass, and which should apply to Wales’ pilot and any others that appear in future.

*Stephen Bush is political editor of the New Statesman. His daily briefing, *Morning Call*, provides a quick and essential guide to domestic and global politics. He also co-hosts the *New Statesman* podcast.*

newstatesman.com

@stephenkb
In 1980, Omar Tello, 64, bought a patch of deforested pasture in Puyo, Ecuador to fulfill a lifelong dream of restoring Amazonian fauna and flora.

Ordained a ‘humble maverick’, at four-years old Omar Tello was surrounded by nature, fascinated by the butterflies, bugs and animals. To him, it was a paradise, and it was then that he knew he wanted to live in a jungle.

He ended up in the world of accounting, working for a bank, but he felt like a prisoner. Seeing as Ecuador was losing thousands of square miles of rainforest, and was subjected to destructive intrusions by oil companies that were causing massive deforestation, Omar finally found his true calling.

Tello and his brother started their search for a rainforest to purchase, going to the many deforested areas searching for land, and wanting to save any land that he could. His family thought he was “mad” for taking on such a project and although he didn’t disagree, he knew he needed to do something to save species that were becoming extinct; to the point where seeing a wild animal had been reduced to a luxury.

He finally found his forest outside the town of Puyo. At first, most of his time was spent at the bank and then at the forest. He lived this back-and-forth life for years with little to no time for his family much to their chagrin. However, his drive would not falter. He knew that restoring forests is the only way humans will not wipe out resources permanently.

Omar’s land was originally just like many surrounding the area; stripped of vegetation and reduced to pasture so it could support livestock, mostly horses and cattle.

He worked with his wife initially planting trees that would not grow, until they discovered they needed to change the soil. He used organic materials like sawdust and chicken manure, and found rare seeds and cuttings that he was able to replant. Not only did the trees start growing, but rare native plants also began to take life. Biodiversity in many forms started showing up and each new species helped to grow the forest, stabilizing the ecosystem.

His rainforest now has a higher floral biodiversity than most jungles within dozens of miles in any direction. Omar’s rainforest now hosts thousands of plant species and animals alike, which he painstakingly catalogues.

In an effort to spread this information to other farmers, Tello traveled to advise farmers on how to regrow their land. At first, the farmers were apprehensive because they could lose money by restoring the land, so Omar started working with Humans for Abundance.
where they established a $250 a month payment to farmers in exchange for restoring patches of their land. The project just started in 2019 and already has several farmers signed on.

It is very rare for an individual to take on such a massive project but Omar doesn’t believe that society is doing enough to preserve nature. He believes that we have stolen and destroyed resources which we need to give back to the world. Tello was the subject of a documentary, 7 Hectares Back which won second-place in the Yale Environment 360 Video Contest. Today, Omar is recognized as an expert in forest restoration and in addition to working with farmers, he collaborates with educational institutions and community centres to do the same.

Chezza is a passionate environmental activist with Extinction Rebellion’s Outreach Allies team.

oneearth.org
humansforabundance.com

Here in North Wales, we may be a long way from the rainforests of South America, but through Humans For Abundance, we can personally contribute to many of the restoration projects that are underway.

Of course, we must also do all we can to restore, regenerate and re-wild our own local and depleted “rainforest”.

See also Page 10 for the inspiring story of the founder of Humans for Abundance.

Trigonos Courses 2021

<table>
<thead>
<tr>
<th>Space to Be</th>
<th>Weaving Colours</th>
<th>Rewilding the Mind</th>
</tr>
</thead>
<tbody>
<tr>
<td>8th - 11th July (waiting list only)</td>
<td>21st - 24th October with Eta Ingham-Lawrie</td>
<td>21st - 24th October with Jonathan Stacey and Claire Thompson</td>
</tr>
<tr>
<td>25th - 28th November with Ros Tennyson</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Trigonos, Plas Baladeulyn, Nantlle LL54 6BW
trigonos.org ~ 01286 882388 ~ info@trigonos.org
It is often said that crises can uncover the hidden cracks in systems and release our inner demons. We keep those demons deep inside us for a reason: they hide realities that we don’t want to acknowledge because they are too painful. No matter how essential it is to face up to our demons, we prefer to keep them locked away and forgotten.

A little less than three years ago, I had a good job, a family and friends, lots of hobbies, adventurous trips and vacations. A totally normal, happy life. All my demons were quietly locked up in their cells.

I was an important educator at my school, and I taught my students and teachers important life lessons. I felt good living my comfortable life, not too excess, but privileged. I had everything I needed and I lived in harmony with nature. I traveled a little bit by car, I recycled, I had my own vegetable garden, and I taught my kids to love and care for all life.

However, when I least expected it, my demons confronted me and forced a reckoning. I was on a field trip with my students to the Northern Amazon of Ecuador where there are many national and international oil companies that have been extracting crude oil from the earth for more than 50 years.

Our guide, Donald Moncayo, a farmer who was chosen to represent all the people affected by oil extraction in the area, took us to see the results of 50 years of petroleum development.

We witnessed hundreds of gas flares releasing methane and carbon dioxide into the atmosphere 24/7. We visited open pits of crude oil that overflow into the rivers when it rains, which it does a lot in the Amazon. We saw other pits had been filled with earth and then sold to farmers as productive land to farm on. Last but not least, we met some of the thousands of people who have had all types of cancer caused by contaminated river water, polluted air, and food full of heavy metals that leach from shoddy containment pits.

At one of the last stops of the visit, Donald put his gloved hand into a river and pulled it out black, covered in petroleum. We were next to an Indigenous community whose children use the river to bathe and whose women use it to cook, just as their ancestors had for generations.

As I watched this dreadful reality unfold before me, and already feeling broken inside, Donald dealt my soul the final blow: he mentioned the name of my grandfather, who was the president of Ecuador when I was a teenager.

Apparently, his government passed a resolution that totally absolved the oil company that had caused the most damage to these communities and ecosystems of the Amazon with its irresponsible extractive methods.

With that resolution, my grandfather’s administration ended a drawn out court battle initiated by more than 30,000 affected people, allowing the company to leave the pools and flares as they were and
letting them continue to contaminate the environment and communities for decades.

Not only were the lives of the people and animals of the Northern Amazon affected by this travesty, but my life is too, and the lives of everyone on this planet. The waters of the Amazon flow to the ocean. The methane and CO2 released by the always burning flares exacerbate global warming. The poisoned earth produces food that is sold and consumed in city markets.

And petroleum is extracted because it’s the principal export and source of income for Ecuador, thanks to all of us humans who use it daily in our gasoline, oils, lubricants, detergents, paint, plastic utensils, synthetic clothing, medicine, make up, perfumes, dyes, building materials, phones...almost everything we consume.

We are all responsible for this disaster. Certainly the oil companies are, and maybe my family is more directly culpable, but everyone is involved in an indirect way. There is not a side where the “bad” people who destroy the environment are, nor is there one where the “good” ones preserve it. Everyone consumes resources, everyone is a part of the global economy, and everyone, in the end, suffers from the same demons of this crisis.

Donald changed my life with this ToxiTour. He helped me to understand that my life, under no circumstances, could continue as it had before. He created a crisis within me that pulled the demons of pollution and extractivism from their self-interred cells, giving me an opportunity to heal, and to dream of a different future.

**Humans for Abundance** is my way of confronting those demons. It helps me convert their energy into positive and concrete actions aligned with my dream of a planet where biodiversity and all ecosystems are our priorities.

This is my way of healing the consequences of bad decisions made throughout history by previous generations, by my ancestors, by myself. It is my way of creating opportunities so that others, everyone, can convert their own inner demons into regenerative actions so that once again our species and this planet can thrive together.

*María José is an educator and entrepreneur who is passionate about the environment.*

**HUMANS FOR ABUNDANCE** is a social enterprise that connects people with the desire to give back to nature with restorers that can carry out these services for the environment, like indigenous communities in the Amazon and others in positions of socio-economic disadvantage.

Our work focuses on selling a service: the act itself of restoring or conserving ecosystems. This is similar to paying someone to fix your car or take care of your garden, except this service is taking care of our collective home, our shared planet. Additionally, our model requires a minimal investment into administration, meaning almost all money raised goes to the restoration and to the families that take care of their land.

This model spreads to more communities as more people join to partner with them. By not separating social justice from environmental justice, we create incentives for tackling global warming and stopping habitat destruction.

We invite you to be part of this and join us in this movement to heal our planet.

[humansforabundance.com](http://humansforabundance.com)
A Walk In The Woods  
_Sue Andrew_

_Greeted by birdsong_ and a million shades of green, the idea of going for a walk in the woods instantly woke up the senses. In my local wood, there are parallel tracks to walk with damp earth blossoming and wildflowers sprouting underfoot: cuckoo flower, opposite-leaved golden saxifrage, yellow pimpernel, hairy bittercress - all amongst mini-trees rising up - oak, hawthorn, beech - Nature has spread its table feast. The temptation to step into the dense mass of leaf, moss, twig and fungi and the shaded darkness of a woodland floor is too strong to ignore; attracted by the innate curiosity to walk amongst tall, thin-limbed trees, sunlight reaching through; being surrounded by them makes the meandering through this place symbolic of meandering through one’s thoughts and memories.

The perfume of this place hooks into my sense of smell and all of a sudden a flicker of a child comes to mind. I am 7 years old again and running through the trees of Ranmore Common. A welcome memory of how much fun I regularly had in the woods with my brother and other friends, climbing trees, playing Hide and Seek or Tag. It feels very comforting to know it’s still just there in my inner archives!

I can link the richness of that time to the brightness of now and like a repeat adventure, I was happy there and I’m happy here; a parallel universe alongside parallel tracks.

I think it’s the Amygdala in action... that part of the brain where emotions are given meaning; so it makes sense to me that the memory chose to pop up when it did; and explains my deep fondness for woodlands.

Coincidentally, the walk happened during Mental Health Awareness Week (10-16 May). Since that walk, I decided to make one day a month Mental Health Day where I actively go outside and spend some time in nature (for as long as possible) and listen to what’s around me and see what happens. Writing about it deepens the body’s experiences (from when I was 7 and from now) as the thalamus part of the brain processes sensory messages received from the body. And the message which I received from this well co-ordinated process is one of the pleasure of feeling free that is held in my body... which instantly makes me smile. It is now a new positive memory for when I need to conjure one up.

Go for a walk and see what happens. You might even want to write about it!
Online and Offline Events, Workshops, Exhibitions & Groups

network news
ourselves ❤️ our community ❤️ our world

New Moon
June 10th
11:53am

Full Moon
June 24th
7:40pm

These middle pages are here to shine light on some of the inspiring projects and initiatives that are just around the corner, so we can find each other more easily and explore new ways to support and strengthen each others’ work and community.

Happy Birthday Femke ❤️

Celebrating our beautiful, talented, stylish, fabulous hat wearing and long-standing cover artist’s 50th birthday this month.
Thank You for all the months of inspired, bright, positive covers for NN; we continue to be truly honoured. Have a wonderful day and welcome to the most exciting decade!
Much love Sue & NN Team

Snowdonia Society Need Volunteers!
Summer is fast approaching and we need your help to manage visitor impacts! Last year, volunteer teams were out in high season, giving information to visitors, clearing litter and providing back-up for hard-pressed Warden services. Full induction training provided, PPE and updated Covid protocols; flexible shifts; until September. Visit snowdonia-society.org.uk for more info.

* Subscribe to Network News - network-news.org *

Cystadleuaeth Ffotograffiaeth
Photography Competition
‘Eryri’ ~ ‘Snowdonia’
Mae Cymdeithas Eryri yn gwaithodd ffordd daw ddu i anfon eu hoff ddaw dawaw i mewn erbyn dydd Sul 27 Mehefin 2021.
Enter your image by Sunday 27th June for a chance to feature in our 2022 calendar
Cymdeithas Eryri Snowdonia Society
info@snowdonia-society.org.uk

Snowdonia Society Need Volunteers!
Summer is fast approaching and we need your help to manage visitor impacts! Last year, volunteer teams were out in high season, giving information to visitors, clearing litter and providing back-up for hard-pressed Warden services. Full induction training provided, PPE and updated Covid protocols; flexible shifts; until September. Visit snowdonia-society.org.uk for more info.

* Subscribe to Network News - network-news.org *

These middle pages are here to shine light on some of the inspiring projects and initiatives that are just around the corner, so we can find each other more easily and explore new ways to support and strengthen each others’ work and community.

Happy Birthday Femke ❤️

Celebrating our beautiful, talented, stylish, fabulous hat wearing and long-standing cover artist’s 50th birthday this month.
Thank You for all the months of inspired, bright, positive covers for NN; we continue to be truly honoured. Have a wonderful day and welcome to the most exciting decade!
Much love Sue & NN Team

Snowdonia Society Need Volunteers!
Summer is fast approaching and we need your help to manage visitor impacts! Last year, volunteer teams were out in high season, giving information to visitors, clearing litter and providing back-up for hard-pressed Warden services. Full induction training provided, PPE and updated Covid protocols; flexible shifts; until September. Visit snowdonia-society.org.uk for more info.

* Subscribe to Network News - network-news.org *
2nd WEDNESDAY

**Inner Strength Unearthed** A Yoga and mindset workshop. Remove barriers, question your limits and find the courage to live your truth. 6.30 - 8.30pm, £27, Goleuostudio, Tyn y Coed, Rowen, Conwy LL32 8YL. Book: goleuostudio.com

**Wild Walks** For families and Home Schoolers. Improve well-being, connect to nature through activities and games on route and collect items for natural arts and crafts. 9.30am - 12noon and 1 - 3.30pm. Bring your own snacks. Meet at the car park beside the crossroads near the Pont y Rhyd bus stop, Llangedu, Anglesey. To book contact 07799 566533 or neil.cowley@wildelements.org.uk Also 20th & 27th.

**Mountain Flowers of Snowdonia - Environmental Workshop** We will look at the adaptations and ecology of these plants and develop your skills and confidence in identifying plants in the field. Bring along a notebook, pencil and camera to help you remember the plants you discover once you've returned home. 10am - 4pm, £45. Siabod Cafe, Betws y Coed. Book: eventbrite.co.uk

3rd THURSDAY

**Volunteer Meeting** The garden is a therapeutic community garden for all people in the Bro Ddwyf area, Machynlleth. 2 - 3pm; 5.30 - 7pm Youth Initiative Meeting. FB: Gerddi Bro Ddwyf Gardens, gerddibroddyfigardens.co.uk

4th FRIDAY

**FFEAST #2** 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 a local storyteller to bring us tales from long ago. Alcohol free, veggie food/dietary needs catered for. 6 - 9pm, sliding scale cost £25 - £15; children £7.50 (U12) 12 - 18 yrs £10; all welcome. Outdoor event, bring appropriate clothing, blankets. Held at Bryn Llys, Coed y Parc, Bethesda, Bangor LL57 4YW. Ticketed only event available from: nomadwales.co.uk ~ tom@nomadwales.com

5th SATURDAY

**World Environment Day** with a theme this year of *Ecosystem Restoration*. For children’s activities and ideas to make presentations go to: twinkl.co.uk / socenv.org.uk

**Diwrnod Gwirfoddoli/Volunteer Day!** Learn new woodland skills. Hot drinks and biscuits will be provided but please bring your own cup and a packed lunch! We will meet at 11am by the wooden building at Llyn Parc Mawr Community Woodland.

Booking is essential, 11am - 3pm. Llanfair PG, Anglesey. FB: Grŵp Coedwig Cymunedol Llyn Parc Mawr Community Woodland Group

**Community Day** For maintenance of paths, edging and repair work. Gerddi Bro Ddwyf Gardens, Machynlleth, FB: Gerddi Bro Ddwyf Gardens, gerddibroddyfigardens.co.uk

**Pastel Landscape** A full day with Paul Pigram, £60 includes all materials, limited spaces. Bodnant Art Studio, Tal y Cafn, Conwy. Book with Kate: katepigram@aol.co.uk

5th SATURDAY & 6th SUNDAY

**This Mountain, That Mountain Weekend** A weekend retreat on Exchanging Self with Others, based on The New Eight Steps to Happiness with resident teacher Kelsang Jangchub. This practice, at the very heart of the ‘training the mind’ teachings and meditations is extraordinarily powerful for helping improve our relationships, solve our daily problems and be of genuine benefit to others. 10am - 3.30pm, £20. Kalpa Bhadra Buddhist Centre, Llandudno. Book: meditatenorthwales.com

6th SUNDAY

**Mindfulness & Forest Bathing Retreat Day** A day of ‘me time’ inspired by the Japanese practice of Forest Bathing – Shinrin-yoku – and mindfulness. Held in the inspiring woodland of the Centre. 10am - 3pm, £50. Woodland Skills Centre, Bodfari, 01745 710626, enquiries@woodlandskillscentre.co.uk

**Myofascial Release Workshop** Using props we will work deep into your fascial system to relieve tension, stiffness and discomfort within the body. 2 - 3.30pm, Goleuostudio, Tyn y Coed, Rowen, Conwy LL32 8YL. Book: goleuostudio.com

**Gong Bath with Steph Healy** Monthly gathering, with Gongs, bowls, bells and rattles; 7 - 8.15pm, Bodnant Welsh Food, organised by OM YOGA North Wales. FB: Gong Bath with Steph Healy

**Catrin Finch - International Harpist** Music includes classical and contemporary. 3.30pm & 7.30pm; £10+. Theatr Clwyd, Mold CH7 1YA, 01352 344101, theatrclwyd.com

8th TUESDAY

**World Oceans Day** Oceans feed us, regulate our climate, and generate most of the oxygen we breathe. But despite their importance, oceans are facing unprecedented threats as a result of human activity. The purpose of the Day is to inform everyone of the impact of human actions on the ocean, develop a worldwide movement of citizens for the ocean, and mobilize and unite the world’s population on a project for the sustainable management of the world’s oceans. They are a major source of food and medicine and a critical part of the biosphere. In the end, it is a day to celebrate together the beauty, the
wealth and the promise of the ocean. Websites to check for resources and info: humanityatsea.org, seawatchfoundation.org.uk - who are having events in Aberystwyth and Ceredigion. If you can’t get there then organise your own local event: watch for cetaceans, note what you find on the beach, or organise a beach clean. Also go to: unworldoceansday.org or socenv.org.uk

**Family Wildlife Walk** around the reserve with the reserve officer Rob. 4.30 - 6.30pm, £2 adult, £1 children. Gwaith Powdwr, Penrhyndeudraeth LL48 6LY, northwaleswildlifetrust.org.uk

**Creatures of the Night Walk** A moderate walk with the reserve officer Rob looking and listening for creatures that emerge at dusk such as bats, nightjars, owls, and glowworms. 9 - 11pm, £2 adults, £1 children. Gwaith Powdwr, Penrhyndeudraeth LL48 6LY. Book northwaleswildlifetrust.org.uk

**9th WEDNESDAY**

**Extinction Rebellion Cymru Event** There will be Red Rebels, Dancing, Banners and more. Llandudno. More info from: FB: Extinction Rebellion Cymru

**10th THURSDAY**

**Scrambling ~ The Cwm Eigiau Horseshoe** A challenging walk with sections of scrambling led by mountain guide Rob Collister. A long walk involving a couple of short rock scrambles and rough, boggy terrain. A good level of fitness and previous experience of mountain walking are required. 10am - 6pm, advance booking essential, £10. Book snowdonia-society.org.uk / eventbrite.co.uk

**10th THURSDAY - 13th SUNDAY**

**How To Win Against History** Theatre musical production. An award-winning, costume drama musical about expectations, manliness and being totally fabulous. Suitable for 12years+; outdoor stage, various times; £10+. Theatr Clwyd, Mold CH7 1YA, 01352 344101, theatrclwyd.com

**11th FRIDAY - 13th SUNDAY**

**Sound and Stillness Weekend Retreat** During our retreat you will be welcomed into a very special space that will nourish and nurture you with gongs baths, sound journeying, Biofield Tuning, meditation, free time, massage (for additional cost). £320 - £350. Held at Trigonos, Nantlle. Book with Steph Healy: pure.sound@outlook.com ~ puresound.org.uk

**12th SATURDAY**

**Make A Shave Horse** You will be provided with all the materials you need and you will make your own “modern” pattern shave-horse to take home, based on the design made by Mike Abbott. £90, deposit £45. Woodland Skills Centre, Bodfari, 01745 710626, enquiries@woodlandskillscentre.co.uk

**Wild Walks** Improve well-being, connect to nature through activities and games on route and collect items for natural arts and crafts. 9.30am - 12noon and 1 - 3.30pm. Bring your own snacks. Meet Main car park at Breakwater Country Park, Anglesey. Wild Elements 07799 566333, info@wildelements.org.uk, FB: Wild Elements

**For The Grace Of You Go I** Dark comedy theatre production; Jim’s life is going nowhere... £10+, 7pm, Theatr Clwyd, Mold CH7 1YA, 01352 344101, theatrclwyd.com

**13th SUNDAY**

**Know Your Trees** We will look at tree shape, leaves, twigs, flowers and seeds as aids to identification of British native trees. We will also look at the wildlife value of different trees and the uses of the timber. £50, dep £25. Woodland Skills Centre, Bodfari, 01745 710626, enquiries@woodlandskillscentre.co.uk

**Art of Breathing** 2 Hour Workshop. Learn the art of breathing and the power your breath holds. 2 - 4pm, £28. Goleuoo Studio, Tyn y Coed, Rowen, Conwy LL32 8YL. Book: goleuoostudio.com

**Early (ish) Morning Bird-Watch Walk** Discover all the birds of Cemlyn in the quiet of the morning, identify their calls and habitat preferences. 7 - 9am, £2 adult, £1 children. Cemlyn, Cemaes, Anglesey, LL67 0EA. Book northwaleswildlifetrust.org.uk

**EdgeTool Sharpening** In this course we will cover the basics of sharpening theory and the different kinds of stones and machines that you can use to get a sharp edge on your tools. £55, dep £30. Woodland Skills Centre, Bodfari, 01745 710626, enquiries@woodlandskillscentre.co.uk

**Judy & Liza** Musical theatre. Join us on an emotional rollercoaster as we discover the uncanny parallels between some of their most iconic songs and personal lives. Various times, £10+. Theatr Clwyd, Mold CH7 1YA, 01352 344101, theatrclwyd.com

**Blindness** Theatre. Juliet Stevenson voices the Storyteller/Doctor’s wife in this gripping story of the rise and, ultimately, profoundly hopeful end of an unimaginable global pandemic. Various times/dates, from £10. Theatr Clwyd, Mold CH7 1YA, 01352 344101, theatrclwyd.com

**14th MONDAY - 19th SATURDAY**

**Book Club** Mike Parker in conversation with Niall Griffiths, 7.30pm. You can order Niall’s book from Palas Print, Caernarfon 01286 674631, palasprint.com

**15th TUESDAY**

**#WorldRefillDay** RefillMold are hoping to have a stall at the market in Mold on that day to help engage the town with using Reusables. We want reusables back on the menu. In order to have a successful event we would like to ask our lovely members in our group here if anyone would like to help Volunteer on the stall. For more details please message me or let me know in this post if you’re interested. FB: Plastic Reduction Mold - Lleihau Plastig Yr Wyddgrug

**16th WEDNESDAY**

**Summer Solstice Yoga & SUP Retreat** Come and join me to celebrate the return of the summer and hopefully an emergence from all things COVID. Paddle-boarding, gentle stretching, yin yoga, nidra yoga, plenty of relaxation time. £360; held at Trigonos, Nantlle. Book via Cathy 07704 437415, FB: Summer Solstice Yoga and SUP Retreat
**19th SATURDAY**

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

**Water-based Oils Seascape** A full day discovering techniques with Bill Gribble, £60 including the use of materials, limited spaces. Bodnant Art Studio, Tal y Cafn, Conwy. Book with Kate: katepigram@aol.co.uk

**Colwyn Bay Artisan Market** Variety of home made crafts and gifts and local produce. 10am - 4pm. Station Rd, Colwyn Bay LL29 8BU; theartisanmarketcompany.co.uk

**Paddle and Porpoise** Join the Living Seas team for a full day marine experience. Half the day will be spent on an introductory kayak session with experienced instructors from Sea Môr Kayaking. The other half will be spent looking for the local population of harbour porpoises on a sea watch. 11am - 4pm, £65, Porth Ellisian, Llanellian, Amlwch LL68 9LT. Book: Eve Grayson: eve.grayson@northwaleswildlifetrust.org.uk

**Discover the County Flower of Anglesey** A short scenic walk around the beach and rocky bays at Trearddur to our Porth Diana nature reserve. The tiny, rare spotted rock rose will be in flower. We need to get there early as it tends to drop its petals by midday! 8.30 - 10am, meet in front of the Sea Shanty cafe in Trearddur Bay, Lon St. Fraid, LL65 2YR, donations. Book: Caroline Bateson 07725 174087, caroline.bateson@northwaleswildlifetrust.org.uk

**Bundle Dyeing / Lliwio Bwndeli** Learn the basics of ‘bundle dyeing’ by using natural dye materials to colour and pattern fabric as well as create a set of co-ordinating yarns. 10am - 4pm, £65, led by Sarah Key. Held at Tetcstiliau, Y Bedol, Bethel, LL55 1AX. Book: tetcstiliau.org

**20th SUNDAY**

**Glass Fusing Introduction** Verity Pulford will guide you through the fundamental processes of creating fused glass, using stencils, cutting and painting. £240, refreshments and simple lunch included. Held in Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

**Build an Edible Garden** Over the two days we’ll cover a mix of practical and theory culminating in building an efficient food produce keyhole garden from scratch. £200, 9.30am - 4pm. CAT, Machynlleth 01654 705950, cat.org.uk

**Wild Walks** A family wildlife wander around the reserve with the reserve officer Rob. 4.30 - 6.30pm, £2 adults, £1 children. Gwaith Powdwr, Penrhyndeudraeth LL48 6LY. Book Rob 07764 897414, northwaleswildlifetrust.org.uk

**Wild Walks** See 2nd

---

**21st MONDAY - 26th SATURDAY**

**A Splinter of Ice** Theatre production of a cold war story and political drama. 2.30pm & 7.30pm, from £10. Theatr Clwyd, Mold CH7 1YA, 01352 344101, theatrclwyd.com

**24th THURSDAY**

**Summer Solstice at 4.32am & Full Moon at 7.40pm.**

**25th FRIDAY - 1st JULY, THURSDAY**

**National Insect Week** Encouraging people of all ages to learn more about insects. You can send in images to make an exciting tapestry of all submissions to celebrate 24,000 insect species across the British Isles. Find out more: insectweek.co.uk

**26th SATURDAY**

**Build A Lapsteel Guitar** If you’ dream of making your own musical instrument, lapsteel guitars are a great place to start. In this one-day practical course you will build a simple guitar to take away with you, based mainly on reclaimed materials. 18 years+, 10am - 4pm, £85. CAT, Machynlleth 01654 705950, cat.org.uk

**Water-based Oils Seascape** A full day discovering techniques with Bill Gribble, £60 including the use of materials, limited spaces. Bodnant Art Studio, Tal y Cafn, Conwy. Book with Kate: katepigram@aol.co.uk

**Fixing Your Damp House** Learn from an experienced conservation builder how to spot and tackle damp problems in your home. £300 all inclusive. CAT, Machynlleth 01654 705950, cat.org.uk

**Blacksmithing: Fire poker & hooks** Using hammers, traditional hand tools and a forge, you will learn about upsetting your metal and drawing it down, chiselling, doming and using the horn of your anvil to forge various shapes into your hot steel. £275. Held in Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

**Introduction to Renewables for Households** Rethinking household energy provision – bringing energy into your own greener hands. £200, 10am - 4.30pm. CAT, Machynlleth 01654 705950, cat.org.uk

**Yoga/Self-Care Day Retreat** Join us at Goleuo Studio for a one day yoga retreat where you’ll be given the time and space to completely reset. Full and Half Days on offer. 8.30am - 7pm. Each full day £150, each half day £75. Goleuo Studio, Tyn y Coed, Rowen, Conwy LL32 8YL. Book: goleuostudio.com

**27th SUNDAY**

**Wild Walks** Improve well-being, connect to nature through activities and games on route and collect items for natural arts and crafts. 9.30am - 12noon and 1 - 3.30pm. Bring your own snacks. Meet at car park beside the crossroads near the Pont y Rhdy bus stop, Llangoed, Anglesey. Wild Elements 07799 566333, info@wildelements.org.uk, FB: Wild Elements

**30th WEDNESDAY**

**Under The Mask** Theatre. In March 2020, hundreds of final year medical students finished their studies early, and started work on the frontline of the pandemic. This is the story of one of them, a newly qualified doctor, Jaskaran. 7pm, £10+, Theatr Clwyd, Mold CH7 1YA, 01352 344101, theatrclwyd.com
Forest Garden Centre - Llanfihangel Glyn Myfyr, near CORWEN, Incredible Edible
2021 Forest garden Plants and Trees on offer. A Local Community Commons resource for all, so there are no prices for plants. If you feel more comfortable paying then prices are at the normal shortage based competitive rate. (bring a bag or pot to put them in). If anyone has spare plant trays or supermarket trays or growbag trays we’d love them.

Come and help us plant seeds, cuttings and graft fruit trees too. We have literally hundreds of plants and trees so don’t be shy in coming forward and getting your forest and orchards to planted up!

At the moment on offer we have:
- Sweet Chestnuts – Ruthin Sweet Chestnuts when mature fruit abundantly every year
- Blackcurrants – Robert Hart’s Blackcurrant
- Hazels: Kent Cob nuts, and Ruthin Cob nuts.
- Sedum Telephium salad plant
- Josta berries – from Bangor Forest Garden
- Rosa rugosa - Large rose hips for syrup.
- Mint – Moroccan, Apple mint.
- Bocking 14 Comfrey/propagate by split root
- Viminalis Bio fuel willow.
- Structure Willow
- Raspberries available from late June onwards.

Our Farm supplies to Forest Gardens, Farms, Small Holdings, Agroforestry Farms, Individuals, Households, Transition Town groups, Incredible Edible groups and Permaculture Farms, groups, Schools, and Council depts wanting to source Forest Garden Edibles and useful trees and plants for their projects.

Open all year but irregular opening times.
So before coming contact us first.
For directions text 07854 121230 or email creatingwelhealthcooperative@gmail.com

Road Verge Campaign ~ Save Wild Flowers on Road Verges
Kate Petty, Road Verge Campaign Manager, gives an online talk about the importance of roadside verges and how to save wildflowers.
Link: plantlife.love-wildflowers.org.uk
FB: Flowers on Roadside Verges (Verge in Gwynedd with wildflowers)

Tackle Moorland Fires / Daclo Tanau ar Fawndiroedd
Sign the petition now and help ban disposable BBQs from public spaces.
Arwyddwch y ddeiseb rwan i helpu i wahardd BBQs tafladwy mewn llefydd cyhoeddus :: campaigns.thebmc.co.uk/nomoorbbqs

We Cycle: Offering recycling of bicycle tyres and inner tubes at both We Cycle stores in Llandudno Junction and the new Orme store (next to Providero on Mostyn St). It costs us 50p per tyre to recycle them so we’re asking for folk to either recycle their tyres when they make a purchase in store, or pay the 50p.

Tyres will go to Velorim and no part of them will ever end up in landfill. Tubes will go to Velorim or Cycle of Good (we’re sending to both) either to be made into safety flooring or bike bags, belts and wallets.
FB: Plastic Free Snowdonia

WATER AID  Emergency water supplies are needed as India gets to grips with the fallout of Covid 19 waves. Please donate for clean water to those who need it most during this time.
WaterAid has teams in 28 countries across the world, working with our partners to transform millions of lives every year by improving access to clean water, toilets and hygiene.
Go to: wateraid.org

OXFAM WATER WEEK is from 11th - 17th June. You can find free resources for schools or if you just want to find out more. Go to: sustainablelearning.com
“Without doubt, this age is about groups and groupwork, those gathered in search of finding a deeper self, moving beyond criticism and to learn new skills ... In the hands of these groups rests the fate of the world”. From *The Whole Guide 2011*

**BOOK CLUBS**
- **Book Club Zoom** See Calendar 15th, 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
- **Afro Latin Dance Class** Every Monday (including Bank Holiday Monday!), Wednesday & Thursday, 5.30 - 6.30pm, £6. at the Masonic Hall Car Park, Parc Menai, opposite Table Premier Inn, LL57 4FA. All welcome, socially distanced. No need to book, just turn up. Helen McGreary 07751017157, helenmcgreary7@hotmail.com
- **Dance for Parkinsons** Dance has been proven to develop confidence and strength; digital classes via Zoom Tuesdays, 10 - 11.30am, throughout June £3.50 per week. More: pontio.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
- **HSBC UK Breeze** Fun, free bike rides for women of all abilities. FB: Breeze Network Anglesey, Gwynedd & Conwy

**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 /
- **Incredible Edible Ruthin** FB: of same name
- **Bwyd Bendigedig Port / Incredible Edible**
- **Porthmadog** FB: of same name
- **Incredible Edible Conway / Bwyd Bendigedig Conway** FB: of same name
- **Incredible Edible Llanfairfechan ~ Gardening Get Togethers** Thursdays, 6.30pm, Victoria Gardens Raised Bed, Llanfairfechan. Contact 01248 681697, jayne@llanfairfechan.net FB: Incredible Edible Llanfairfechan

**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, northwales wingchun.co.uk ~ dave@northwaleswingchun.co.uk

**LGBTQ+**
- **Join our Group** For those in the North Wales community. FB: LGBT+ Gwynedd, Conwy & Môn

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

**Gay Outdoor Club** Activities include abseiling, underground exploration, scrambling, camping; walking is our main focus. Info: goc.org.uk

**MEDITATION**
- **Meditation** Variety of classes from Kalpa Bhadra Kadampa Buddhist Centre, 34 Mostyn St., Llandudno LL13 1YY. 01492 878778, meditatenorthwales.com
- **Meditation Session** Mondays, 7pm for 30 mins via Zoom. Contact Alan 07816 988124.

**Breathing Exercises** FB: Wave Therapy / annalisalloyd@googlemail.com

**Meditation Classes & Gentle Yoga** OM Yoga North Wales, Colwyn Bay / omyogannorthwales.co.uk

**Llangollen Buddhist Centre** Online for the time being. Visit: llangollenbuddhistcentre.com

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

**MINDFULNESS**
- **Monthly Mindfulness** FB: Inspire - Rewire / inspire-rewire.com

**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

**NONVIOLENT COMMUNICATION (NVC)**
- **Learning to communicate with empathy and observation. Connect through Skype with Lisa Mundle, email:** busybees@phonecoop.coop
SOCIAL
Canolfan Felin Fach Pwllheli. 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: tajji-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; sistercirecletemple.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 Hemmings: crishtrees@gmail.com
Llandudno Writers Contact the Secretary, Steve Baker at bakersteverh05@outlook.com
More from: lladudnowriters.weebly.com

YOGA
Emily Kyle Yoga Online & offline classes. Contact: 07775 798536. FB: Emily Kyle Yoga. Live classes start on 1st June, Pentraeth
Rosslyn Falconer Yoga Friends FB: Love Yoga Live Yoga / video tutorial / classes start again in Llangollen
Tru Dru Yoga Cat Stujit 07816 103064, trudruyoga.co.uk Online classes
Claire Mace Online and offline classes on Anglesey; videos on YT, inspiratrix.co.uk - 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
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 Starting live classes now with Laura Bell on 2nd June 11am - 12pm, and Pam on 7th, 6.30 - 7.30pm. £38/5 weeks. Trefnant Village Hall, Denbigh. thezestlife.co.uk We are no longer doing Zoom classes
Tracey Yoga Contact Tracey 07809 485323, traceyyogacelyn@gmail.com. Online classes only - traceyyogamassage.co.uk
Online Chair Yoga Book with Lisa 07878 113599, lisa.martindale@newmind.org.uk
Gentle Yoga & Relaxation 01352 974430, jillblundford@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@teresayoga.co.uk ~ teresa4yoga.co.uk/yoga
Yma Yoga Llanberis. Find out more: FB: Yma Yoga
Soulshine Yoga Hatha yoga. Based near Bangor. FB: Soulshine Yoga

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

If you would like your group listed here, contact NN at info@network-news.org or text 07777 688440

FB = Facebook  YT = YouTube
**Art and Exhibitions**

Please check with the Galleries about opening times.

**Carl Chapple, Colin See-Paynton & Chris Neale** 23rd May - 16th June. **Followed by Rob Pointon, Susan Gathercole & Kate Pasvol**, 20th June - 14th July. Ffin y Parc Gallery, Betws Road, Llanrwst, Conwy. LL26 0PT, 01492 642070, welsh.art

**Darren Hughes ~ Native Places** Until 3rd July. Charcoal and mixed media drawings, oil paintings and drypoint etching prints explore native places for the artist – with views of Bethesda, Anglesey and the Irish Sea. **The Cherish Project** Until 26th June. A range of archaeological work done at coastal sites in Wales from Pembrokeshire to Anglesey: 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. Web: storiel.cymru

**RNLI Coastal & Maritime Mixed Show Exhibition** Until 13th June. Mixed exhibition celebrating the coastal and maritime landscape. Raising funds for RNLI. Also, **Old Roads, Ancient Tracks** A mixed exhibition by local artists exploring old roads and ancient tracks of our past. 24th June - 26th September (check for dates). Oriel Ty Meirion, Y Brief Heol, Dyffryn Ardudwy LL44 2DH. 01341 247541, mima@tymeirion.co.uk ~ tymeirion.co.uk

**Paul Wearing : flux & poise** 28th May - 26th June. Paul’s making is motivated by how he feels being in the landscape, being part of his surroundings. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

**3 Exhibitions Open** Until 20th June: **Hannah Quinlan & Rosie Hastings: In My Room; Richard Wathen: New Eyes Every Time and Nick Hornby: Zygotes and Confessions.** 11am - 4pm, free, MOSTYN, Llandudno LL30 1AB, 01492 879201, mostyn.org

**Annual Open Art Exhibition 2021** Until 5th June. Open! If you are unable to visit the gallery, all the successful entries can be viewed here online, showcasing a diverse and vibrant collection of works. RCA Conwy, LL32 8AN, 01492 593413, rcaconwy.org

**Bodnant Art Gallery** A constant display of the best of Welsh artistic talent. Mon - Sat 9.30am - 4.30pm, Sunday 10.30am - 4.30pm. Colwyn Bay LL28 5RE, bodnant-artgallery.co.uk

**Jean Samuel Linyuy** Exhibition of Cameroonian artist at Bangor Arts Initiative. These modern abstracts are a must-see if you’re heading into Bangor city centre. The gallery will be open for a few hours over the next coming weeks. Come and enjoy some vibrant visual art for those fatigued screen eyes. Deiniol Centre, Bangor. FB: Bangor Arts Initiative.

**Parc Cybi: A Landscape Through Time: Archaeological Excavations near Holyhead.** The exhibition presents the findings of the excavations alongside the actual artefacts, with contributions from the pupils of Ysgol Cybi. **AND Aimee Louise Jones ~ Elements of the Landscape** The main subject of my work focuses on the presence of corvids; they are distractions from the white noise of everyday life within their rural habitats. Both until 13th June. **AND Paul Westlake Exhibition Stiwdio Gelf** Until 20th June. This photographic and textile exhibition captures Paul’s love of creativity and his surroundings. **AND Wini Jones Lewis ~ Life is Not Black and White** “There is always some colour and blessings in daily life if we practice a grateful attitude”. Until 11th July. Oriel Ynys Mon, Llangefni, Ynys Mon LL77 7TQ. 01248 724444, orielmon.org

**Meri Wells ~ Ceramic Portal Series** “Suitable for indoor and outdoor locations, they offer an alternative look at life, glimpsing the variations as they leak through the gaps in our reality and occasioning a double take involving memory and emotions.” **AND Kim & Gerald Dewsbury ~ Courtyard Project Spaces A & B** Paintings “Inspired by my rural surroundings – I value that first hand contact with nature; my sketchbooks are filled with walks, insects, clouds, natural ephemera, etc.” Both until 5th June. **AND Monochrome** 28th May - 17th July. A cross genre exhibition that highlights the subtleties of line, mark, form and texture. With work by twenty contemporary makers the exhibition looks beyond colour and considers what we would generally term the opposite: all the nuances between the polarities of black and white. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk
Llantysilio is a stunning little hamlet on the northern bank of one of many meanders of the River Dee, some 2 miles from Llangollen on the B5103. It sits on the southern edge of Coed Hyrddyn (Velvet Hill), and excellent routes to the summit are available from the carpark. While the Industrial Revolution has undeniably left its mark on this tiny settlement, it has somehow managed to enhance the place rather than detract from it. Certainly, Telford’s Horseshoe Falls were created to supply the Llangollen Canal and the trade that plied its still waters, but to view the works is to believe that nature and industry can find a happy compromise. The much restored Chainbridge is another example of how practicality does not always have to injure the eye. No recorded history would seem to exist of Llantysilio before the Norwich Taxation records the place as, ‘Sancto Tessilio’ in 1254, and yet, there is a sense of real age here. St Tysilio’s Church, discussed elsewhere in these pages, and its dedication to the British saint seems to push its past deep into the times before the Norman invasion. And, it is a curious thing to stand in the churchyard and watch the steam trains from Llangollen make their way along the southern bank of the River Dee; industrial might viewed from the peace and serenity of this ancient place. Llantysilio is one of those rare settlements that time has made smaller. Today, it is little more than the church, the Hall and a smattering of homes. Certainly, Edward Lhuyd at the end of the 17th century suggests a marginally larger settlement than that which exists today. Stand upon the hill in the car park at Llantysilio and look down upon the River Dee and the Horseshoe Falls, indeed along the river valley towards Corwen and allow the pressures of the present ebb away.

Labour Pains

The wind blows the pollen in the night through ruins of fields and homes. Earth shivers with love, with the pain of giving birth, but the conqueror wants us to believe stories of submission and surrender.

O Arab Aurora!
Tell the usurper of our land: childbirth is a force unknown to him; the pain of a mother’s body land a wound inaugurates life for dawn’s cracks at a moment when the rose of blood blooms on the wound.

by Fadwa Tuqan, Palestinian poet, 1917 - 2003
Translated by Azfar Hussain
We have 50 acres of woodland with permanent Forest School sites, heated meeting rooms, covered workshops, wildflower meadow, apiary, heritage orchard, tree nursery, allotments and vineyard in the heart of the Clwydian Range AONB near to the village of Bodfari.

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

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

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

SUBSCRIBE to Network News
£20 for 12 months / £12 for 6 months
Contact us at info@network-news.org
0777688440 or visit our website: network-news.org

Networking for World Awareness of Multicultural Integration ~ NWAMI
We’re here for our community - no matter your age, religion, sexuality or nationality. We offer:
Coffee & Tea Morning Club; Job Club; Books & Internet; One-2-One & Group Sessions; Provide Food
You can contact us on: 01492 530110, 07999 736232, doctorroy@btinternet.com
www.nwami.org.uk
FB: Networking for World Awareness of Multicultural Integration

A Sacred Dance Festival event live from Universal Hall, Findhorn Foundation, Scotland on Saturday June 12th 2 - 4pm with live music from The Indian Bhajan Band - dances taught by Peter Vallance and Laura Shannon plus Kostantis and Nikolas live from Greece. There will be dancers in the Universal Hall and we look forward to seeing you all on Zoom on the big screen dancing with us. Register for the event here by donation: https://www.eventbrite.co.uk/e/154125685073
This event is a preview of a longer online Sacred Dance Festival from July 10-15th 2021.
Introducing NooWorld

So many of us have marched in the streets, led strikes from school and work, engaged in civil disobedience. We’ve lobbied our government representatives, participated in non-violent direct actions, given public climate presentations, and activated our people power in so many other inspiring ways. But without more effective tools to organise and unify all of our actions into larger coalitions and global campaigns, we see our climate emergency ending in catastrophe.

So how can we better leverage all the skills and strategies activists bring to the table? Where are the multilingual training resources to support all of our climate, ecological, and environmental justice activists everywhere? Where can activists find each other to organise local movements? Or regenerative communities to build coalitions with? Where is the online social platform that works with us and for all of us, not against us?

These are the questions that inspired us to launch NooWorld. We’re building amazing coalitions across the global North and South, we’re rebelling for life, and we’re starting this summer with the Amazon Rainforest.

Ready to be part of the most badass climate justice coalition in history? Wondering what the NooWorld looks like? Want to build it with us? Join us!

noo.world

These are some of the Ecovillages in Europe

Find out more at: gen-europe.org
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

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

June: Your Wild Food Year 17th June, 7 - 8.15pm, Andy Hamilton, author of Booze For Free and Fermenting Everything. Andy will be sharing his vast experience with advice on how to get started in wild brewing and his top summer drink recipes. woodlandclassroom.com

World Oceans Day To join in virtual conversations about the ocean and its life on Earth with topics such as women scientists, coastal seascapes, book presentations, children’s interests, drinking water and much more! Visit: unworldoceansday.org

Field Studies Council Webinars
Wednesdays, 3 - 4pm, £5 each.
2nd June The Weird and Wonderful World of Wildflowers
9th June Orca: Looking out for whales and dolphins
16th June Data For Nature
23rd June Seething Soils
30th June A Shark’s Eye View

Courses
4th - 9th June Developing Nature Writing You will create your own pieces including different forms of fiction and share them with other learners. Self-study and live webinars. £60.
9th - 30th June Discovering Amphibians and Reptiles This course will enable you to identify the key characteristics, life cycles and conservation status of these two critical species. 2 week online course; self-study & live webinars; £30.
17th June - 8th July Discovering Tracks & Signs Learn skills to confidently identify a variety of mammal and bird activity when you are out in the field. Self-study and live webinars. £30.
Book: field-studies-council.org

Nature does not hurry, yet everything is accomplished. Lao Tzu

Coastal Cliffs Live Join the Living Seas team for another live event in which we will be exploring the cliffs of North Wales, which are in bloom at this time of year. Saturday 19th June, 11 - 11.30am, donations.
Eve Grayson ~ northwaleswildlifetrust.org.uk

World Studies Council

30 Days Wild! Big Wild Breakfast
Tues 1st June, 7.30 - 8.30am. Live from the Spinnies Nature Reserve.
FB / northwaleswildlifetrust.org.uk

Zero Carbon Britain Live Online Weds 23rd & Thurs 24th ~ Working with a range of local Councils, we have developed a two day, interactive, online course offering an in-depth look at CAT’s flagship research project, Zero Carbon Britain. Connect with a network of others working and studying in the field and explore the radical changes needed to rise to the climate challenge. Book with CAT, Machynlleth 01654 705950, cat.org.uk
New Local Authority Climate Plan Checklist

Climate Emergency UK, with input from CAT, Machynlleth, Friends of the Earth and Ashden, have recently developed a Local Authority Climate Plan Checklist, which aims ‘to help local authorities draw up ambitious, comprehensive and robust Climate & Ecological Emergency Action Plans, and to enable community groups to assess the ambition of their own local authorities’ plans’. The checklist details the creation and presentation of a plan, the components of a strong plan, and the commitment, governance and funding required to deliver on it.

Keep an eye out for updates on our work at the Zero Carbon Britain Hub and Innovation Lab, including our new Zero Carbon Britain online resource hub which will be full of content for inspiring, informing and enabling local action on the climate and ecological emergency.

You can download the Checklist at www.climateemergency.uk/local-authority-checklist/ Or Visit: cat.org.uk

RESURGENCE TALKS

Saturday 12th June
Regenerating Soil, Regenerating Health with Vandana Shiva. Hear one of the world’s most articulate and passionate environmental activists address this fundamental issue of regenerating soil and human health within the context of her ecological vision of our common future based on the Oneness of Life. 10am - 12.30pm.

Wednesday 30th June
Ecocide? Issues to Think About with Philippe Sands. 7.30 - 9pm, £6.50 + booking fee. Philippe practices general international law, around maritime boundary disputes, natural resources, pollution and environment assessment.

Resurgence Book Club
Wednesday 23rd June 7 - 8pm, free, donations welcome
This month: “Huts - a place beyond” with Lesley Riddoch, who sets out to discover why local people in one of Europe’s prime tourist destinations have been elbowed off the land and exiled from Nature for so long. Her journey leaves her convinced that thousands of humble woodland huts would give people a vital post-Covid connection with Nature.

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

Biodynamic Association Online Workshops/Courses
- Introduction to Biodynamics 4 week online learning course. For anyone interested in biodynamic gardening or agriculture. Starts Monday 7th June.
- 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. Saturday 10th JULY 10am – 4pm.

biodynamic.org.uk

Is The World As Insane as it Seems? with Meg Wheatley
Tuesday 8th June, 7pm, donation. Inspiring Guest Meg Wheatley joins AimHi to share some insight into whether the world really is as insane as it appears. To watch the session we currently stream via twitch.tv / These are free to watch and the event link will take you directly to our page. Organised by AimHi - aimhi.co
AimHi is the nature-first, curiosity-powered online school on a mission to make world-class live learning accessible to everyone. FB: AimHi ~ team@aimhi.co / twitch.tv/aimhilive

Ffrindiau Gardd Natur Cricieth ~ Friends of Criccieth Nature Garden
A great deal of work has been done behind the scenes to help enhance the area know as Criccieth Nature Gardens which consist of The Field, the Butterfly Garden and The Nature Garden. Recently all hands were on deck to plant 975 wild flower plug plants, quite an achievement! Well done to all involved. Find out more on FB
**spirituality ~ mysticism ~ wellbeing**

**Monthly Rest Circle** with Kate Hamilton-Kapur / Zoom  
3rd June, 2 sessions: 7 - 8pm & 8 - 11pm, stretching and Yoga Nidra. Hosted by OM Yoga North Wales  
FB: MONTHLY Rest Circle  
Register: meditatenorthwales.com

**Retreat From Home ~ Yoga & Life Drawing** online  
Sunday 20th June 2 - 4pm, donation  
Book: eventbrite.co.uk

**Pregnancy & Birth: what Covid 19 is teaching us about “trauma informed” choices.** Speakers include Michel Odent on ‘Womb Ecology’ and Binnie Dansby. Saturday 12th June, 12pm - 9pm, £45.  
Recordings are accessible to registrants one month following the event. Organised by Whole Being Films.  
Bookings: pregnancy-birth-and-trauma-informed-choices.heysummit.com

**Learning to Let Go**  
A 4 week series of online classes, Wednesdays 11.30am and 7pm, 9th, 16th, 23rd & 30th June, Led by resident teacher Kelsang Jangchub from Kalpa Bhadra Kadampa Buddhist Centre, Llandudno  
Register: meditatenorthwales.com

**Group Biofield Tuning Biofield** Tuning is a method of sound therapy that can help you to release old stagnant emotions, memories, thoughts, habits and behaviours. It can facilitate you in experiencing a less stressful life with more energy and positivity. Saturday 5th June, led by Steph Healy, 10 - 11am, Zoom, £8 - £15.  
More: puresound.org.uk

**Llangollen Buddhist Centre Online Programme**  
3rd June: Exploring Mindfulness of breathing  
10th June: Meditation Evening  
17th June: Welcome to new Order Member  
24th June: Facing Suffering  
llangollenbuddhistcentre.com

**“Every storm runs out of rain”**  
Maya Angelou

**Free Online Mental Wellbeing Support Sessions** Every Friday; June 4th, 11th, 18th & 25th, 10.30am - 12.30pm & 6 - 8pm, free.  
Meet like-minded people, build confidence and share ideas. People from all over the world join in!  
eventbrite.co.uk

**Online 8-week Course in Mindfulness**  
Tuesday 8th June, 7 - 9pm, £155-£175. Learn new ways of handling stress, pain and difficult feelings.  
Tickets: eventbrite.co.uk

**How To Be A Better Ancestor** with thanks to Positive.News magazine  
“Research shows that humans are not just short-term thinkers. We can be ‘acorn-planters’ when we switch on the long-term part of our brains in our frontal lobe. Fire yours up: imagine a child you care about on their 90th birthday, holding a great-grandchild of their own. The baby could be alive well into the 22nd century. What do they need you to do in order to thrive?  
More ideas from: positive.news

**Ayurvedic Perspective: how mental health affects physical health**  
Saturday 26th June, 4pm, £10  
Talk and discussion with Dr Nikolaos Kostopoulos (M.D., M.F. Hom UK) How mental health affects physical health from an Ayurvedic perspective  
Tickets: eventbrite.co.uk

**Knee Pain Corrective Exercise - Women Only**  
Sunday 27th June, 4 - 5.30pm, free. This is an interactive workshop where you will perform the exercises while sitting at your computer.  
Register: eventbrite.co.uk

**Soul Writing with Matt Rivers**  
Sunday 6th June, 4 - 6.30pm, free. An introductory writing workshop to release stress, explore our shadows and reveal our creative force.  
Register: eventbrite.co.uk

**See Page 4**
**Transcendental Meditation**
NW Anglesey TM Centre.
Transcendental Meditation is a simple technique practised 20 minutes twice a day while sitting comfortably.
ide.evans@tm.org - uk.tm.org
gwyndaf.evans@tm.org

**Daily Bhagavad Gita Study Circle**
8.30 - 9.15pm, free. Discussing verses with Paramahansa Vishwananda’s commentary. The Gita contains everything you need to know about how to attain Self-knowledge and God-knowledge through bhakti - the path of devotion.
Register: eventbrite.co.uk / bhaktimarga.co.uk

**Learn with Grandma ...Wales**
A Facebook page dedicated to making the most of time spent with grandchildren, helping to close the digital age divide, encouraging people to share skills across the generations and have fun together. FB: Learn with Grandma ... Wales

**LUV2MEETU**
A friendship and dating agency for adults with learning disabilities and / or autism
FB: Llwybrau Llesiant

**Age Cymru Dyfed Befriending Life Links**
A weekly Zoom group Mondays and Thursdays 10.30 - 11.30am for the over 50s. The “Today’s the Day” group focuses on a different theme each week. Based in Carmarthenshire but open to all, contact Lucy Cummings 07399 861350, lucy.cummings@agencymynrudyfed.org.uk

**Words for Wellbeing: Nature and the Summer Solstice**
Monday 21st June, 10.30am - 12.30pm, £24.30 - £27.54. A 2-part course exploring the ways in which the natural world can inspire our creative life, develop our writing and enhance our wellbeing. Reading, group discussion and expressive/creative writing will be used to promote growth and wellbeing. Book: eventbrite.co.uk

**Midsummer Blessings**
We bless the preciousness of all that is bountiful in our hands, all that is joyful in our hearts and all that is possible for our minds.
May the brightness of the sun bring the fullness of the night into our lives, so that our souls rejoice with a true connection to the Earth beneath us.

On 18th June an intrepid group of grievers and ‘keeners’* will be setting off on a unique pilgrimage along the Taith Pererin Gogledd Cymru (North Wales Pilgrim's Way); we will be making rituals of mourning with the Land, Place and Space at sacred sites along the Way and we will be documenting and sharing our process as we go to raise awareness of the healing power of catharsis at the personal, collective and systemic level. To raise the funds to pay the way of the photographer and filmmaker we have this funding pool. Find out more from: FB: The Pilgrim’s Wake * The word keening originates from the Gaelic caoineadh meaning “crying”. The keening women (mnàthan-tuirim), paid respects to the deceased and expressed grief on behalf of the bereaved family.

**Positive Group Action**: Making something particularly if you are self isolating to keep your spirits up, share your inspiration, your process and the finished item. We will be kind and supportive and welcoming. FB: Creating in the teeth of Corona

**TRIANGLES**: Triangles is a service activity, using the power of thought and of prayer to uplift and transform consciousness. Three people agree to link in thought each day. You can join and find a link to make your Triangle, with others from all over the world. lucistrust.org
Welsh Film Preview Days ~ Film Hub Wales
Friday 4th June. 9am - 5pm, free.
A host of exciting up-coming Welsh titles, including Donna, Affairs of the Art & Men Who Sing. More films and clips will be added to the line-up in due course. Sign up on FB: Film Hub Wales or eventbrite.co.uk

MTFESTUK2021
Monday 21st - Sunday 27th June
Theatr Clwyd in Mold is screening several films from this festival this year. Musical Films, suitable for all. Find out more from theatrclywd.com

Learn to Draw Textures: Glass Art
webinar for children 10+
Tuesday 1st June 4 - 5.30pm, £5.44
Book: eventbrite.co.uk

Pointillism Art Workshop
An introduction of Pointillism with short talk & example. Every Monday 9 - 10pm, £11.37+. Book: eventbrite.co.uk

The Art of Myth: Creative Writing and Drawing Online
Thursday 10th June, 6.30 - 8.30pm, donation.
Bringing you a selection of games, creative techniques and storytelling methods that will help you to develop your own writing and drawing practices.
Book: eventbrite.co.uk

Galeri, Caernarfon
Whilst Galeri is closed you can rent films to watch from home. You have 48 hours to watch the film from date of rental. Variety of genre available until 30th June.
2021 Open Exhibition Agored/Open 2021 offers an opportunity for anyone of any age - whether a professional artist, student or someone who creates art in their spare time - to be part of a special exhibition in Galeri’s Art Space. £10 submission. Prizes £250 - £1000. Closing date for entries is 13th August 2021
Go to: galericcaernarfon.com

Art, Storytelling and the Environment with Akram Khan and Amitav Ghosh
Monday 14th June, 5pm. During his 20 year career, Khan has become one of Britain’s most celebrated contemporary dancers and choreographers, Acclaimed Indian novelist Ghosh is also a vocal environmental campaigner, often tackling the climate emergency in both his fiction and non-fiction works. A talk as part of the celebration of The Guardian newspaper’s 200th birthday. Tickets: £7.81 - £22.37, book via eventbrite.co.uk

Red & Black Films is a dynamic Welsh production company, run by producer John Giwa-Amu and writer/director Caradog James. Their company makes feature films, high-end television drama, Interactive movies and documentaries. A Wales alternative to renting & buying on Amazon, Netflix and iTunes! Contact: redandblackfilms.com
**Listen**

**Noods Radio** Independent radio broadcasting. In light of cancelling this year on Anglesey, Em Williams and Stav share their live recording of underground electronic music. Find out more FB: Gottwood Festival

**Watch**

**After Skool** The goal of this channel is to enhance the most profound ideas with art AND get you to question things, includes thoughts from Gabor Maté, Vandana Shiva, Terence McKenna, Eckhart Tolle, & more! YT: After Skool

**The Last Unicorn** Animated film for children 1hr 29mins, £2.49 to rent from Amazon Prime.

**SuperSize Me** (If you haven’t already seen it it’s still worth a look). Director Morgan Spurlock’s social experiment in fast-food gastronomy. Available free with Amazon Prime.

**Alan Watts - Relax Your Mind** 46 mins on YT: Alan Watts - Relax Your Mind - One Of The Best Speeches Of All Time By Alan Watts

**Cadiw Cysylltiad : Staying Connected** Dawns i Bawb in collaboration with Dementia Actif Gwynedd keeping folk connected and supported. Dancing to the music from Swan Lake - “a dance to celebrate our friendship but also to remember those we love who have left us”. YT: Cadiw Cysylltiad : Staying Connected / FB: Dawns i Bawb

---

**Investigative Journalism and Independent Media**

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

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

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

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

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

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

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

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

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

**FactChecking** for more than 180 years. factcheck.afp.com

**Tax Research UK** Tax, accounting & political economy: taxresearch.org.uk

---

**The Power of Music**

An exploration of music as agent of personal and collective transformation. Thurs 10th June 6 - 8.30pm, £10-£20. This taster session is open to anyone interested in music (particularly choral and ‘spiritual’ music), the arts in general, and psychology. Book: eventbrite.co.uk

---

**The Sea Around Us by Rachel Carson**

Carson’s book evokes the power and primacy of the world’s bodies of water, combining the cosmic and the intimate. It provides a timely reminder of both the fragility and the centrality of the ocean and the life that abounds within it.

---

**Short Video Competition**

Make a video and be part of our social media campaign targeting the public and delegates attending COP26 the UN Climate Change Conference being held in Glasgow this November. Be as creative as you like, videos must be 60 seconds or under. We have created some scripts which you can use for inspiration. Submit as many entries as you like, we want to spread the message that there is a ‘Wildlife Emergency’.

**Closing date is 1st August 2021.**

Of all mammals on Earth, ONLY 4% are WILDLIFE, 60% are farm animals and 36% are humans. Find out more with: veganorganic.net

---

*with thanks to all those who sent in recommendations*

**‘Landscape of Fear: what a mass of rotting reindeer carcasses taught scientists’** Online / The Guardian.

Written by Phoebe Weston / The Age of Extinction - Wildlife / theguardian.com

---

**LISTEN WATCH**

---

...
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.

Pastel - Bring Your Own Photo 3rd, Bodnant Art Studio, Tal y Cafn, Conwy. Book with Kate: katepigram@aol.co.uk

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

Make A Three Legged Stool 3rd & 4th, Woodland Skills Centre, Bodfari, 01745 710626, enquiries@woodlandskillscentre.co.uk

Mindful Woodland Wander 4th, Woodland Skills Centre, Bodfari, 01745 710626, enquiries@woodlandskillscentre.co.uk

Dru Ayurveda Online Foundation Course 4th - 25th. Early bird price till 14th June £320. Book: druyoga.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. 9

Water-based Oils Seascape 10th. Bodnant Art Studio, Tal y Cafn, Conwy. Book with Kate: katepigram@aol.co.uk

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

Yoga/Self-Care Day Retreat 10th or 11th. Goleuostudio, Tyn y Coed, Rowen, Conwy LL32 8YL. Book: goreuostudio.com

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

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

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

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

Birds of the North Wales Coast 17th & 18th. Field Studies Council, Rhyd-y-creau, Betws-y-coed. 01743 852100, field-studies-council.org

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

Make A Rustic Chair 17th & 18th, Woodland Skills Centre, Bodfari, enquiries@oodlandskillscentre.co.uk 01745 710626,


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

ALSO: 5th - 9th, 16th - 19th, 19th - 23rd.

AUGUST

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

Know Your Trees 7th, Woodland Skills Centre, Bodfari, 01745 710626, enquiries@woodlandskillscentre.co.uk

Mindful Woodland Wander 8th, Woodland Skills Centre, Bodfari, 01745 710626, enquiries@woodlandskillscentre.co.uk

Yoga & Meditation Retreat 9th - 13th. Held at Trigonos, Nantlle. Book with Tru Dru Yoga: trudruyoga.co.uk

Meditation on Emptiness 14th - 17th. Awakened Heart Sangha, Ynys Graianog, Criccieth. ahs.org.uk ~ hermitage@ahs.org.uk (Online participation available)

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

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

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


Workshops 2021

Always check first!
**Pit-Fired Ceramics** 21st - 25th. Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

**Family Week in the Woods** 23rd - 27th, Woodland Skills Centre, Bodfari, 01745 710626, enquiries@woodlandskillscentre.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** 28th - 30th. Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

**SEPTEMBER**

**Mindful Woodland Wander** 5th, Woodland Skills Centre, Bodfari, 01745 710626, enquiries@woodlandskillscentre.co.uk

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

**Inspiratrix Yoga Teacher Training** Starts 7th; more info from FB: Inspiratrix Yoga Teacher Training 2021, inspiratrix.co.uk

**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

**Scything** 11th, Woodland Skills Centre, Bodfari, 01745 710626, enquiries@woodlandskillscentre.co.uk

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

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

**Growing & Using Medicinal Herbs** 11th & 12th, Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.co.uk

**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

**OCTOBER**

**Making Pallet Furniture** 2nd. CAT, Machynlleth 01654 705950, cat.org.uk

**Apple Day** 2nd / 3rd, Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

**Practical Woodland Tasks** 31st, Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

**FB = Facebook   YT = YouTube**
Our ethos dictates with certainty that ALL animals (dogs, cats, small animals, wildlife and farm) are worthy of consideration, they are not ours to use, to harm, to eat or to otherwise abuse.

We are incredibly passionate about our native wildlife, the environment that sustains it and the part that you, the public, can play in the success of local wildlife in both urban and rural spaces.

We have a ‘going green’ policy at the Centre, trying to be as environmentally friendly as we can.

We are creating a wildlife friendly garden by introducing species of flowers, shrubs and trees that pollinators thrive on. Buddleia, Sedum, Globe Thistle, Salvia, Cerenthe, Verbana, Borrage, Honeysuckle and Field Scabies, along with Rowan, Blackthorn, Snow Berry, Pyracanthus, strawberries and raspberries are now attracting thrushes, blackbirds and fieldfares with their autumn berries.

A variety of food along with water is put out each day to sate the demanding appetites of the bluetits, sparrows, great tits, chaffinch, robin, goldfinch, greenfinch, nuthatch and woodpecker that bring the garden to life. We also have owls and bats visiting at night. Future plans include the creation of a bog garden and a pond, along with water plants to attract more diverse species. We would love to have a committed group of volunteer gardeners working in the wildlife garden and helping to maintain other borders and pots around the rescue.

In the event of interest, please contact the Centre.

For the second year running, we have been offered free grazing for our ponies on Coronation Meadow, an area of rough land belonging to and managed by the North Wales Wildlife Trust.

Donations of bird food (sunflower seeds/mealworm or niger seed) are always welcome, as are compost and plants.

We have outreach initiatives to see positive steps made towards improving the welfare standards for hundreds of animals today and thousands more in the future.

If you aren't able to foster or adopt an animal you are welcome to sponsor one.

You can contact Freshfields on 01286 880808, FB: Freshfields Animal Centre, ~ freshfields.org.uk ~ 10.30am - 1pm.

*You need to make an appointment to visit*

If you find an injured or distressed Fox please contact The Fox Man 07572 270432
Through the diligent and one might say “cosmically intuitive” research of Professor Parker Pearson, we now know with certainty that the Blue Stones of Stonehenge were somehow transported one hundred and fifty or so miles from an earlier arrangement at Waun Mawn in Wales, to be rebuilt near Salisbury. For fun.

When I say “for fun”, I don’t mean that it was in the slightest bit frivolous. I just mean that doing so was nothing to do with their physical survival. They did this in addition to providing for all their material needs - of food, clothing and shelter.

Somehow, I have never been able to square the mono-syllabic, loin-clothed and generally ungroomed savages of old school history books and movies, with the immense wisdom and sophistication of these Ancestors. Indeed, when facing the cruelty and stupidity of modern man, one must even wonder if these remarkable people were wiped out and replaced by the race of savages we have now become.

Even in the BBC documentary about the new discovery, the Ancestors were portrayed as sort of cartoon stick people. As a culture, we are terrified of accepting that - for all our undoubted cleverness - we are simply not in the same ballpark as these Ancestors when it comes to understanding Life, the Universe and Everything, living sustainably with Mother Earth, or even in our sense of fashion and grooming.

Jimmy Nelson’s photographs of some indigenous peoples who are now clinging to survival, give an inspiring hint of the kind of beautiful sophistication the Ancestors would have expressed in clothing, makeup and accessories. And all sustainable, non-toxic, and made with long-lost crafting skills. Again, all just for fun and play and celebration.

Or do you really think that the slave-produced jeans, leggings, business suits and bathroom chemicals we modern savages have adopted indicate any sense of cultural progress or self-awareness?

The main difference between the elegant Ancestor and the modern Savage, seems to be that the Ancestor had integrated Head, Heart and Hand in their civilisation, whereas we moderns have lost that intrinsic harmony and so separated ourselves from Life’s real bounty.

Which is all to explain why I am going to celebrate the Summer Solstice on June 21st, especially in the minutes between the precise moment of Solstice at 4:32am and the local Sunrise at around 4:47am.

I shall do this because the stones of Stonehenge in both their arrangements - in Wales and then England - were precisely oriented to the Midsummer Solstice Sunrise. And if those guys thought that was important, if it helped them work with the currents of the universe, and if it kept their heads, hearts and hands in unison... well, I want some of that! Even if I’m just a modern savage desperately looking for ways out of our 21st Century death cult.

Andrew Durham is a relatively gentle savage.

Photos: jimmynelson.com
This is a brief summary of Jem’s essay which can be found at his website (see below).

Since I began to pay attention to how people respond to their anticipation of collapse, I have learned that the responses are far more diverse than I could have ever imagined... I have become more aware of how some people are responding in less than helpful ways to their own conclusion that societal collapse is probable, inevitable or already beginning. Given that collapse anticipation triggers difficult emotions, it will be helpful to identify problematic responses so we can invite people away from them.

1] #CowardlyAssuredDestruction
One response that has become obvious from seeing reports and speeches from military officials is the quiet planning for conflict at home and abroad to seek to maintain authority and even the capacity to fight. Typically, the avoidance of public scrutiny for such preparations is justified by such people with the idea they are avoiding public panic while preparing for the worst.

People trapped in this response are typically heard saying phrases like “it is really sad but we have to be realistic about preserving our defensive capabilities.” We can respect their concern for security while inviting them to see the need to work on more multilateral responses.

2] #PanickingGrandpa
Some intellectuals have been theorising new ethical frameworks of ‘realistic hope’ that seem to me to be thinly veiled attempts to make people accept the exploitation or oppression of people who are less connected to the lives of the intellectuals (and their readers). What such intellectuals overlook is that if everyone in every country is nervously favouring their grandkids to the detriment of everyone else’s, that is bad news for all grandkids. We can appreciate their love for their families while inviting them to see the futility and counterproductiveness of their intellectualising.

3] #ListenToMe
Another response from some activists, scientists and commentators is seeking a personal role within the wider societal realisation of collapse risk, due to a compulsion to feel a sense of agency, self-esteem and perhaps even some personal redemption from the situation. That can involve a subconscious desire to feel superior to the people, and the aspects of people, that caused the climate disaster.

We can respect their concern for practical action while inviting them to consider how desperately seeking personal redemption through influence will carry a destructive shadow.

4] #ReligiousBigot
Some religious people accept stories that fellow believers are better than non-believers, and that God is punishing humanity or saving some of humanity not others. Such religious extremism ignores the core insights of all
religions about universal love, that are expressed well by all the teachings in all their mystical traditions.

We can respect their reverence for the knowledge and guidance of religious traditions as they seek to do the right thing, while inviting them to consider how every human is as much God’s creation as themselves.

5] #Neofascist

Another response has a long history for when societies or their elites are stressed, but it is only recently becoming expressed in response to collapse anticipation. That is the mix of nationalism and authoritarianism, whereby the national interest is assumed to be best served by people submitting to national elites. They will argue that blame for people’s problems lies either outside of the nation, or outside of those who are obedient to the elites.

We can respect their desire for solidarity with others through the identity that they grew up with – as a citizen of a nation – while inviting them to consider how they risk being manipulated by people using stories of patriotism to secure their own power.

6] #Technosupremacist

Another response has some backing from scientists and is increasingly promoted by public relations agencies working for big corporations. It is based on the privately-held belief that while many societies will fail, there will be some networks of people and organisations that will be able to maintain sufficient geo-engineering capabilities to sustain a liveable environment for humanity.

We can respect their interest in using all the creative capabilities of humanity to try to save lives, while inviting them to consider how decisions to use risky technologies should be accountable to the people affected.

7] #TongueTiedAdult

One phenomenon I have witnessed quite widely is where collapse anticipators decide not to talk to children about their anticipation of collapse, with the perspective that the children won’t be able to cope. Clearly some children are too young to understand concepts like the climate or the future. However, from the age of 9, many children can have meaningful conversations about such matters.

We can respect their concern for the wellbeing of children while inviting them to consider how they might actually be protecting themselves from their own pain at the situation.

8] #PlasticMasculinity

These are the people who speak of a decay of modern values, that derive from the Enlightenment and era of Modernity, and who seek to restore those values. They try to defend the ideology of the culture that has degraded the basis for life on Earth by either misrepresenting critiques of that culture, or picking holes in some of the weaker criticisms.

They might be in a bargaining phase of grief as they notice the death of a culture that has given them safety, comfort, meaning and status.

We can respect their concern for applying intellect to the problems of the world, while inviting them to consider how they might be missing something through an aggressive rather than reflective approach to the situation.

9] #FakeRadical

Some people respond to the predicament with rhetoric that invites aggression towards human life. They encourage people to consider the merits of violence against the people they consider have more influence over the harm.

We can respect their concern for social justice, while inviting them to consider how they might be allowing their unprocessed
trauma and anger to determine political positions which are neither ethically coherent nor well evidenced as successful.

10] #FuckTheLotOfThem

Some people are responding to their anticipation or experience of collapse with the idea that the collapse of society is the revenge of nature on humanity. Such a perspective is deeply confused, given that the people who suffer the most are not those people who caused the problem.

People trapped in this response are typically heard saying phrases like “We had it coming” and “the Planet will be better without us.” We can respect their attempts at equanimity, while inviting them to consider how they might be adding personal insult to collective injury, as they close down their ability to be present to people and nature.

11] #GreenBypass

Another kind of response that is more prevalent in the environmental activism world is to reject and condemn all attempts to change society at scale, in favour of purely personal lifestyle changes, sometimes in cooperation with a small group of fellow believers. Whereas consuming less, being self-sufficient, practicing yoga or other forms of self-care are all admirable and necessary things to do, to believe that they mean we should try nothing else does not make sense when there is a global scale problem and non-local actors determining the outcomes locally.

People trapped in this response are typically heard saying phrases like “The only way forward is to leave behind patterns of lower consciousness and create new communities with our own sacraments and systems.” We can respect their interest in living their values in their lives, while inviting them to consider how their choices reveal values that seem little to revere or evangelise about.

12] #SpiritualUnderpass

Another response is one I have experienced in people who take the predicament deeply seriously. It is where one not only values, psychologically and spiritually, the embrace of the dark aspects of reality (and the shadows in each of us) but then allows that perspective to suppress positivity, creativity and agency in oneself and others.

We can respect their commitment to staying present to the pain and suffering of the world, while inviting them to consider how their trauma from previous disappointment means their fear of further disappointments is stunting their creativity.

13] #Conspirituality

It might sound outlandish and foolish to mention here, but another unhelpful spirituality-related response to collapse anticipation is growing online. It involves people pretending to themselves and to others that societal collapse is the result of lizard people. Sometimes such stories are mixed with other elements of conspiracy theories, such as paedophile rings in the deep state.

People trapped in this response are typically heard saying phrases like “The truth is finally being revealed as people step into their Christed consciousness and will rise up to free humanity.”

We can respect their desire to reject mainstream corporate and state narratives, while inviting them to consider how they have no real evidence for their views and are likely to get bored when they realise they have no agency or sane friends left.

14] #ETSaveHome

A related phenomenon, and yet different because it involves something that, surprisingly, might be true, is the recent belief
that aliens or their technology will save humanity and other life on Earth. This perspective is taking off more now that military agencies have released more information on UFOs. I hope that there are beneficent aliens and that they care about life on Earth, but not enough to extinguish Homo Sapiens. Clearly, if there are extra-terrestrial lifeforms visiting us then they easily could have been doing that for millennia and so their positive or negative involvement in life on Earth could have already been underway for that whole time.

We can respect their openness to new information that would change everything we understand about ourselves, while inviting them to consider how their view is a calming way of letting out-of-this-world hope (literally) justify their lack of engagement.

15] #BluffAndRun

The final response I want to mention here is from some of the people who are pretending in public not to anticipate collapse. They are beginning their personal prepping through planning a life with more self-sufficiency, distance from population centres and means of exclusion and defence, while publicly undermining the people who promote collapse awareness to invite public dialogue on the implications. I know at least two key critics of collapse anticipation who are themselves privately preparing for collapse through moving to rural areas and getting their properties ready as much as they can.

We can respect their panic, confusion, and cognitive dissonance as natural aspects of being human, while inviting them to consider how they are exhibiting machiavellian narcissism which will require therapeutic intervention to reduce the chances of them being kicked out of whatever community they eventually hunker down in.

Because I anticipate some of the worst case scenarios (not near term human extinction), and yet do not conclude with apathy, I could be called a positive pessimist. Each of the responses I have summarised above are forms of positive pessimism going wrong. To varying degrees we all choose narratives that justify how we feel. Most of us feel excluded from all the important decisions influencing our future. That leads to a feeling of lack of agency.

So what can we do about it to help each other express our wiser selves? One way is to help each other find a sense of agency, without denial, delusion or demonisation. Another way is to find ways of responding that feel meaningful without requiring a sense of agency at scale.

If you want to explore ways of finding, promoting and sustaining a positive pessimism that is helpful in the face of collapse, then I recommend either my one course this year, in July, or my book that is out in June. In both, our focus is on what is good, rather than listing the unhelpful stuff.

[Please read the complete essay at Jem’s website.]

Dr Jem Bendell is a Professor of Sustainability Leadership and Founder of the Institute for Leadership and Sustainability (IFLAS) at the University of Cumbria (UK) as well as Founder and former coordinator of the Deep Adaptation Forum.

jembendell.com

Sustainable Leadership and Deep Adaptation Online with Jem Bendell: 12th to 16th July 2021 (with one day conference in Lancaster 4th September)
So, Ty Gwydr Greenhouse, Bangor, after a year of Lockdown, has been out of use and like many High Street organisations and businesses has been forced to look at future sustainability and make challenging decisions. We have achieved over 30 years of ground-breaking community transformation and activity as the “first formal networking centre in the UK.”

I will write something more substantive shortly, but the Directors’ draft plan is:

1. Working with Agoriad to agreeably conclude contractual obligations. Lease to formally end in September 2021. This is ongoing and mutually agreeable terms are progressing well.

2. Given the unpredictable state of the property market, we are exploring both auction and estate agent - a balance between a definitive sale via auction, or the usual challenges presented by would-be buyers putting in offers and then pulling out.

3. **TyGG will not be ‘closing’, rather we are going to digitally transform and operate as an online platform.** Discussions are already advanced to continue Facebook style but to augment what we offer, by joining the newly created ‘Noo World’ global Community Climate Crisis platform. *(See page 23)*

4. Ty Gwydr Greenhouse has been a social and community transformer in North Wales for 3 decades, and has had the benefit of a large number of very capable and dynamic volunteers and supporters. We are exploring ways to celebrate TyGG’s first incarnation and are looking for support and comment about how we might best do that.

The continuation with a 21st century move to a digital platform is already in motion and our intention is to sell the TyGG building, with the following provisos... That the sale price covers all of our debts and leaves a pot of money for us to invite applications for pots of funding, for initiatives that are in the spirit of Greenhouse.

5. We are, of course, inviting ‘Friends of Greenhouse’ to work together to raise the capital to buy 1 Trevelyan Terrace and to decide on how best to build on this community asset, with a refreshed community business model.

6. **All thoughts welcome!**

7. We will be exploring these changes further with the wider community and seek to create the best legacy for TyGG and the people that have contributed and supported the initiative so far.

*Chris Walker is the Chair and Director of TyGG (Ty Gwydr Greenhouse).*

*tygg.co.uk*
Is it easier to agree on where we want the world to be in 20 years time, than it is to agree on what we have to do today in order to get there?

No hunger, no war, no poverty - we can all dream of a better future and probably get close to describing the same things we want in that future...

...but how far in the future?

In a perfect world we not only need complete harmony with the planet but harmony between us all. How long will that take? What will that be like? It is much easier to list the bad things that need to end because they’re all around us now. What about the good things that we haven’t seen enough of? Abundance, Joy, Tolerance, Compassion... with everyone, for everyone. Isn’t that who we are? It’s where we are heading...

...but how far in the future?

If we are to share the world’s resources, achieve food and shelter for all, peace and tolerance for all, as well as ownership, production, land and democracy for all... while saving species, restoring forests, cleaning rivers, the air and the oceans, then we need a serious plan. We have to agree on these outcomes, set out to achieve them and agree some target in the future...

.....but how far in the future?

OK, let’s jump. Is it going to be a hundred years? Let’s go there and see what it looks like. If it’s unrealistic, then maybe two hundred, but first let’s agree on what we have to achieve. Then worry about how far in the future.

So what will change? In truth, everything. Money, work, health, population, politics, everything.

We have just been through two or three Industrial Revolutions that have taken us from ships to planes and on to iPhones. Communication is now so complete that transporting people as we do today becomes unnecessary. In 100 years no one commutes any more, we just travel for fun. We have just been through a Lockdown in which we cycled more and walked on the beach. We ate at home, played with the kids and talked to the neighbours. We might even have grown a few vegetables. That was localisation in action, and it worked because all necessary business went online, from home.

The future is local, digital, fresh, healthy and happy, in every corner on Earth

Land in Abundance

Anglesey is a good place to look at area, because 70,000 people live on 70,000 hectares (or 175,000 acres). The Earth’s Capacity currently allows us an equal share at 1 acre each. In the future we will be living well within this. Our greatest land use is food, and a perfect diet can be achieved at about 15 people per acre. On Anglesey that would be 5,000 acres to feed everyone. That not only leaves 65,000 acres of our ‘world allowance’ to do with as we will, but more importantly it leaves 100,000 acres of wilderness. In 100 years time 60% of the Western World will be wild and free as well as the Amazon, the Tundra, the Sahara and so forth. Land in Abundance!

Wellness is wildness, our spirit returns because nature surrounds us once again.

Community is the Digital Village

Almost fifty percent of the world live in villages. As the digital economy rolls out the pendulum will swing and the village will rise again as the World Hub. In a hundred years the Village is the centre of
production and therefore the centre of everything. On the Llŷn the average size of ‘Community’ is 1,500 people. Across Wales the average is nearer 3,000, and Future Wales is a land of 1,000 prosperous interconnected villages: the 1,000 flowers that bloom.

Each one different, yet autonomous integrated and inclusive. Each produces its own food, electricity, water, future building materials, and each specialises in other functions to serve the whole. Small community breeds large understanding. Prosperity is high and the whole world is accessible.

_A world of Plenty where Localisation replaces Globalisation_

**Community, County, Country**
The Community is the first level of governance. The Public Forum of the Village is the open discussion on all matters in life. _Rojava in Northern Syria is doing it now._ Some decades down the road - the whole world is doing it.

Each county in Wales has about 30 to 40 Communities. They all satisfy at least 50% of their needs. They then contribute to the creation of their County by sending members to the respective County debates.

The County is created by contribution from below and collectively organises local satisfaction in all areas to about 90%.

A Country is simply a similar collection of inputs from its Counties until it achieves 100% satisfaction of needs.

In 100 years people marvel at the absurdity of World trade being organised from the top when every individual on Earth knows how to contribute.

*Freedom is a state of mind not a State of control*

**Localisation Restores Response-Ability**
When all action is local it is very obvious where the waste lies. Transport reduces, packaging reduces, vegetables come straight from the land.

In the future, there is no Waste, no Pollution. Neither is there the time wasted in dealing with these issues. Yet the biggest waste is administrative in the form of centralisation. In a word, _Cities_.

Cities are the waste product of the world financial system. People leave the land as money flows into agriculture (as subsidy!), and head for the City following the flow of money to the bank. It is not the fault of the city (or the farmer) it is simply the location of the Bank (and the Corporation).

Again, looking back from our future with hindsight, it is so easy to see that it was _reclaiming currency_ that created capacity. Today, the world’s banks let you have money because you pay interest. But it’s _your_ effort and it can be _your_ currency.

What we see in the future is every Country having its own system with every County operating a local trading exchange. Most communities are able to meet each other’s needs through a Gift Economy.

*Your Imagination is your unrestrained Future*

**Creativity instead of Ownership**
The World is Local. Production is within our hands. There is abundance in everything - because there is no waste, no administration, no military. Roads are small and vehicles have identical mechanisms that are easy to service, maintain and are built to last. These attitudes of long-term efficiency pervade everything. Most of what we need we have within our village. It becomes a world of sharing and caring.

A basic income is paid to everyone in the local currency to ensure inclusion. In other words the sick or elderly have what they
need without begging. You have everything you need - so no one has a job! People do what thrills them most, which means that everyone does something different, and consequently everything that needs doing, gets done.

Life is creative, expansive, meaningful and fulfilling.

*We are the wave at the forefront of God.*

Life expands as an act of love.

Money, Ownership and Work are no longer what they used to be. More effort is spent on singing and dancing. Buildings are beautiful and kept that way because it is understood that they outlive people. The land, the resources and long term capital belong collectively to the Community, and are effectively leased to the people for life. Wildlife and areas of Wilderness are our local responsibilities everywhere on Earth.

Once a Country has met its own needs, it is happy to gift all it can to those parts of the world that haven’t reached the same level. A world of free people in touch with each other has chosen to look after each other.

A Golden Age has crept across the planet with poetry and sculpture valued more than cars and capitol. People had recognised the stupidity and waste of the old ways and decided that everyone was better off without them. Cities, World Trade, Governments, Nations, the Military and Multinational Corporations faded naturally away.

Small scale ‘ownership’ creates the self-belief to which people commit themselves with enthusiasm and achieve all that they desire. Life became fun once again.

So there it is. In 100 years, life is easy, abundant, peaceful, healthy and happy. In fact the potential was clear to everyone by 2025 and the groundwork done by 2030.

A few had a dream but didn’t dare voice it. Others had a dream but didn’t dare believe it. Then everyone put their dream on the table and noticed that everyone else had a variant of the same dream!

This happens locally. It happens because we sit down with our neighbours. It happens because more of us are realising that we sit on the cusp of real world change and that a new life is possible. It requires us to Dream. It requires us to Share. It requires us to Act.

Do these three things and nothing and no one can stop those who map out the world that is good for all Beings. It is possible, it is inevitable and it is not 100 years away. It is now.

*Michael Chown is an Archiculturalist and Environmental Designer. Co founder of Greenhouse, Sustrans, Permaculture and LETS.*

07976 155 857 wholism@outlook.com
VEG BOXES DELIVERIES & ORDERS

Village Veg, Waunfawr/Caernarfon Delivery Fri or Sat. Free delivery over £8.50 order, PayPal only. Phone 07389 815759, village-veg.com, FB: Village Veg

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

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, Clynog 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

Tatws Bryn Llanllechid, Bangor 07860 268410, tatwsbryn.co.uk

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

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

Kyffin 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

Eat Your Greens Grown using environmentally friendly methods. Delivery service available, based in Denbigh. Order from 01745 289160, hello@eatyourgreens.wales ~ eatyourgreens.wales

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

Blodeuwedd Botanics Variety of veg available / collect. Message 07799 224636, FB: Blodeuwedd Botanics

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

“On this Earth, there is that which deserves Life”
Mahmoud Darwish
Where you can buy NN

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

Health & Food
8 Denbigh Street
LLANRWST
LL26 0LL
01492 641669

Harmony with Sarah
The Square
Corwen
LL21 0DL
07725 724932

Vegonia Wholefoods
49 High Street
PORTHMADOG
LL49 9LR
01766 515195

Would you like to distribute NN?
Contact us on
07777 688440 or
info@network-news.org

RainbowBiz Hippy Shop
Unit 8, Daniel Owen Precinct
MOLD CH7 1AP
07759 753473

Support Your Local Independent Health Food Store

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

Zingiber Wholefoods
15 Bridge Street
LLANGOLLEN LL20 8PF
01978 862676

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

SUBSCRIPTIONS
Printed & posted:
£20 for 12 issues
£12 for 6 issues
or £2 per month
PDF:
£10 for 12 issues
£6 for 6 issues

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

PAYMENTS
Bank Transfers to:
Network News cic
Sort Code: 08-92-99
Account No: 65260034
or PayPal
info@network-news.org

Network News cic, Llithfaen, PWLLHELI, LL53 6PD
07777 688440
info@network-news.org ~ network-news.org
A Network of Goodwill

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

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

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

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

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

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

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

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

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

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

44