“humour is by far the most significant activity of the human brain.”
Edward de Bono
August 2021

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Network News cic, Pwllheli
Welcome to the August Network News. We are celebrating the life of Edward de Bono, who passed to more radiant spheres a few weeks ago. Like most of our hero(in)es, he had to spread his ideas on the edges rather than in the mainstream. His mission was to teach the world to think, based on the perception that Western civilisation has not changed its ways of thinking since the “Gang of Three” - Socrates, Plato & Aristotle - set the rules 2,500 years ago.

This Gang did a great deal to fire up humanity’s thinking skills - but it was founded upon argument, rhetoric and criticism - the things that still fill our parliaments, law courts, universities, religions and mass media. These institutions together form “The Establishment” - so de Bono’s life-long exposure of their limitations did not go down well! Thus all the snifty obituaries. Luckily, Sarah Tucker’s new biography, Love Laterally is due in September. (See Page 10)

De Bono insisted we also need creative thinking at the heart of our personal and collective lives. He coined terms like “lateral thinking” and “parallel thinking” to illustrate just how exciting and powerful the mind can be. Especially if it is freed from the shackles of perpetual argument to justify and maintain the status quo.

Corporations gobbled up his ideas in search of new products and markets, but his original target - school - remains resistant to this day. Thinking - the skill that opens the door to all other skills - is still not at the core of the curriculum. There are enough good people in the world to save it, but we must first - and fast - learn to think.

Traditional thinking is bound to “what is” while creative thinking is about “what can be”. Of his many books, we would highlight The Mechanism Of Mind, Parallel Thinking, and The Happiness Purpose.

Blessings to all Beings
The reason a worldview is so important is that it imbues virtually every aspect of the way people think, what they value and how they act – without them even realising it. Worldviews lead cultures to respond to their reality in fundamentally contrasting ways. If you believe that all living beings are family, you will treat them in a different way than if you think the natural world is a resource to be exploited. If you think other humans are inherently cooperative, you’ll approach a person differently than if you think that, ultimately, everyone is selfish and competitive. If you presume that technology can fix our biggest problems, you won’t feel the need to consider the underlying systems that caused those problems to arise in the first place.

In my earlier book *The Patterning Instinct* I looked at major worldviews through history, investigating how cultures structured patterns of meaning into the universe from humanity’s earliest days in nomadic hunter-gatherer bands to modern times. One overarching theme emerged from *The Patterning Instinct*: a culture’s worldview shapes its values – and those values shape history. By the same token, the values according to which we conduct our lives today will shape the future. Ultimately, the direction of history is determined by the dominant culture’s worldview.

*The Web of Meaning* takes up where *The Patterning Instinct* left off, by laying out a framework for a worldview that could foster humanity’s long-term flourishing on a healthy planet. It is a worldview of integration: one that identifies the unifying principles that flow through all things, while celebrating the differences that lead to the richness of our lived experience. It’s a worldview that links together scientific findings in recent decades from such diverse fields as evolutionary biology, cognitive neuroscience and complexity theory, showing how they affirm profound insights from the world’s great wisdom traditions, such as Buddhism, Taoism and traditional knowledge from Indigenous peoples around the world.

This integrated worldview breaks down many of the barriers that tend to separate different forms of knowledge and activity in modern society. We’re accustomed to thinking of science as existing in a different domain from spirituality. We generally view the intellect as distinct from emotion; the mind as separate from the body; humans as separate from nature; and spiritual insight as separate from political engagement. In the integrated worldview laid out here, each one of these domains is intricately connected with the others in an extended web of meaning.

There are certain existential questions virtually every person asks at some time in their lives: Who am I? Where am I? What am I? How should I live? and ultimately Why am I? The book is organised into
sections according to these questions. For each one, we’ll investigate underlying flaws in the typical explanations provided by the dominant worldview, then explore the richly resonant answers offered by the intertwining of current scientific understanding with the deep insights of traditional wisdom. Finally, we’ll tackle the question many of us are anxiously asking right now: Where are we going?

These are all questions that I pondered during a period in my life when the structures of meaning I’d constructed for myself seemed to crash around me.

I received my MBA at the University of Chicago, where the precepts of free-market capitalism were drummed into me. Finding myself in the San Francisco Bay Area at the onset of the dot.com era, I founded the world’s first online credit card issuer, which I took public as its chief executive officer.

However, shortly after my company’s IPO, my wife developed early symptoms of the serious illness that would eventually lead to her untimely death. I left my executive role to care for her full time, but the company was not yet firmly established, and within a couple of years it had become another casualty of the dot.com bust. With my wife suffering cognitive decline from her illness, I found myself isolated – bereft of companionship, friends and the prestige of success.

At that time, I made a solemn promise to myself that whatever path I chose for the rest of my life would be one that was truly meaningful. But where did meaning arise? Having traversed a road that seemed like a dead end, I was determined not to rely on someone else’s determination of what was meaningful. I thus began my own deep investigation into the sources of meaning, which launched a comprehensive research project lasting over ten years, resulting in both The Patterning Instinct and now The Web of Meaning.

Something I learned on that journey, and which will become clear through the book, is that one’s personal search for meaning cannot be isolated from all that is going on in the world around us. In the pages that follow, as we trace the intimate connections that link our lives to those in our community, to all of humanity and to the entire living Earth, we’ll discover how inextricably we are all interrelated – and explore some of the profound implications arising from that relatedness.

We’ll encounter many fascinating and unexpected revelations along the way. We’ll come across slime moulds with the intelligence to solve mazes and design sophisticated road networks. We’ll discover how Chinese sages from a thousand years ago provided a framework that elucidates the radical findings of modern systems theorists. We’ll explore the stunning virtuosity of a single cell, and identify how the deep purpose of life reveals itself all around us – and within us. We’ll learn what ant colonies and flocks of starlings can teach us about our own consciousness. We’ll find out what Joni Mitchell got wrong in her environmental anthem ‘Big Yellow Taxi’ – and what Michael Jackson got right when he sang ‘We Are the World’. We’ll see how our modern society has been consciously designed to sabotage our well-being, and how, by learning and applying life’s own principles, we can build an alternative civilisation that could allow future generations to prosper on a flourishing Earth.

Jeremy Lent is an author and founder of the nonprofit Liology Institute, dedicated to fostering a worldview that could enable humanity to thrive sustainably on the earth.

jeremylent.com
I still cannot remember much about how I got there, or about the trauma I had been through beforehand, but I have no doubt that Freshfields Animal Rescue Centre saved my life. I have glimpses of fleeing from something wild and dangerous, and there is a fragment of my left ear missing. Perhaps it’s best not to remember.

The important thing is that - thanks to Freshfields - I have fallen on my paws, so to speak, and now find myself as Mews in Residence at Network News magazine, where I am free to walk upon keyboards, chirrup into microphones, and generally able to express myself enough to be published.

This is not a first. The book Paul Gallico published as The Silent Miaow: A Manual for Kittens, Strays, and Homeless Cats was entirely produced by a Cat. This work is legendary in Feline circles, and is passed orally from mother to kitten all over the world. It gives detailed and essential information to help any Cat find and take over the household of their choice. Things have changed somewhat since 1964 - there are all sorts of new threats and challenges - but the heart of the book remains totally relevant.

My purpose in writing is to try to repay some of my massive debt to Freshfields. When I first arrived there I was in a bit of state - to be honest, I was terrified, so I really didn’t take much notice of my surroundings for several days. I gradually came to realise that I was in a secure little room, that food appeared regularly, everything was kept nice and clean, and there were some very calm and gentle people around to stroke me and generally make me feel safe.

Then I began to become aware of some of the other creatures that were around. There were, of course, some Cat cousins in my immediate neighbourhood, and some dogs at a safe distance, but I was amazed to hear of the rabbits, guinea pigs, sheep, goats, chickens, horses and ponies. Freshfields also puts a lot of effort into supporting wilder creatures like hedgehogs, foxes and wild birds. Not to mention a Lost & Found Pets information point on their website.

They truly live up to their banner, “No Animal Left Behind”.

If you find this whole operation as inspiring as I do, you’ll probably feel motivated to help, and there are just so many possible ways to help that I bet there will be something to suit you.

Foster: One of the problems of success is that animals of every kind arrive at Freshfields, abandoned or stray, some in distress from cruelty, others old and infirm, so that even the office spaces and staff rooms become care spaces! This is where Foster Families play a vital role. They provide short (and sometimes long) term security for animals that would otherwise...
well, I don’t really want to think about that.. but do contact Freshfields (see below) if you think you might be able to help as a Fosterer.

**Forever Homes:** This is what happened to me, of course. And I am especially grateful that the team put so much effort into ensuring our new human companions are suitable and equipped. In my case, it was important that they recognised my unique qualities and “king of the jungle” heritage and could focus, well, *all* their attention on my needs as required. Don’t worry, not all the animals needing homes are as, well, “regal” as I happen to be. There is a full and constantly updated list on the website. As well as Cats and dogs, other creatures seeking Forever Homes may include rabbits, guinea pigs, ferrets, sheep, goats, pigs, horses and ponies.

**Sponsor an Animal:** Not all the residents are easy candidates for Forever Homes, and this is a good match for those people who love animals but are unable to give a home to one. You can *sponsor* one of their long term residents, and receive various benefits including updates about their welfare.

**Volunteer:** It has been truly inspiring for me to find out how many humans have a deep calling to be involved with the Animal Kingdom. There are around 250 hands-on volunteers at Freshfields centres across Merseyside and Wales. You are invited to join this life-saving team.

**Merchandise:** There is a wonderful range of gifts on the website: a 2022 Calendar, Notepads, Christmas Cards, and some colourful Mugs and Pens.

**Business Partnership:** If you are a small or large business, there are countless ways to support the work at Freshfields for mutual benefit. Visit the “Corporate” page on the website.

**Donate:** I heard the staff at Freshfields more than once use the word “Angels” for those who simply make a one-off or regular donation.

So, there it is, a thousand-and-one ways you can help in this vital work. You can also subscribe to the email newsletter which is always full of fascinating insights and updates. The latest issue came in just as I was finishing this piece and I see it has lots of useful tips about caring for Animals in this very hot weather. Yes. Bring me water! NOW!!

*His Supreme Marmalade Radiance Bliss-Bubble Catkin the Third is now Mews-in-Residence at Network News, following in the paw-steps of Miso and Catsö.*

freshfields.org.uk
Ever since I first came to know of it, Deep Ecology continues to show up in my life. It is now like a beautiful and revelatory lens through which I often view reality.

“[Deep ecology] an environmental philosophy and social movement based on the belief that humans must radically change their relationship to nature from one that values nature solely for its usefulness to human beings to one that recognizes that nature has an inherent value.”
  - Encyclopedia Britannica

“But...Humanity first!?"

A term often referred to in Deep Ecology is “anthropocentrism”, meaning human-centred thinking. Whether we consciously agree with it or not, the general attitude of much of our species is that we are in some way superior to all other life that we share the world with.

If the human race can’t shift from Anthropocentric thinking, the destruction it could cause to the ecological systems all over the planet could be catastrophic. It doesn’t take much to see this destruction in action if you just look at the way industrialised human societies are blindly harvesting and consuming natural resources. This seems to be happening in a way that leaves little consideration of what might happen when these resources run out.

Anthropocentric thinking hasn’t totally hindered our progress as a species, however, as Yuval Noah Harari so powerfully lays out in his book “Sapiens: A Brief History of Humankind”

"We have advanced from canoes to galleys to steamships to space shuttles— but nobody knows where we’re going. We are more powerful than ever before, but have very little idea what to do with all that power. Worse still, humans seem to be more irresponsible than ever. Self-made gods with only the laws of physics to keep us company, we are accountable to no one. We are consequently wreaking havoc on our fellow animals and on the surrounding ecosystem, seeking little more than our own comfort and amusement, yet never finding satisfaction."

What can we do?

It was not long after I first arrived in Australia in 2017 that I met one of the modern leaders in this work, John Seed. I was at Regrowth Festival, where John was holding a Deep Ecology workshop called “The Council of all Beings”. I attended the workshop and was truly inspired by this profound environmental philosophy and its emerging ideas about the interconnectedness of all beings (humans, animals, plants, rocks etc). Alongside these potent notions, this workshop also encouraged us to address the ways in which humanity’s current relationship to the rest of the planet is proving to be unsustainable and damaging.

“The Council of All Beings” was a fun and engaging experiential process which helped participants to deeply empathise with all manner of lifeforms that exist on the planet. It planted a deep seed of
Curiosity within me and later in the same year I attended a Deep Ecology weekend retreat - to go deeper still. We spent the weekend delving into processes, meditations and conversations which all facilitated a deeper sense of interconnectedness with the self, others and the natural environment.

Following that retreat I have undoubtedly developed a deeper appreciation for any environment I find myself in. When everything is a living being, there’s a lot to appreciate.

*A widely adopted notion...*

Many of the theories and ideas which Deep Ecology brings forth are also regularly referred to by pioneering and world-renowned environmental advocates:

*Charles Eisenstein* speaks to the core principles of Deep Ecology as a way “to ground environmentalism on something other than data.”

*Helena Norberg-Hodge* recognises Deep Ecology as a way of cultivating a “spiritual, intellectual and physical connection to the living world around us”

*David Suzuki* parallels many of the concepts in his work with Sacred Ecology.

Just from the definitions and from what these legendary folk cover, it’s easy to see that Deep Ecology explores and unveils ways to experience greater connection to our environment, as well as potentially to ourselves and others.

*New Trend or Ancient Wisdom?*

I also want to acknowledge that the concept of human life being just one part of an interdependent network of all beings is not all that new. There are indigenous cultures who have framed their view of reality in such a way for hundreds of thousands of years, considering all things (trees, rocks, animals, humans etc) to be emanations of the same omni-present “Great Spirit”.

There’s so much richness in this view of reality, don’t you think? I grew up learning that a tree was a tree and I am me, which of course contains partial truth but through working with Deep Ecology, more of the WHOLE truth is revealed.

The modern, revitalised Deep Ecology movement is simply a vehicle for traditional wisdom and ancient knowledge to be delivered in a more relevant and accessible way to modern Western cultures - who are the ones in the greatest need of such a reminder -.

The West isn’t in total denial, however. Daniel Schmachtenberger put it like this; “… I can think about myself as a separate thing but what am I without the atmosphere? I don’t even exist. What am I without the plants that generate the atmosphere? I don’t even exist…” In this accessible and relatively straightforward framing, we can easily hold notions of interdependence and connection with our environment.

*Final thought:*

The forests, mountains, oceans and deserts are, in a way, alive. There are the plants, the animals, the bodies of water and formations of rock and then there is also the feeling or broader sense of, say, “forest-ness”. To me, that “forest-ness” contains the key to opening an awareness of how “I” (this human) can see myself as connected to and interdependent with “it” (this forest).

This isn’t something to just read about and theoretically understand, however. It must be felt and experienced IN natural environments. Who doesn’t like a bit of time connecting to nature?!

*Lawrence has been engaged in Deep Ecology for the past 4 years. He has attended and facilitated multiple Deep Ecology experiences, in digital and in-person format.*

*Instagram: @lbtoye*
Edward de Bono was a Maltese physician, psychologist, visionary, inventor, philosopher and Nobel Prize nominee, although when I asked him last year how he would like to be remembered, he simply replied ‘author’, and, as his name suggests, ‘for doing good’.

The ultimate polymath, with an unrelenting probing intelligence, unquenchable curiosity, and boundless inventive imagination.

He is possibly – probably – most celebrated for introducing the world to the concept of ‘lateral thinking’ which, in his 1967 title The Use of Lateral Thinking he defined as a means of escaping established ideas and perceptions in order to find new ones. It became a best-seller, and his subsequent work (over seventy books translated into 36 languages), including the concept of parallel thinking, Six Thinking Hats methods with schools, corporations, governments and world leaders, established him as the father of lateral thinking.

I once asked Edward why he chose the number six and he replied, ‘it is a good number to remember.’

His mother, Josephine Burns, was a journalist, Irish born, a suffragette who was instrumental in getting Agatha Barbara the first female minister and President of Malta elected in 1947, but never entered politics herself. She married Joseph de Bono, a Maltese doctor, who was highly revered on the island through his commitment to the Maltese people, even during times when there were strikes and war, he continued to serve the community. Although his academic achievements were considerable, it is evident from reading his books and listening to his presentations, he was frustrated with the way children and graduates were taught what to think rather than how to think. “Universities,” he once told me, “should be a portal through which students emerge with transcendent and transcended thinking rather than an archway through which they are funnelled in order to perpetuate narrow-minded perspective.”

He was nominated for a Nobel Prize for his work to business and commerce in 2005, but never received formal recognition from the UK government despite being asked for advice on many occasions about educational and peace-keeping initiatives, including the Irish and Arab-Israeli conflicts.

He proved to be prophetic in his understanding of the importance of nutrition in maintaining good mental as well as physical health. ‘If the GP of today does not become the nutritionist of tomorrow, the nutritionist of today will become the GP of tomorrow,’ he told me.
Before it became on trend, he was well aware of the connection between mental well-being and the value of learning how to think, illustrated in his more philosophical works. In *The Happiness Purpose* (1977), he suggests a religion based on respect and positivity rather than love would cause less global conflict.

It is a testament to his kindness and generosity of spirit that those I interviewed spoke of him with genuine affection as well as palpable respect. From the late HRH Prince Phillip to musician Peter Gabriel, to Baroness Helena Kennedy, who wrote the introduction to my biography, Edward’s influence structured their thinking and attitude towards thinking. His magnetic and creative communication skills enabled him to reach and enthuse the five-year-old school child as much as the hard-bitten CEO, and completely changed their mind set when they listened to him speak.

He was invited to speak and/or represent his country at many events around the world, even sometimes being invited twice by accident. On one such occasion, he attended the Royal summer garden party a second time (although you are only supposed to attend it once). Josephine, his ex-wife, who was with him at the time, commented ‘the Queen noticed we were there and said ‘What are you doing here again? You are only supposed to be invited once.’ Edward explained what had happened – (the Maltese government had extended the invitation) and the late HRH Prince Phillip asked Edward how he was getting on with his work on lateral thinking. When the Queen asked what it was about, Phillip replied, ‘It’s something you do lying down.’

The use of humour was an intrinsic part of Edward’s presentations, of which he held thousands during his life, introducing jokes to explain how lateral thinking works and why it is relevant to the everyday rather than as an add-on to keep the audience amused. He was able to hold an audience’s attention with ease, without fuss, just him on the stage, like an Ed Sheeran who needed nothing more than his roller board and laminated paper on which he would write. ‘Regardless of where he was in the world, and to whom he was speaking,’ his assistant Justine Gaspar told me, ‘the audience would want him to like them.’

I will leave Baroness Helena Kennedy, who has the first word in Edward’s biography with the last word here:

“Most of my work has been around terrorism, domestic violence, and sexual violence. The psychiatrists with whom I worked on torture cases were able to read across to identify similar symptoms of PTSD in serious domestic violence cases. This sort of read-across saves lives. I was taking something from one place, one area of experience, and seeing if it can apply in another. I think lateral thinking is fundamental to human development, giving expression to creativity. Most breakthroughs in science and medicine and other fields like law happen by doing this. But Edward de Bono is more than that; he teaches people to think for themselves. Perhaps his legacy is yet to be realised.”

Sarah Tucker is a travel journalist, broadcaster, yoga teacher and author. Her new biography of Edward de Bono “Love Laterally” will be published in September.
It is the picture of a climate in chaos, a wavy and broken jet stream causing hell across the planet. Heatwaves and wildfires in western North America. Floods from Western Europe to Africa to India.

The jet stream is the major weather driver in the Northern Hemisphere. It carries along storms and heatwaves. Those have limited impacts when they move through quickly. But when the jet stream slows down and locks in place, intense heat and rainfall can stay stationary over regions for longer times. The wavy jet stream is the source of the heat domes parking over the North American west and the drenching storms that have devastated places from Germany, Belgium and Switzerland to Lagos, Nigeria and Mumbai, India. (Though media coverage in the western press is emphasizing the European impacts and only lightly covering those in the global south.)

The jet stream is driven by the contrast in heat between the north pole and equator. The sharper the contrast, the more defined is the path of the jet stream and the quicker is its movement. But Arctic heating has been diminishing that contrast, and Arctic summer sea ice melt is amplifying the heating. Roughly 90% of solar rays bounce back into space from white ice, while roughly 90% are absorbed in blue oceans.

Jennifer Francis of Woods Hole Research Institute drew the connection back in 2015. Viewing an increase in jet stream waviness, she and fellow authors concluded, “These results suggest that as the Arctic continues to warm faster than elsewhere in response to rising greenhouse-gas concentrations, the frequency of extreme weather events caused by persistent jet-stream patterns will increase.”

Mann and Rahmstorf built off her work with peer-reviewed studies in 2017 and 2018. The 2017 study made the connection with recent weather extremes. In 2018, they found that events which intensify the waviness of the jet stream are likely to increase 50%, from 7.5 a year to 11, if we continue on a business-as-usual increase in climate pollution. Some models which emphasize Arctic heating show a tripling by the end of the century. But if we can keep global heating under 2°C/3.6°F, we can likely avert those increases.

This is why we need dramatic reductions in burning coal, oil and natural gas beginning immediately, as well as in deforestation, another significant source of climate pollution. The emergence of radical impacts demands radical action. Business as usual is done. If we want to leave a world with which our children can cope, when the capacity of humanity and nature to adapt is stressed beyond the breaking point, we need to rise up as people and demand change now.

*Patrick Mazza is an independent journalist-researcher-activist focused on climate and global sustainability.*

theraven.substack.com
 august  Online and Offline Events, Workshops, Exhibitions & Groups

network news
ourselves  ♡ our community  ♡ our world  awst

BIG BUTTERFLY COUNT until 8th August. A UK-wide survey aimed at helping us assess the health of our environment simply by counting the amount and type of butterflies (and some day-flying moths) we see.

Go to: bigbutterflycount.butterfly-conservation.org to download the App & find out more about taking part.

SHORE-NANIGANS / MIRI-MOROL
FAMILY CAMP
Rhoscolyn, Anglesey / Ynys Mon
Friday 6th - 8th August
Shore-nanigans will be the first event of its kind as NWWT have teamed up with Outdoor Alternative, a family run campsite with nature and the environment at its core. Rock-pooling, yoga, guided walks and inspiring talks, snorkelling, music workshops and kayak adventures, storytelling, fire-songs, along with much more. There will be plenty to dive into! You'll be heading away feeling connected with the coast and in-awe of the marine environment. Tickets £184 - £297. Contact eve.grayson@northwaleswildlifetrust.org.uk northwaleswildlifetrust.org.uk

Lammas Blessings
1st August

Bless the earth that grows the grain
Bless the water that gives us rain
Bless the wind that helps seed spread
Bless the fire that bakes our bread

“I give thanks for the abundance in my life”
purplelotusspiritualhealing.com

New Moon
8th Aug 2:50pm

Full Moon
22nd Aug 1:02pm

August’s blue moon occurs because it’s the third of four full moons in a season, i.e. between a Solstice and an Equinox
earthsky.org

This month’s photos of Animal and Nature Guardians of NN are courtesy of David and Sue

Copydate for September issue: August 18th
These listings are face-to-face, offline, physically distanced and subject to current Covid restrictions

1st SUNDAY

**Lammas ~ Gŵyl Awst** Time for bread making! The beginning of the harvest season and marks the midpoint between Summer Solstice and Autumn Equinox.

**Sunday Morning Gong Bath** Steph is holding a Zoom online gong bath 9am today, £8, £4 concs & £15 kindness (pays for someone else as well). Book: puresound.org.uk AND the same evening:

**Monthly Gong Bath** with Steph Healy. Gongs, singing bowls, bells and shakers, 7 - 8.15pm, £16.50, Bodnant Welsh Food, Tal y Cafn, Colwyn Bay LL28 5RP. Book online: bookwhen.com

**Open Doors in the Great Outdoors with Incredible Edible Ruthin** Enjoy the fresh air, meet people, assist rebuilding a bench and help tidy the plot. 10am - 3pm, free. Allotment 15, Greenfield Rd., Ruthin LL15. Book: eventbrite.co.uk

**Litter Pick ~ Watkin Path, Llyn Gwynant** Join the Care for Snowdonia team as we manage litter levels in the Gwynant Valley; moderate fitness level. 9am, Snowdonia Society; snowdonia-society.org.uk ~ etta.trumper@eryri.llwy.cymru

**Snowdonia Walking, Yoga and Meditation Day** Come and explore the beautiful Nant Ffrancon valley on this guided day walk. Connect with like minded people as we walk mindfully, exploring some outdoor yoga and meditation to balance our body and mind. Your hosts for this walk are Dru Yoga and Meditation tutors, who will share talks on spirituality, nature and yoga philosophy where they share their experiences in a practical way for daily life. 10.45am - 4pm; Walk, meditation and 2 outdoor talks on yoga & spirituality. £35. Dru Yoga, Snowdonia Mountain Lodge, bookings dru-yoga.com

**Live in the Woods - Elfin Bow** Singer, songwriter. In stage outfits that interpret her lyrics, Elfin invites moments of musical magic in venues big and small. 2 - 4pm, £10. Woodland Skills Centre, Bodfari, 01745 710626, enquiries@woodlandskillscentre.co.uk / elfinbow.com

**Tai Chi/Chi Kung for Health** A morning of gentle energy exercises and Tai Chi ending with some relaxation and meditation. This is just what we need right now to restore our mind/body connection. 10.30am - 1pm. Please bring yoga mat (if poss.) / blanket/pillow and your own refreshments for the morning - the kitchen will be out of use. £10 for the morning and please book your space! Llagnwnadl Old School House, Pen Llyn. Led by Sue Baumann, 01758 712951 / 07833 791317, lyntaiichi@gmail.com

**Circle Dancing** 1st Sunday/month, 2 – 4 pm. Sociable, joyful and good for mind, body & spirit. Rhosesmor Village Hall, Mold. Contact Helen: helen@soul-life.co.uk or 01352 780281.

1st SUNDAY - 3rd TUESDAY

**Dream Horse (PG) Film** The true story of Dream Alliance, an unlikely racehorse bred by small-town bartender Jan Vokes. 5.30pm on 1st; 7pm 2nd & 3rd, Pontio, Bangor 01248 382828, pontio.co.uk

**Big Butterfly Count** Find out how to take part: bigbutterflycount.butterfly-conservation.org

2nd MONDAY

**Britannia Bridge Lions Walk** The sculptures once flanked the entrance to the tubular bridge, but now lie below the road deck, seldom seen. 2pm, £12, meet far end of Ffodd Bronwydd, Treborth LL57 2NX. Book: eventbrite.co.uk (Other dates available: 3, 9, 10, 16, 17, 23, 24, 30 & 31)

**Meditation** 1st Monday/month at Hillside Retreat, Rhosesmor. All welcome. Contact helen@soul-life.co.uk or 01352 780281.

**Foraging and Bread-making with the Forge** Learn about the different plants in the woods that are edible and have medicinal qualities and then use some of those plants as an ingredient when making your own twist bread over the fire. 1 - 4pm, free. South Denbighshire Community Partnership, Pengwern Community Centre, Llangollen LL20 8BL. Register: eventbrite.co.uk

3rd TUESDAY

**Celf Tecstilau Ffelt Chakra / Felted Chakra Textile Art** Gwen yn eich dysgu sut i greu eich darn o gelf ffelt haniaethol lliwgar eich hun, wedi'i seilio ar y lliwiau chakra. Gwen will teach you how to create a personal rich colourful abstract felted piece of wall art in chakra colours. 10am - 4pm, £75. Tecstiliau, Y Bedol, Bethel, Caernarfon LL55 1AX. Book: tecstiliau.org

4th WEDNESDAY

**Mindfulness in the Carneddau: Sychnant Pass** Explore the foothills of the Carneddau and learn simple meditation techniques, connecting with nature via each of the senses. We will be walking, each in our own space, connected as a group moving through the hillside, practising each meditation & coming together to share our experiences at each stage. 10am - 1pm, £24.50. Book/info 07851 218014, wayofmindfulness.co.uk

**The Welshman (PG) + Q&A** The film documents the story of Owain Williams, one of the founders of Mudiad Amddiffyn Cymru (the Movement for the Defence of Wales) telling the story of the drowning of the Gwynedd village of Capel Celyn in the 1960s. 7pm, £7.50, Pontio, Bangor 01248 382828, pontio.co.uk
**5th THURSDAY**

**Heb Ffiniau ~ Gŵyl Goncrit ~ Movement workshop**
Led by dance practitioner Sarah Mumford. The workshops aren’t strenuous, open to all and have been online for several months. 11am, £3, 18 yrs+. Pontio, Bangor 01248 382828, pontio.co.uk

**Lunchtime Concert**
To lift the soul. Live music with professional artists this summer, every Thursday. Erin Gwyn Rossington (soprano) and Ryan Vaughan Davies (tenor), with Catherine Barnett (piano). 12.30pm, free, donations welcome. St. Mary's Church, Rose Hill St., Conwy LL32 8LD. Register: eventbrite.co.uk

**Supervised Open Water Swimming**
Lessons in the fresh, clean waters of Llynau Mymbyr, Thursday evenings until 26th August, 6.30 - 8pm; for swimmers who can comfortably swim 400m, £7.50. Plas Y Brenin, Capel Curing. Book: pyb.co.uk

**Dream Horse**
See 1st - 3rd

**Beginners Ukelele Session**
Come along to our informal group Ukulele session. No previous musical experience or equipment is required. Ukeleles and refreshments provided. 11am - 12noon, free. Woody’s Lodge, Eirias Park, Colwyn Bay LL29 7SP. Book: eventbrite.co.uk

**Glöyn Byw Organsa / Organza Butterfly**
Ymunwch â Katherine i greu glöyn byw 3-D cain o sidan ac organsa. Gan ddefnyddio techneg a elwir yn waith stwmp. Join Katherine to create a delicate 3-D butterfly from threads and organza. Using a technique known as stump-work. You will use wire and fine threads to create a delicate butterfly. 10am - 4pm, £60. Tectstiliau, Y Bedol, Bethel, Caernarfon LL55 1AX. Book: tectstiliau.org

**Mynnyd Llandegai Gong Bath**
Led by Steph Healy, 7pm, £15, Neuadd Goffa, Mynnyd Llandegai, LL57 4LQ. Book: puresound.org.uk

**Faerie Workshop**
For young children (Outside if sunny/Inside if raining). Join author P. J. Roscoe and Artist, Liz Monks for Storytelling/Faerie crafts/ Creating your own group faerie story (which is sent to you to keep) and refreshments. Signed copies of the Adventures of Faerie Folk available/meet the author. 2 - 3.30pm at Suzie's Secret Garden, Chester. £10 per child (Places limited to 10). Paypal in advance books your place) - derwenna45@gmail.com

**Something About Simon**
The Paul Simon Story. Singer-songwriter Gary Edward Jones not only recites the music of one of his idols, but also tells the unique story of Paul Simon combining visuals, stage design and, of course... the music. 7pm, £10+. Theatr Clwyd, Mold. 01352 344101, theatrcldwyd.com

**Heb Ffiniau ~ Gŵyl Goncrit ~ Movement workshop**
Led by dance practitioner Sarah Mumford. The workshops aren’t strenuous, open to all and have been online for several months. 11am, £3, 18 yrs+. Pontio, Bangor 01248 382828, pontio.co.uk

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**Dream Horse**
See 1st - 3rd

**Beginners Ukelele Session**
Come along to our informal group Ukulele session. No previous musical experience or equipment is required. Ukeleles and refreshments provided. 11am - 12noon, free. Woody’s Lodge, Eirias Park, Colwyn Bay LL29 7SP. Book: eventbrite.co.uk

**Cap Making Workshops**
On this one day workshop you will be able to make your own cap from a choice of three styles. 10.30am - 4.30pm, £55. Cambria Costume House, High St., Mold CH7 1BQ. Book: eventbrite.co.uk

**Hiroshima and Nagasaki Flower Memorial**
Remembering all those who lost their lives or were injured in the atomic bombing of Hiroshima and Nagasaki in 1945. 8 - 9pm, The Groves, Chester; all are welcome to meet at the Bandstand for readings, a period of silent reflection and the dropping of flowers on the river, bring white flowers if you wish. Make a paper Crane (Orizuru) as a sacred symbol; follow the guidelines on YT: How To Make a Paper Crane / 8mins

**Mindful Woodland Wander**
We invite you to join us for a restful and gentle morning of mindfulness, nature connection and reflections on our relationship with ourselves and with the natural world. 10am - 12noon, £10, refreshments included. Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

**Volunteer Day**
Meet new friends, and learn new woodland skills. Hot drinks and biscuits will be provided but please bring your own cup and a packed lunch! We will meet 11am - 3pm, by the wooden building at Llyn Parc Mawr Community Woodland, Niwbwrch, Llanfairpwllgwyngyll LL61 6SU. Booking is essential: llynparcmawr.org

**Shore-Nanigans / Miri-Morol Family Camp**
Rhoscolyn, Anglesey / Ynys Mon. See 1st - 3rd

**7th SUNDAY**

**New Moon 2.50pm**
Mold Artisan Market 2nd Sunday/month. 11am - 4pm. Showcasing a selection of the very best crafters, makers and creative bakers. Mold CH7 1AZ, 07938 794761.

**Mindful Woodland Wander**
We invite you to join us for a restful and gentle morning of mindfulness, nature connection and reflections on our relationship with ourselves and with the natural world. 10am - 12noon, £10, refreshments included. Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

**BeauMARIS Gong Bath (2)**
Led by Steph Healy, 6 - 7.15pm, £15, or 7.30 - 8.45pm, £15. Canolfan BeauMARIS, Rating Row, BeauMARIS LL58 8A. Book: puresound.org.uk

**11th WEDNESDAY**

**Dance For Parkinson’s**
Dance has been proven to develop confidence and strength, whilst temporarily relieving some participants of symptoms in everyday life. Classes are creative and promote feelings of freedom from the physical and social constraints of having Parkinson’s. 10am, £3.50. Pontio, Bangor 01248 382828, pontio.co.uk
Moth Night Experience | CAT's visitor centre and surrounding woodland is home to many species of moth & bats; grab a bat detector and moth ID book and have a great time. 8pm - midnight, £15, U16 £5. CAT, Machynlleth 01654 705950, cat.org.uk

12th THURSDAY
Lunchtime Concert ~ The Manchester Ensemble | Live music with professional artists this summer to lift the soul; every Thursday. 12.30pm, free, donations welcome. St. Mary’s Church, Rose Hill St., Conwy LL32 8LD. Register: eventbrite.co.uk

Supervised Open Water Swimming | See 5th

13th FRIDAY
Swamp Secrets | Caroline Bateson from NW Wildlife Trust leads a wetland wander! Come and find out about the amazing wildlife at Cors Goch, including insect-eating plants. 2 - 4pm, free, Cors Goch North Wales Wildlife Trust Nature Reserve, Tyn-y-Gongl, Anglesey LL74 8RY. Book: eventbrite.co.uk

13th FRIDAY - 15th SUNDAY
Dive into Yoga / Yoga & Wild Swimming | Guidance on wild swimming spaces, diving, yoga, warming up with tea and cake, wholesome detoxing meals, relaxation. £54.80 - £705.60. Plas Cadnant, Menai Bridge. Info / Bookings: Laura Bell 07989 512859, info@thezestlife.co.uk ALSO: 16th - 20th, 27th - 30th, 30th Aug - 3rd Sept.

14th SATURDAY & 15th SUNDAY
Oil on Canvas ~ Seascape Workshops | Led by Bill Gribble. Bill will be teaching in an 'Alla Prima' style. This is a painting technique in which layers of wet paint are applied to previous layers of wet paint. Bring your own seascape inspiration or paint along with Bill's subject. Beginners welcome, materials supplied. 10.30am - 4pm, 5 students, £60, Bodnant Art, Conwy. Bookings: Kate 07909 333 929, katepigram@aol.co.uk

Gardening for Nature Experience Day | We're offering a fantastic day of exploring wildlife gardening with CAT’s expert gardens team, packed full of essential knowledge to help wildlife thrive in your garden at home. 9.30am - 5pm, £60, U16 £30. CAT, Machynlleth 01654 705950, cat.org.uk

14th SATURDAY - 17th TUESDAY
Meditation on Emptiness | An opportunity to join together in retreat to hear teachings from Lama Shenpen furthering this years theme of Insight into Emptiness, we'll also reflect on them with others through discussion groups and meditate together in scheduled sessions. 7am - 8.30pm, with regular breaks in between. Awakened Heart Sangha, Ynys Graianog, Criccieth. ahs.org.uk ~ hermitage@ahs.org.uk (Online participation available)

14th SATURDAY - 18th WEDNESDAY
Greenwood Side Chair Makers or Arm Chair Makers / Two Stool Makers | Using traditional green woodworking techniques & hand tools only, accomplished chair maker, Ben Willis will take you through every step of making a Windsor chair from unseasoned ash… all made within the woods from which your chair originated. £450 + £25-40 for materials. Accommodation extra, 18 yrs+, beginners welcome. Held in Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

15th SUNDAY
A Day of Wellbeing | Embracing the Essence of Reiki in the morning. We will be holding space for a FREE refresher and talk on Reiki and distant Heart - Heart healing, including Reiju attunements if time allows. Plus 1 - 5pm, Dance/Chi Kung/Tai Chi/Mindfulness/EFT (emotional freedom techniques)/Yoga Let us guide you through techniques and tools that we have learnt over many years of working with energy. Feel free to take part in any or all of the activities and go away feeling restored and renewed. Feel free to come
to either event or the whole day - just bring some lunch and refreshments. Please bring your yoga mats, pillows, blankets, meditation cushion - all you need for your comfort. Hosted by Wendy Dinse and Sue Baumann. £20 for afternoon event. Book with Sue Baumann, 01758 712951 / 07833 791317, llyntiachi@gmail.com

Wildflowers & Butterflies This short but wildlife-filled walk visits the Wildlife Trust’s Bryn Pydew Nature Reserve, rich in wildflowers and butterflies. 11am - 1pm, £2, with NW Wildlife Trust. Bryn Pydew, Conwy LL31 9QF. Book: eventbrite.co.uk

16th MONDAY

Midweek Volunteer Day Our monthly weekday volunteer day. Come along, meet new friends and learn new woodland skills. Refreshments will be provided, but bring a packed lunch! 11am - 3pm. We will meet by the container at Llyn Parc Mawr Community Woodland, Niwbrurch, Llanfairpwllgwynygly LLYN 6SU. To book: llynparcmawr.org

Lichens Workshop for Beginners / Gweithdy ar Gennau i Rai sy'n Dechrau This half-day workshop will help you learn more on lichens, suitable for beginners. 1.30 - 4pm, £24.04. Held at Treborth Gardens, National Botanic Garden of Wales, Bangor. Book: eventbrite.co.uk

Gwlad yr Asyn A theatre production. Ari is not your usual donkey; she was raised in a cosy home by a kind old lady. Now living in a donkey farm somewhere in West Wales, she yearns for a life once more among humans. 7pm, 13 yrs +, £5-£12. In Welsh with English translation through access app. Theatr Clwyd, Mold 01352 344101, theatrclywd.com

Lichens Intermediate Workshop / Gweithdy Canolradd ar Gennau This half-day workshop will help you learn more on lichens. 10.30am - 2pm, £24.04. Held at Treborth Gardens, National Botanic Garden of Wales, Bangor. Book: eventbrite.co.uk

Help with Managing Money Citizens Advice Bureau are running their Money Wise support service. Help with budgeting, debt, saving money & borrowing. Held in Golygfa Gwydyr, Llanrwst LL26 0AG. Please phone 01492 642110 for an appointment.

Women’s Night Bring your bike to fix or for a simple check over at this workshop where women share knowledge and skills in a friendly, relaxed atmosphere. No experience necessary. 5.30 - 7.30pm, £5 / £10; The Fringe Shed, Parade St., Llangollen LL20 8PW. Book a space: hello@drosibikes.org ~ 07396 658501 ~ drosibikes.org

Family Woodland Wander @ Ty Hŷll Join Mary and Claire from the Snowdonia Society for a family-friendly woodland wander at Ty Hŷll. 10am, Please book: claire@snowdonia-society.org.uk

16th MONDAY - 20th FRIDAY

Dive into Yoga / Yoga & Wild Swimming See 13th - 15th

17th TUESDAY

Lichens Intermediate Workshop / Gweithdy Canolradd ar Gennau This half-day workshop will help you learn more on lichens. 10.30am - 2pm, £24.04. Held at Treborth Gardens, National Botanic Garden of Wales, Bangor. Book: eventbrite.co.uk

18th WEDNESDAY

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Family Woodland Wander @ Ty Hŷll Join Mary and Claire from the Snowdonia Society for a family-friendly woodland wander at Ty Hŷll. 10am, Please book: claire@snowdonia-society.org.uk

19th THURSDAY

World Humanitarian Day The world commemorates humanitarian workers killed and injured in the course of their work, and we honour all aid and health workers who continue, despite the odds, to provide life-saving support and protection to people most in need. un.org

Gwyl Gwncrit ~ Babi Brahms Live classical music concerts from outstanding musicians in a relaxed baby and toddler friendly setting. Feed, change, dance, or just relax, and let the music wash over you! 10am, £3. Pontio, Bangor 01248 382828, pontio.co.uk

Circle Dancing Sociable, joyful and good for mind, body & spirit. 3rd Thursday/month, 2 – 3.30pm. The Clubhouse, Park Avenue, Mold. Contact helen@soul-life.co.uk or 01352 780281.

Lunchtime Concert To lift the soul. Live music with professional artists this summer, every Thursday. Charlotte Forfar (soprano) and Rhys Meilyr (tenor), with Catherine Barnett (piano). 12.30pm, free, donations welcome. St. Mary’s Church, Rose Hill St., Conwy LL32 8LD. Register: eventbrite.co.uk

Supervised Open Water Swimming See 5th

20th FRIDAY

Grand Gala Reopening Event Celebration concert to reopen Theatr Ardudwy, featuring a live orchestra, Welsh performers and much more. 7 for 7.30pm, £15, Theatr Ardudwy, Harlech LL46 2PU, eventbrite.co.uk

Seal Walk Enjoy a circular walk with Caroline Bateson looking for seals, seabirds and other coastal wildlife. 11am - 2.30pm, free. Cemlyn NW Wildlife Trust Nature Reserve, Bryn Aber car park, Cemaes Bay, Anglesey LL67 0EA. Book: eventbrite.co.uk

21st SATURDAY

Circle Dance Day ~ Connections Come and celebrate the connection of dancing together again. Dancing in a circle nourishes us physically, socially, emotionally and mentally. We will also dance with gratitude for our connection to this beautiful planet and to Spirit from which our life comes. We will teach the dances and then put them together at the end of the day; plus short readings/prayers/ritual to create a sacred act of universal worship, honouring the part we each play in the Great Wholeness. 10am - 5pm, £35, led by Rita Russell, Helen Newton & Sue Bates. £20 for afternoon event. Book with Sue Baumann. 01758 712951 / 07833 791317, llyntiachi@gmail.com

Colwyn Bay Artisan Market Discover a host of unique handmade artisan arts & crafts from local artists, designers and makers. 10am - 4pm, Station Rd., Colwyn Bay LL29 8BU, 07508 640354, helen@soul-life.co.uk

Jackson Williams with Penni Neale ~ Live in the Woods Deborah Jackson & Skeet Williams play mandola, banjo and guitar, with harmonies and guest Penni. 7 - 9pm, £10. Woodland Skills Centre, Bodfari, 01745 710626, enquiries@woodlandskillcentre.co.uk
**#TribeFest** with Art & Soul Tribe cic. Focussed on the #savetheclocktower project, this beautiful heritage site, left to rack and ruin, needs some serious people power, and what better way than bringing together our beautiful community to repair, revive and create a special place for us to join together, support one another and celebrate throughout the year with a series of incredible events. The day time will see a family friendly community revival fair, with old style fairground games, wellness workshops, delicious food and our home made acoustic stage (see separate tickets for daytime fun). From 4pm our ‘after hours’ TribeFest indoor stage sees the creative energy of local musicians and performers supported by local tech and film crew to create a truly magical event, which you can attend in person, or via our livestream - so you can enjoy our awesome Welsh heritage and culture wherever you are in the world! Tickets are now available and operating on a ‘pay what you can’ scheme so throw in a donation to get yours now! Join us as we rebuild our clocktower, and rebuild our community. John Summers Steelworks, Queensferry CH5 2NL. Donation link: eventbrite.co.uk

**Landscape ~ Pastel Workshop** Beginners welcome, materials supplied. 2 - 4.30pm, £60. Bodnant Art, Conwy. Bookings: Kate 07909 333 929, katepigrum@aol.co.uk

**Aberffraw Gong Bath** Led by Steph Healy, 7pm, £15, Village Hall, Church St, Aberffraw, Ty Croes LL63 5LQ. Book: puresound.org.uk

**21st SATURDAY & 22nd SUNDAY**

**Identifying and Monitoring Birds of Prey** Please visit their website Field Studies Council, Rhyd-y-creuau, Betws-y-coed. Book: 01743 852100, field-studies-council.org

**21st SATURDAY - 25th WEDNESDAY**

**Pit-Fired Ceramics** Ceramic artist Melina Xenaki will take you on an ancient journey using traditional methods to transform clay into ceramics in a pit fire. Melina will take you through the processes of digging, sieving and drying wild clay and making small test pieces to fire in a pit. £455 includes materials. Accomm extra. Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

**22nd SUNDAY**

**Full Moon 1.02pm**

**23rd MONDAY**

**Bethesda Gong Bath** Led by Steph Healy, 7pm, £15, Bethesda Rugby Clwb, Bethesda, Bangor LL57 3NQ. Book: puresound.org.uk

**23rd MONDAY - 27th FRIDAY**

**Family Week in the Woods** The main programme will include exploring the woodland, learning about the trees, plants and wildlife, building shelters, fire lighting and camp cooking and a range of arts and crafts activities. A simple mid-day meal will be provided on each day. £150 adult, £75 child 6 - 17; u6 free. Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

**24th TUESDAY**

**Lunchtime Concert** Florence Kaiser (soprano) and Fu Lian Doble (mezzo-soprano), with Christina Mason-Scheuermann (piano), 12.30 - 1.30pm, free, donations welcome. St. Mary’s Church, Rose Hill St., Conwy LL32 8LD. Register: eventbrite.co.uk

**26th THURSDAY**

**Singing for the Soul – Natural Voice** Singing led by Felicity Jones at Hillside Retreat, Rhosesmor. 4th Thursday / month 11am - 12.30pm. Contact helen@soul-life.co.uk or 01352 780281 if you’d like to try it – you don’t need to be an expert singer.

**Wildlife / Nature Inspired Art Workshop** 1 - 3pm, held at Pengwern Community Centre, Llangollen LL20 8BB. FB: Pengwern Community Centre or book via eventbrite.co.uk

**Lunchtime Concert** To lift the soul. Live music with professional artists this summer, every Thursday. The Menai Wind Quintet and Mared Emlyn (harp). 12.30pm, free, donations welcome. St. Mary’s Church, Rose Hill St., Conwy LL32 8LD. eventbrite.co.uk

**Supervised Open Water Swimming** See 5th

**27th FRIDAY**

**Scull & Seagrass** Join the living Seas Team, come kayaking and look for wildlife, on and above sea water. 10am - 4pm, £70.66, Rhoscolyn, Anglesey LL65 2NQ. Book: eventbrite.co.uk

**27th FRIDAY - 30th MONDAY**

**Dive into Yoga / Yoga & Wild Swimming** See 13th - 15th

**28th SATURDAY**

**Build A Lapsteel Guitar** During this one-day practical course you will build a simple guitar to take away with you, based mainly on reclaimed materials. 10am - 4pm, £85 all inclusive, 18 years+. CAT, Machynlleth 01654 705950, cat.org.uk

**28th SATURDAY & 29th SUNDAY**

**Prestatyn Rocks Festival** A family friendly event filled with live music, kids entertainment and street food. High St. car park, Prestatyn LL19 9BB, 03332 348130.

**28th SATURDAY - 30th MONDAY**

**Make a Cleft Oak Garden Gate** Over 3 days your tutor, Bryce Rendell, will introduce you to traditional green woodworking techniques, taking a close look at the different grades and characteristics of oak or chestnut for strength and beauty. You will learn the art of cleaving, shaping components with an axe and drawknife, and finally joinery and assembly. £320 tuition plus £40-50 for timber. Refreshments and light lunch included. Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk
29th SUNDAY

Ruthin Food Festival with Ruthin Artisan Markets
Supporting small businesses and our local community by bringing the best in crafts, food and drink. 10am - 4pm, Nantclwyd y Dre, Castle St., Ruthin LL15 1DP, 07741 304356.

Mount Snowdon Hike
Led by Shayk Waseem Ahmed & guests. The aim of this event is to increase brotherhood, spend time in the company of our teachers with the intention of trying to appreciate the natural beauty of Allah’s creation. 11am - 6pm, free. Full details/registration: eventbrite.co.uk

Summer Stroll
With help on hand from Simon Mills, we’ll see some of the 35 butterfly species recorded at this incredible wildlife haven. 2 - 4pm, free. Meet at reserve entrance off Springfield Lane, LL12 8TG (SJ357 563) Marford Quarry NW Wildlife Trust, Marford LL12 8TG. Register: eventbrite.co.uk

Nock-Pooling
Night-time rock-pooling is back! Join the Living Seas team as they head on the shore looking for creatures that glow. 8 - 10pm, £10 (u12yrs) - £15 (over 12s). NWWT, Trearddur Bay, Anglesey. Book: eventbrite.co.uk

Ma Bessie and Her Pig Foot Band
Actor/vocalist, Julia Titus formed her Pig Foot Band to share the music of Bessie Smith and her contemporaries. Mixing Julia’s rich, warm vocal sound with a dynamic band that look and sound the part, Ma Bessie and her Pig Foot Band perform classic blues and jazz tunes from the inter-war years with a selection of original songs and hand-picked covers from the last 50 years of popular music. 7pm, £10+, Theatr Clwyd, outdoor stage, Mold 01352 644101, theatrclwyd.com

30th MONDAY

Lunchtime Concert
To lift the soul. Live music with professional artists this summer, every Thursday. Sara Davies (mezzo-soprano) and John Ieuan Jones (tenor), with Catherine Barnett (piano). 12.30pm, free, donations welcome. St. Mary’s Church, Rose Hill St., Conwy LL32 8LD. Register: eventbrite.co.uk

30th MONDAY - 3rd SEPTEMBER, Friday

Dive into Yoga/Yoga & Wild Swimming
See 13th

Trigonos Courses 2021

Space to Be
25th - 28th November
with Ros Tennyson

Weaving Colours
21st - 24th October
with Eta Ingham-Lawrie

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

Trigonos, Plas Baladeulyn, Nantlle LL54 6BW
trigonos.org ~ 01286 882388 ~ info@trigonos.org

Gwyl Machynlleth Festival
Annual celebration of Welsh and International music and culture. 4th - 27th August. Events at Tabernacle plus online & outdoor events. Singing, harpists, talks, choirs; art workshops for young ones on 3rd, 10th & 17th August.

More info and bookings: moma.cymru
BOOK CLUBS

Book Club Zoom Fortnightly group, 7.30pm. More from pontio.co.uk

Book Club Monthly, with a business theme. 8pm. Zoom. NetworkShe: networkshe.co.uk

CIRCLE DANCE

Circle Dancing Sociable, joyful and good for mind, body & spirit. Rhosesmor Village Hall 1st Sunday of each month 2 – 4 pm. The Clubhouse, Park Avenue, Mold 3rd Thursday of the month 2 – 3.30pm. Contact helen@soul-life.co.uk or 01352 780281.

DANCE / MOVEMENT

Continuum Movement Practice Group FB: Lucy Parry / North Wales Continuum Movement

Farrah’s Dance Workout - Bollywood Fit at Home! More from FB: farrahdanceworkout/life

Chakradance with Roz FB: Chakradance with Roz

Heb Ffiniau / Movement Bilingual lessons. More: pontio.co.uk

Polynesian Dancing FB: Under The Dancing Tree

Dance Classes FB: Harmony of the Heart or harmonyoftheheart.co.uk

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 McGeary 07751017157, helenmcgreary7@hotmail.com

Dance for Parkinson’s 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 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 / FB: Felin Uchaf

Gardening for Well-being Club Every Tuesday, 10am – 12.30pm & 1-3pm, Treborth Botanic Garden/ Gardd Fotoneg Treborth. For more information, contact: info@wildelements.org.uk ~ 07799 566533

Llangollen Community Garden An opportunity for local people, groups and schools to grow their own food. FB: Llangollen Community Garden

Creating a Green Space Thursdays, 10am, help ‘green-up’ the cafe and kitchen garden! Ucheldre Centre, Millbank, Holyhead LL65 1TE. Alison 07918 636229; FB Creating a Green Space

Arfon Communal Gardening Club Thursdays, 10am, Catrin 07876 819185.

GONG

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

INCREDIBLE EDIBLES

Incredible Edible Ruthin FB: of same name

Bwyd Bendigedig Port / Incredible Edible Porthmadog FB: of same name

Incredible Edible Conwy / Bwyd Bendigedig Conwy FB: of same name

Incredible Edible Llanfairfechan ~ Gardening Get Together Fridays, 6.30pm, Victoria Gardens Raised Bed. 01248 681697, jayne@llanfairfechan.net FB: Incredible Edible Llanfairfechan

KUNG FU

Wing Chun Dave McQuillan, 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 1st Monday month at Hillside Retreat, Rhosesmor, Mold. All welcome. Contact helen@soul-life.co.uk or 01352 780281.

Crystal Wellbeing Meditation Online. Monthly group, with Jo Stuart. Go to: intuitive-healer.co.uk

Meditation Variety of classes from Kalpa Bhadra Kadampa Buddhist Centre, 34 Mostyn St., Llandudno LL13 1YY. 01492 878778, meditatennorthwales.com

Meditation Session Mondays, 7pm for 30 mins via Zoom. Alan 07816 988124. newmindfulness.net

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

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

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

MUSIC/SOUND

Sound, Animation, Graphics, Field Recording Sessions every day via Zoom. Run by Tape Community Arts Centre, Old Colwyn. Visit: tapemusicandfilm.co.uk
MINDFULNESS
Monthly Mindfulness FB: Inspire - Rewire / inspire-rewire.com
MUM & BABY ONLINE GROUP/ PREGNANCY
Om Yoga North Wales Pregnancy Workshops FB: OmYoga North Wales
Mother and Baby Groups Parenting and birthing sessions with Laura Knott: birthingmamas.co.uk or FB group: Laura Birthing Mamas Doula, Pregnancy and Postnatal Yoga

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

SINGING
Singing for the Soul Natural Voice singing led by Felicity Jones at Hillside Retreat, Rhosesmor. 4th Thursday/month 11- 12.30. Contact helen@soul-life.co.uk or 01352 780281. All singers welcome!

SOCIAL
Canolfan Felin Fach Pwlheli. Contact 01758 701611 or FB: Canolfan Felin Fach
Actif Conwy (for children) FB: Actif Conwy
Coffee Connections 2nd Tues/month; networkshe.co.uk
Anglesey & Gwynedd Widowed - Gweddwn Ynys Mon a Gwynedd Coping with grief and loss and enjoying life to the fullest. More: meetup.com
North Wales Africa Society For those from the African diaspora community and those who have an interest in Africa. FB: North Wales African Society

STORYTELLING
Caffi Stori Llangollen and Blue Bell Story Group Conwy are currently emailing members until they can meet again. Contact: suemoore@me.com

TAI CHI & QI GONG
Tai Chi Weekly class on Wednesdays at 12.30 - 1.30pm. The Body Studio, John Williams House, Conway Rd, Mochdre. Contact: Eirian Stevens 07748 582380, wingsofchangeuk.com
Internal Arts Academy in Daoist and Buddhist Studies, Martial Arts & Medicine lotusneigong.com Tai Chi North Wales See: taiji-online.co.uk Qi Gong Classes via Zoom; contact taichiphil@outlook.com
Self Connection Qiqong with Rik Midgley. Details from choosecompassion.uk/qiqong
The 18 Movements of Tai Chi Qigong with Phil East. Tues 11-12pm. Bodnant Welsh Food, Colwyn Bay LL28 5RP. Bookings: bookwhen.com

WALKING GROUPS
Walking Group Covering Denbigh, Ruthin, Llangollen & Conwy. Info: contact Paul Hughes Walking Leader 07770 124874 or Jenny Bolton 01745 812461. FB: Bryniau Clwyd a Dyffryn Dyfrdwy - Clwydian Range and Dee Valley
Actif Woods Anglesey Weekly Walk on Fridays, different locations. FB: Actif Woods Anglesey or vivienneroberts@smallwoods.org.uk

WOMEN’S GROUPS
Circle of the Feminine Women’s spaces and activities in North Wales on FB page, same name Red Tent Gwynedd Pabell Goch on FB; same name Online Sister Circles & Meditations FB: Sisters Circle Under the Dancing Tree sistercircletemple.com / 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
Women’s Full Moon Circle Monthly group, meditation, yoga and circle sharing. Goleuo Studio, Tyn y Coed Farm, Rowen, Conwy LL32 8YL. Book: goleuostudio.com

WRITING GROUPS
Writer’s Circle ~ Colwyn Bay A writing circle which offers a weekly email submission of work within the group. If you are interested please contact Chris Hemmings: crishstrees@gmail.com Llandudno Writers Contact the Secretary, Steve Baker at bakersteveh05@outlook.com More from: llandudnowriters.weebly.com

YOGA
Emily Kyle Yoga Online & offline classes. Contact: 07775 798536, FB: Emily Kyle Yoga.
Tru Dru Yoga Cat Stuijt 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 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 Mondays with Pam, all levels 11am - 12pm; or Weds with Laura 6.30 - 7.30pm, all levels. £38/5 weeks. First class free. Trefnant Village Hall, Denbigh. Go to: thezestlife.co.uk
Tracey Yoga Contact Tracey 07809 485323, Online classes only - traceyogamassage.co.uk
Online Chair Yoga Book with Lisa 07878 113599, lisamartindale@newmind.org.uk
Gentle Yoga & Relaxation 01352 974430, jilllambford@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 either live or via the recording any time. Contact teresa@teresa4yoga.co.uk ~ teresa4yoga.co.uk/yoga
Yma Yoga Llanberis. Find out more: FB: Yma Yoga Soulshine Hatha Yoga Bangor. FB: Soulshine Yoga

ZUMBA
Zumba Afro-Latin Dance-fitness In-Person Outdoors. Every Monday, 5.45 - 6.45pm, and every Wednesday, 5.45 - 6.45pm. All welcome, just turn up. £6, at the Masonic Hall Car Park, opposite Premier Inn Table, Parc Menai, LL57 4FH. AND Zumba Afro-Latin Dance-fitness In-Person Indoors Every Thursday 5.45 - 6.45pm, at Canolfan Telford Centre, Opposite Waitrose, Menai Bridge, LL59 5EA. All welcome, just turn up. £6. Both classes : Great music & easy routines. Hip hop, Bollywood, African dance, Salsa, Jive and more! All welcome, including 2 left feet and all ages and abilities. Helen McGreary, dance-classes-north-wales.co.uk, 07751 017157.
26th September. Oriel Ty Meirion, Y Brief Heol, Dyffryn Ardudwy LL44 2DH. 01341 247541, mima@tymeirion.co.uk ~ tymeirion.co.uk

A Stitch in Time! Bridges Not Walls International artist Luke Jerram transforms the historic bridge in Llangollen until 5th August. The artwork celebrates the idea of peace on which the International Eisteddfod Festival was founded nearly 75 years ago. In a race against time, 800 squares of one metre-wide fabric, including local donations from Llangollen, are currently being stitched together to cover both sides of the 60 metre-long bridge. More: international-eisteddfod.co.uk

Cymyr ar Gynfas Until 4th September. Twelve artists, twelve portraits. Original work from the television series ‘Cymry ar Gynfas’ (Welsh on Canvas) where each episode followed one artist as they portrayed one Welsh icon in a media of their choice. In the two series of ‘Cymry ar Gynfas’ for S4C 12 Welsh artists and 12 prominent Welsh individuals were paired with the challenge that each artist would create a portrait. In the process of making these series each artist would spend a day with their ‘subject’ in a location of their choice, then return to their studio to work on the portrait before revealing the finished work. AND Glyn Baines & Helen Baines ~ The Two of Us Celebrating colour, nature and life. Striking compositions of abstract collages by glyn Baines derived from works surrounding him in his studio. Working outdoors with pencil and paper, Helen Baines is inspired by the beautiful surrounding areas of Cwmystydlllyn, Oerddwr and Nantmor to name but a few. Until 2nd October. Storiel, Bangor - storiel.cymru

Anghysbell ~ Manon Awst is where domains of culture and landscape, the domestic and political materialise: stratified layers which, under great pressure, create the physical world we live in. Manon is a multidisciplinary artist, working in performance, sculpture, poetry, site-specific interventions and works on paper. AND Katherine Jones ~ Grounded Inspired by her architecture training, she creates pen, ink and watercolour drawings of special places across Wales – and beyond. Both exhibitions are until 30th September. Oriel Plas Glyn y Weddw, Llanbedrog LL53 7TT. 01758 740763, oriel.org.uk

Ruth Thomas ~ On The Wall Until 7th August. Leaves, letters and landscape; feathers and flowers; snake skin, snail shells and spiders; paper clips and penguins; an angel, an ammonite, cats… and birds, lots of birds. AND

Mastery: Women in Silver Until 18th September. The Mastery exhibitors represent a large cohort of women working at the highest level of silversmithing and include long-established and mid-career artists alongside some emerging makers of exceptional promise. The work itself was chosen to highlight both the diversity of women’s practice and their largely unacknowledged role as innovators. AND Liz Ellis … from a dark place Until 18th September. Multiple narrative threads encompassing Greek myths; Iron Age bodies; star constellations; archaeology; British folk tales; contemporary novels; poetry; nature; conservation and climate change are woven together through place, time and form, linking not only past and future but also the maker and life. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk / ruththomas.net

Tarek Lakhrissi: My Immortal Until 19th September. Film, sculpture, text and performance – creating a multi-dimensional installation across the gallery spaces. Rooted in poetry, Lakhrissi’s practice seeks to challenge contemporary constructs of language and narratives around minoritised communities. 11am - 4pm, free, MOSTYN, Llandudno LL30 1AB, 01492 879201, mostyn.org

Linda Caswell ~ Ceramics “I work in porcelain, introducing colour into the clay itself to produce decorative agateware: a traditional technique used in a new way.” Open daily 10am - 5pm. The North Wales Potters Gallery, 1 High Street, Conwy LL32 8DB, 01492 593590, thepottersgallery.co.uk / lindacaswell.co.uk
138th Summer Exhibition
Our 138th Summer Exhibition showcases over 100 new works by Academicians. All of the work is for sale. We are proud to celebrate Wales' leading artists in this glorious show, full of energy, colour, fresh ideas and inspiration. Until August 28th. Open Tues - Sat 11am - 5pm, Royal Cambrian Academy, Crown Lane, 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

Slate’s Edge II ~ The Arts of Dyffryn Ogwen
Until 15th September. This exhibition presents Dyffryn Ogwen as a natural environment for creative practice. It includes painting, photography, sculpture, and a range of crafts as well as video, audio and innovative contemporary and site specific work. Workshops and performance will complement the displays. AND Tessa Lyons ~ Prominent Lines
Until 12th September. From large scale works that capture the intensity of standing amongst a vast wilderness, to smaller works focusing on the 'lines' that capture climbers' imaginations, a common theme throughout is that there is something in landscape which pulls people towards, and into it. AND Your Collection
This celebratory exhibition, to coincide with Oriel Môn’s 30 anniversary, examines it's origins and presents key artworks from the collection that tells the fascinating story of its inception and its development into one of North Wales’s premier art gallery and museum. Oriel Ynys Mon, Llangefni, Ynys Mon LL77 7TQ. 01248 724444, orielmon.org

The Mobile Feminist Library: In Words, In Action, In Connection
Until 19th September. (*Entry is by timed ticket. The ticket grants you 25 minutes access.) Different activist movements at the intersection of class, disability, ecology, gender, language, neurodivergence, race and sexuality - all inherent considerations of any feminism. The materials will be locally relevant to Wales. Collaborators include: Beau Beakhouse and Sadia Pineda Hameed, Butetown History and Arts Centre, Casey Duijndam and Robyn Dewhurst, Elwy Working Woods, the Feminist Library, Rebecca Jagoe, mwnwgl, Patriarchaeth. Movements and historical figures include: Black Lives Matter, Emma Goldman, Greenham Common Women's Peace Camp, The Commune Movement, Monica Sjöö, women's publishing collectives and cooperatives. Open 11am - 4pm, free, MOSTYN, Llandudno LL30 1AB, 01492 879201, mostyn.org

Summer Mixed Exhibition & Barbara Winrow
Fine art. Until 11th August. AND Luned Rhys & Sarah Carvell
15th August - 8th September. Ffin y Parc Gallery, Betws Road, Llanrwst, Conwy LL26 0PT, 01492 642070, welsh.art

The Art Quarter Gallery
Original Art works by local and guest artists. Open 10.30am - 4.30pm, 18 Church St., Beaumaris LL58 8AB. theartquarter.com

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

NORTH WALES VEGAN FESTIVAL
Saturday 18th SEPTEMBER
10.30am - 4.30pm.
Stalls, world food caterers, exciting cookery demos, inspirational talks, interactive workshops, yoga and children’s activities running throughout the day at Plas Coch Sports Centre, Wrexham LL11 2AW.

Entry is £4 payable on the day (under 16's free) or £15 for VIP tickets in advance https://www.eventbrite.co.uk/.../north-wales-vegan... to include fast track entry and a goody bag full of vegan products, samples, discounts and offers

To book a stall, sponsor, host a demo, talk or workshop or find out more information please email veganeventswales@gmail.com

EVENTBRITE.CO.UK
Ayurveda Immersion 8: Q&A
Monday 2nd August  Join the experienced tutors of the Dru Ayurveda team for a live session on Zoom. They will be there for you to answer your questions. 6.30 - 7.45pm, £25.

druyoga.com

Virtual Lammas Ceremony
We will journey through the four elements together as we honour this time of the first harvest and offer our thanks to all the abundance & love in our lives. We will offer up our gratitude and our love towards ourselves and our deities. Via Zoom

Sunday 1st August
7 - 8.30pm, £9.21 - £11.37.

Book: eventbrite.co.uk

Naturehood
YT Channel: Topics cover butterflies, moths, ponds, urban birds, hedgehog facts, Naturehood wellbeing and much more
YT: Naturehood

Living Effortlessly & Joyfully - Talks & Meditations as per Ancient Wisdom of India, with Swami Dharam Tirth
1st - 3rd August, 6.30 - 7.30am BST
10 Euros / £8.65. Book: allevents.in

Pop Up Yoga Workshop with Lowri
Saturday 14th August 10am - 12noon, £20
Exploring some tools for self-care; yoga, journalling and meditation; have yoga mat, pen and paper/journal, via Zoom.

Book: inspiratrix.co.uk

African Remembrance Day
August 1st 2 - 4pm, free.
ARD commemorates the experiences and suffering of millions of African men, women and children who perished in the Middle Passage and plantations economies in the New World, as well as on the African continent and Far East. It provides an opportunity to reflect on the journey of their descendants in the fight for justice and equality. It is thus a day for reflection, healing and renewal of the global African family. 3 minutes of silence is marked at 3.00 pm - a minute each for the victims in the Americas, the African continent and the Middle /Far East. The event also features two keynote addresses: 'Fix Your Crown - the Queen Within' by Christelle Pellecuer & 'Women leadership and liberation ' by Dr Justina Mutale, responding to this year’s theme ‘African Liberation Queens – Ancient & Modern’, which celebrates totemic female leaders, veritable conductors of freedom. Book for event: eventbrite.co.uk / More info: africanremembrance@gmail.com

Group Biofield Tuning Session
Biofield Tuning is a method of sound therapy that can help you to release old stagnant emotions, memories, thoughts, habits and behaviours. It can facilitate you in experiencing a less stressful life with more energy and positivity. The intention for this hour is to relax and release any tension and stress, allowing for a full body, mind and emotional recalibration. Saturday 7th August
10am - 4pm, £8, £4 concs, £15 kindness (includes space for someone else). Book: puresound.org.uk

Crystal Wellbeing Meditation
Tuesday 24th August 7.30 - 8.30pm / Zoom / free but please reserve your place.
Live online meditations are held on the 4th Tuesday of every month. In case you can’t join live, there is also access to a recording.

intuitive-healer.co.uk/events.html

Regenerative Urbanism & De-Urban Design
Online certificate course
29th August - 19th September
Sundays, 2 - 6pm. More: ecodemia.org.uk

FB: Facebook ~ YT: YouTube
**Resurgence**
Monthly online talks from inspirational thinkers providing analysis and solutions covering a range of issues including the environment, arts and ethical living.

3rd - Lammas Meditation & Seasonal Reflection Gathering
7 - 8pm, free

25th - Reconnecting with Inner Worlds with Nick Pearson. 7.30 - 9pm, £6 + 50p booking fee.

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**Resurgence Readers Group**
Bringing together a network of like-minded people, they provide a space in which the topics raised in Resurgence & Ecologist can continue to be explored as we discuss our experiences and ideas about environmental issues, ethical living, wellbeing and the arts. 20th, 7 - 8pm, free

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**Encaustic Art basics online course**
Learning the basics of using the iron to melt waxes, create abstracts, patterns, landscapes, fantasy images, use with stamps and interweave with your own existing creative interests and skills. £65, choose when you join up with EncausticHouse - Michael and Wemke
Details: craftcourses.com

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**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

Use ticketpass to advertise your events and each time you sell a ticket a charity benefits
More: ticketpass.org/hosting-events

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**Celebrating You**
A 20 min meditation with Rachel on the theme of confidence.
**YT:** Celebrating You! Guided Meditation
**FB:** Sister Circle Under the Dancing Tree

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**What Weeds Tell You About Your Soil**
by Robin Sweetser from ‘The Old Farmer’s Almanac’ ~ Weeds are an indicator of your soil’s health.
Find out from: almanac.com
Photo: Common Chicory - can be an indicator of rich soil

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**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

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**Wednesday 25th August**
**Health & Wellbeing Wednesday**
Different topics each month; sharing hints, tips, resources and experiences.
8am - 6pm, free, with breaks!
Join up on FB: Network She Mothership

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**What Weeds Tell You About Your Soil**
by Robin Sweetser from ‘The Old Farmer’s Almanac’ ~ Weeds are an indicator of your soil’s health.
Find out from: almanac.com
Photo: Common Chicory - can be an indicator of rich soil

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**Reengage**
Online exercise groups for older people in Wales. Weekly health and fitness groups on Zoom. Each 90-minute session includes around 45 minutes of gentle exercise, plus time to get to know another in a friendly, sociable setting.
**Tuesdays 11 - 12.30pm Exercise for All with Gavin Stewart**
**Wednesdays 11am - 12.30pm, Chair Yoga with Margaret Hudson**
**Thursdays 11am - 12.30pm, Tai Chi with Lis Duffy**
**Sign up for free at:** reengage.org.uk
**Festival Waste Reclamation & Distribution**
Only registered charity in the UK dedicated to helping the most vulnerable in society through the collection and redistribution of abandoned items at festivals. Volunteers always needed!! Visit: fwrdtogether.co.uk - getinvolved@fwrdtogether.co.uk

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**RESOURCE CIC**
reSource CIC is a not for profit Community Interest Company with its premises within Cae Dai Trust and situated 1 mile from Denbigh town centre.
reSource has acquired a disused building on the site and is currently preparing it to be used for our reUse store. In here you will find a wonderful selection of reusable goods for creative activities. Items change but include fabrics, paper, card, cardboard, foam, haberdashery items. Plans are in progress to develop a dedicated community reMakery workshop, a space for the community to enjoy creative activities.
reSource also offers confidence building, supported volunteering and employment opportunities for people who may find it difficult for whatever reason to gain employment.
resourcewales.com

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**FFIWS IS OPENING SUMMER 2021**
3D Printer :: laser cutter :: hand tools
sewing & embroidery :: vinyl cutter :: heat press

We are bringing opportunities to local towns with Make and Mend Spaces for the public to use and from where to learn skills about business branding and design work, sticker making, printing on mugs and much more.
Coming soon to: Botwnnog, Caernarfon, Pen y Groes, Llanelhaearn (FB: Cymuned Llanelhaearn Community), Tywyn, Bethel, Bethesda, Penrhyneddraeth and Blaenau Ffestiniog.
FB: Ffiws (Currently open: M-Sparc / Menai Science Parc)

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**Groundwork Volunteers**
Help protect Wildlife and enhance habitats and eco-systems
Mondays - 10am - 3pm, Wrexham, Flintshire and Denbighshire - own transport needed.
Tuesdays - Buckley Team 10.30am - 3pm, weekly around Buckley sites
Wednesdays - Glascoed Nature Reserve, St Asaph Business Park and Trefnant Nature Reserve
Thursdays - 10.30am - 3pm, weekly Rhydymwyn
Fridays - Johnstown Team 10.30am - 11pm, weekly across 3 nature reserves.
Details of other August events in the North East Wales area available at: info@wild-ground.org.uk / 01978 757524.

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**Volunteering at Refurbs** Learn new skills, meet people and help your local community.
Opportunities in our Wrexham, Flint and Buckley outlets. If you’re interested in volunteering with us, phone 01352 734111 or email admin@refurbs.org.uk

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**The Countryside Code**, updated version on the Natural Resources Wales website: naturalresourceswales.gov.uk
‘Whimsy Performer’ from Taking Flight Theatre Company.

An exciting opportunity for BSL-using performers. ‘Whimsy Performer’ uses BSL with English-language subtitles to announce a collaboration between Deaf Hub Wales, Eisteddfod Genedlaethol Cymru, Krystal S. Lowe, National Dance Company Wales, Taking Flight Theatre Company and The Royal Society for the Protection of Birds. Their project, based on Lowe’s 2020 storytelling dance ‘Whimsy’, is looking for ‘Deaf Talent’ to work alongside Lowe and director Matthew Gough in the creation of multilingual dance theatre work.

Writing on her website last year, Lowe explained, ‘I am made well and restored, brought joy and peace through art so I want as many people as possible to be able to experience that. And sadly, there are many barriers to art benefiting all. Through [‘Whimsy’] I hope to work to pull down some of those barriers’. Shared by Taking Flight, who strive to create bold, inclusive theatre, ‘Whimsy Performer’ explains that over the next eighteen months, the Arts Council of Wales-funded project will focus on ‘honouring the intersections of Black, Deaf and Welsh-speaking people’. Taking Flight has an impressive history of successful collaborations as well as independent productions which open theatre up to the D/deaf community, and this next project seems sure to follow suit.

#KrystalsLowe #ndcwales #takingflightco

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Rebellion Broadcast

Keep up-to-date with what XR are organising and download App ‘Telegram’

23rd August – 4th September
2 weeks of XR UK action
extinctionrebellion.uk

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Funding Opportunity for Community Events Infrastructure

Denbighshire County Council will be offering a one-off grant fund for those providing improved infrastructure in our communities, and who host and organise community events in Denbighshire to help achievement this. To find out how you can access the funding for your project visit denbighshire.gov.uk
SEPTEMBER

Gardening for Nature Experience Day 4th, CAT, Machynlleth 01654 705950, cat.org.uk
Gwehyddu â llaw efo Kirsty Jean / Hand Weaving with Kirsty Jean 4th, Tecstiliau, Y Bedol, Bethel, Caernarfon LL55 1AX. Book: tecstiliau.org
Snowdonia Walking, Yoga & Meditation Day 4th, Dru Yoga, Snowdonia Mountain Lodge, 01248 602900, dru.com
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
Meditation on Prajnaparamita, Mother of the Buddhas 10th - 19th, Vajraloka, Conwen 01490 460406, vajraloka.org
Scything 11th, Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk
‘Selfie’ Linocut Workshop 11th, Bodnant Art, Conwy. Bookings: Kate 07909 333 929, katepigram@aol.co.uk
Bushcraft Through the Seasons ~ Autumn; and Growing using Medicinal Herbs 11th & 12th; Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk
Build a Traditional Mortice & Tenon Timber Framed Structure 13th - 17th, Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk
Living in the Present 16th Sept - 11th Nov, with Gwynedd Mindfulness; more from Sarah Silverton: sarahsilvertonmindfulness.co.uk
The Radical Embrace 24th Sept - 1st Oct, Vajraloka, Conwen 01490 460406, vajraloka.org
The Mountain Environment of Snowdonia 25th. Siabod Cafe, Capel Curig, Nature’s Work; natureswork.co.uk / eventbrite.co.uk
Moth Night Experience 25th, CAT, Machynlleth 01654 705950, cat.org.uk
Glaciation in Snowdonia 26th, Siabod Cafe, Capel Curig, Nature’s Work; natureswork.co.uk
Confidence with Contours (navigation) 26th, Capel Curig LL24 0EL, book: eventbrite.co.uk

OCTOBER

Yoga Retreat 1st - 4th, Cors y Gedol Hall, Dyffryn Arudwy, LL44 2RJ. Book with Tracey: traceyyogamassage.co.uk
Apple Day 2nd / 3rd, Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk
Celebrating the Stupa with Rigidzin Shikpo 2nd & 3rd, Awakened Heart Sangha, Yns Gwaionog, Crickieth. ahs.org.uk ~ hermitage@ahs.org.uk (Online available)
Fixing Your Damp House 2nd & 3rd. CAT, Machynlleth 01654 705950, cat.org.uk
Carve a Knife, Fork and Spoon 2nd & 3rd. Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk
Bwndeli Lliwio-Eco / Eco-Dyeing Bundles 3rd, Tecstiliau, Y Bedol, Bethel, Caernarfon LL55 1AX. Book: tecstiliau.org
The Other Side of Insight 6th - 17th, Vajraloka, Conwen 01490 460406, vajraloka.org
Nomad 3 ~ Autumn Nomad Retreat 7th - 10th, Henbant Bach Farm, Caernarfon LL54 5DF. Book: nomadwales.com
Yoga & Wellness Weekend 8th - 10th, Laura Bell 07989 512859, info@thezestlife.co.uk ALSO 15th - 17th, 29th - 31st.
Fan Birds 9th, Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk
The Mountain Environment of Snowdonia 9th. Siabod Cafe, Capel Curig, Nature’s Work; natureswork.co.uk / eventbrite.co.uk
Moth Night Experience 9th, CAT, Machynlleth 01654 705950, cat.org.uk
Glaciation in Snowdonia 10th, Siabod Cafe, Capel Curig, Nature’s Work; natureswork.co.uk / eventbrite.co.uk
Make A Shave Horse 10th, Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk
Photography 14th. Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk
Make a Bushcraft Knife and Coppice Crafts 16th & 17th, Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk
Nature of Snowdonia with Mike Raine, 17th, Capel Curig LL24 0EL, book: eventbrite.co.uk
Teaching Navigation 18th, with Mike Raine, Capel Curig LL24 0EL, book: eventbrite.co.uk
Rewilding the Mind 21st - 24th. Trigonos, Nantlle 01286 882388, trigonos.org
Blacksmithing 23rd & 24th, Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk
Annual Sangha Celebration 23rd & 24th, Awakened Heart Sangha, Ynys Graianog, Crichieth. ahs.org.uk ~ hermitage@ahs.org.uk
Glass Painting 27th, Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk
Managing A Small Woodland 30th, Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk
Practical Woodland Tasks and A Sense of Place-Autumn A day of Mindfulness, Art & Poetry 31st, Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

NOVEMBER
Yoga & Relaxation Weekend 5th - 7th & 12th - 14th, Plas Cadnant, Anglesey. Info/Bookings: Laura Bell 07989 512859, info@thezestlife.co.uk
Flat-bottomed Willow Basket Making 6th, CAT, Machynlleth 01654 705950, cat.org.uk
Managing Hazards & Emergency Procedures in the Mountains 7th, Capel Curig LL24 0EL, book: eventbrite.co.uk
Hedge-laying & Make A Pole-Lathe 6th & 7th; Make A Three Legged Stool 13th & 14th; Bird Nest Boxes & Rush Hats 20th; Bird Feeders & Rush Baskets 21st; Use a Pole Lathe & Christmas Crafts 27th; all at Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

DECEMBER
Retreat into Winter ~ Yoga & Sound Healing 2nd - 5th, held at Trigonos, Nantlle LL54 6BW. Book via sourceyoga.org.uk / puresound.org.uk
Yoga Retreat 3rd - 5th, Trigonos, Nantlle LL54 6BW. Book - Tracey: traceyyogamassage.co.uk
Christmas Crafts 4th; & Rustic Chair 4th & 5th. Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk
Blacksmithing - Door Knocker & Door Pull 4th & 5th, Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

ONLINE WORKSHOPS
Someone Else’s Shoes: An Online Course on The Poetic Monologue Join The Writing School Online for an exciting poetry-writing retreat you can access live, online from your own home. Take a week for yourself, 13th - 17th September, to experiment with poetry under the expert guidance of Costa Prize-winning poet Jonathan Edwards. Our Guest Poet will be Patience Agbabi. £400, organised by The Writing School, contact kathynt@thewritingschool.co.uk / literaturewales.org
The Sitting with Death and Choosing Life Foundation Course Begins in September, via Zoom. Exploring and understanding grief. Led by Karen Scott. If you’re interested in more or have any questions, please drop me an email: hello@beinginnature.net ~ beinginnature.net
Mindfulness from Stress 8-week course from Thursday 27th October - 15th December, 6.30 - 9pm, via Zoom. Find out more from: newmindfulness.net

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

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

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

**Sand Artist | The Pembrokeshire Coast: A Wild Year**

Watch Marc Treanor create an astonishing intricate pattern in the sand. FB: BBC Two or YT: Marc Treanor sand circles (Marc passed away in July 2020, whilst going for a morning swim)

**Journey to the East** (Taoism Documentary) Could modern problems have ancient solutions? George from the UK travels by train as far as possible on his way to a Taoist Monastery in China - how will Covid effect his journey? 1hr. YT: Journey to the East (TAOISM DOCUMENTARY)

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**Investigative Journalism and Independent Media**

- Byline Times - “Show us what is happening”. Fact, Argument, Reportage & Culture. More: bylinetimes.com
- Democracy Now! An independent news programme led by Amy Goodman and Juan Gonzalez. democracynow.com
- Glenn Greenwald Independent, unencumbered analysis and investigative reporting, captive to no dogma or faction. greenwald.substack.com
- 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 the 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/doubleddownnews
- 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

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- Becoming Wise with OnBeing’s Krista Tippett;
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**And from owltail.com:** Finding Freedom in a Van, TED Talks Daily, Behind The Bliss, Spiritual Mamas & many more!
A Swift Recovery
North Wales Wildlife Trust

This is a North Wales Wildlife Trust project to try and help swift populations. They aim to do this by a) installing special swift nest boxes on suitable buildings in the area, and b) raising awareness and gathering information on swift colonies.

Swift Recording
You can help with the latter by sending in your sightings. Any records of swifts are very welcome, but NWWT are particularly interested in sightings of potential nesting behaviour. This would usually involve either:

1. **A Screaming Party** – excited groups of two, three or more swifts in low-level fast flight and screaming calls

2. **Prospecting** – birds flying up to inspect buildings close-up, sometimes clinging temporarily to walls below eaves

3. **A Nesting Attempt** - actually entering through cracks under eaves etc.

Any records of young swifts found on the ground (dead or alive) are also valuable as they also constitute a breeding record. [Swifts of any age often struggle to get airborne again if they find themselves on the ground – if you find one that seems otherwise healthy, you can help by gently launching it into the air].

Detail of the exact location (i.e. name or street number of building), especially if it’s a prospecting or nesting attempt record, may be useful in considering future potential nest box sites.

Recording Swifts Online
If you are not registered on the Cofnod website, please fill in a registration form at cofnod.org.uk

Swift ID
Although they're not related to swallows and martins, swifts are superficially similar to these species, and people are sometimes confused about which is which. Help with identification is available in bird guides or ID pages such as the RSPB’s but some general tips are:

* Swifts in flight are all-dark (swallows and martins both show pale undersides if seen well)
* Swifts have long, narrow, blade-like wings, often held in a crescent shape (swallows and martins' wings are pointed but not as long and thin)
* Swifts tails are forked but this isn't always visible in flight, and they don't have long streamers (like swallows)
* Swifts usually fly with stiff wings. They either glide, or fly with powerful, often very rapid wingbeats, and can reach speeds of nearly 70mph (swallows and martins can be fast too, but their flight is more flexible and buoyant, with more twists and turns)
* Swifts don’t perch on wires or barn doors, or the ground (swallows and house martins do)
* Swifts nest in crevices / cavities and don’t build an external nest with mud (swallows and house martins do)
* Swifts have a really characteristic screaming call (neither swallows nor martins scream)

Swift Nestboxes
There are many different designs of swift box, suited to different buildings. Swift Conservation has more information - swift-conservation.org If you think swifts may breed nearby, please consider getting or making a box, and putting it up on your house or place of work. NWWT may also be able to offer advice on choice of boxes and installation.

northwaleswildlifetrust.org.uk
Land Area

The land area of the planet is 14.9 billion hectares. Yet two thirds are unusable by humankind. 33% is desert and about 33% is mountain, tundra, ice cover, rainforest and so forth. Yes, we have tried to push into desert despite water shortage, and we have encroached on forest despite its wildlife and oxygen, medicine and spiritual values. We are left with 1/3rd. recently we have pushed this to about 5.5 billion hectares.

But we haven’t just pushed out over area. We have also dug deeper. We have used, removed and destroyed so much soil that most of the world’s usable land is depleted. Perhaps 75% is so depleted that it may have no soil-low soil or require fertiliser or even fertiliser injected seed to grow at all. Over recent years we have been losing 24 billion tonnes of soil per annum. Wind blown, washed away, and, of course, some turned to food.

Big Agriculture

The vast majority of the world’s ‘Usable’ land is put to agriculture. 1% is urban area and another 1% or so mining and industry, and so on. Yet 90% or so is ‘growing’ - a figure which includes commercial forestry. We were sold a story that the Green Revolution produces amazingly efficient returns and ‘feeds the world’.

The truth is more like this. 80% of agriculture - even as much as 4 billion hectares - is big farm production. Interestingly it may overlap exactly with the soil depletion above? This is Petro-Chemical Industrial farming. It ploughs, fertilises, pesticides, and machine operates everything with as little labour as possible and no ecological practice whatever.

And here’s the rub: It only produces 20% of the world’s food !!
In other words, the other 20%, or 1 billion hectares of small farms and gardens, produces 80% of the world’s food. That is a 16:1 ratio. Small farms on average are 16 times more efficient than big ones. What the big ones do is produce a profit. They grow money with no regard to life or land. They simply asset strip to return as big a yield as possible - a financial yield. Whatever good intention may once have lain behind the Green Revolution, it is now bankrupt as an idea.

If agriculture was left to small farms which produce 80% of all food from 1 billion hectares then they would only need 1.25 billion hectares to feed everyone. Thus 3.75 billion hectares is freed for new wilderness perhaps. The idea that we need to fell rainforest to feed people is a crass misrepresentation by the banking interests of the world.

Now notice Good Soil / Erosion (left). It is exactly the same. We can feed everyone from the “Good Soil”.

### How much land and food do we need?

Let’s start again. How much land do you need to feed yourself?

At the local level it doesn’t matter whether you are to grow organically, biodynamically, intensively, regeneratively or permaculturally. What does matter is whether you eat meat or not. Meat requires far more land than a fruit and vegetable diet, so let’s go with veggies first. Bio-intensive is a method that combines the best and looks at nutritional return, food variety for best diet AND planetary soil regeneration. In other words it sets out to be sustainable in the true sense, at the world level. Their work tells us that 1 person’s needs for a good healthy diet, are about 1,200 square feet of vegetables. Another 400 sq ft specifically for vitamins and minerals. 1,600 sq ft to feed 1 person - on a very good fresh local (organic) diet. Add 1,200 sq ft to grow carbons to replace soil used. 2,800 sq ft for a perpetual food supply. Any additional natural composting thereafter simply replaces the historic soil loss. (It adds another 1,200 sq ft for soil development.)

Let’s stay with 2,800 sq feet per person. There are 43,560 sq ft to the Acre or feeding 15.5 people, which is about 40 to the Hectare.

There are just short of 8 billion people on Earth, which at 40 per hectare, requires 200 million hectares. Hang on! That is only 1/5th of the current small farm area! The small farms currently produce 80% of our food - mixed diet - on 1 billion hectares, yet bio-intensive could produce all vegetarian needs for all 8 billion people on 200 million hectares.

So, rather than getting into additional meat acreage - which will account for a lot of the difference - let’s see how much of the planet is our equal share? Then we will know whether everyone ‘can eat like us’.
What is our permissible maximum - our equal footprint?

If there are about 5 billion hectares of land that we can use to support human life, we must not lose sight of the fact that it has to provide everything - not just food. Current population curves are flattening. 40 years ago we anticipated a top level of 15 billion people. Now the UN projects between 9 and 10 billion because better health and education are reducing family size and will continue to do so finally reducing this maxima. But for now a potential of 10 billion people using 5 billion hectares. That’s half a hectare or about 1 1/4 acres each, (ignoring 75% depletion!)

Our current individual Ecological Footprint in Wales is 4.41 hectares or 11 acres. Right across the ‘West’ we each ‘consume’ between 10 and 15 acres annually, in a world that only has a maximum of 1.25 acres per person.

Is It All Bad News?

Recap: 1) Sea levels rising? 2) Desertification extending? 3) Soil depletion continuing? 4) Then let’s add increasing consumption as the world emulates the West; and finally, 5) population.

* Note that if we aim to produce 1 ton of food per person or 8 billion tons - let’s be aware that we (big agriculture?) lose 24 billion tons of soil per annum.

No, It’s All Good News!

Our biggest consumption - at 1 ton paper person - and our largest land requirement - is food. And we have just seen that we can eat well from 1/15th of an acre. Remove packaging and transport. Eat fresh with as little storage as possible. Grow according to need through local coops that ask first, then grow accordingly. Eat in season and enjoy what is available. It is going to be terribly easy to restructure the mechanics of sustainable local living in a way that works everywhere on earth. The catch is in understanding that we have to do it - and bringing the world up to speed.
This article chooses to dwell on ‘usable land’ rather than ‘all land’ dividing population into 5 billion rather than 15 billion hectares. Please note when doing your research that the UN et al, oddly refer to terrestrial area as 13 billion hectares.

All figures are indicative and constantly changing as is available soil.

The emphasis here is on Ethics as well as Ecology - a proving of capacity - which broadly ignores the fact that ‘big agriculture’ is heavily consumed by livestock and fodder, whilst ‘small farming’ is perhaps mainly ‘mixed farming’ and the figures used for ‘horticulture’ are entirely vegetable. This does not alter the two principle points 1, that ‘Big farming’ doesn’t fit on the planet, 2, that local high quality diet is so efficient that land would once again be so abundant. By and large the efficiency at the small scale carries through to saved water, improved biodiversity, greater human wellbeing and more.

Although we have dwelt here on the return to small farming, the same will be true in every discipline in life. Maritime Law is about to end with a return to Common Law. Cities to villages and large Nations to small regions. All the aspects of Globalisation will be replaced by Localisation. All Representative democracy replaced by Syndicalism. All old control structures, whether government, corporation, agency or bank, will be dismantled by the end of 2024...

Current agriculture extends to 5 billion hectares:

The dream of appropriate sustainable lands. Let’s aim to satisfy needs from 10% with less than 20% for timber, crops and livestock:

Michael Chown is an Archiculturalist and Environmental Designer in Gwynedd wholism@outlook.com ~ 07976 155857
2. Lika called his chief builder and said unto him: Build me a fire-ship, an airavagna, with capacity for a thousand millions; and provide thou the ship with officers and workmen sufficient. Consult thou with my mathematicians as to the distance to the red star (the Earth), and as to the densities through which the ship shall pass, and as to the power required, and the time of the journey, and provide thou all things sufficient therefor.

3. Then Lika spake to the high Council, saying: For the time of my absence my vice-Chief, Heih-Woo shall hold my place. Touching matters whereof ye desire my voice before I go, speak ye!

4. Atunzi said: Behold, O Lika, the star, Yatis, headeth towards the a'ji'an Forests of Actawa, and she hath not passed the esparan age! Lika said: To clear the forest Actawa I appoint Eashivi, Goddess, with three thousand million labourers. Eashivi, how sayest thou? Eashivi said: Thanks to E-O-Ih and to thee, O Lika. I will at once choose my labourers and proceed to make the road.

5. Wan Tu'y said: Erst thy return, O Lika, the Hapsa-ogan vortex will cross the south fields of Vetta'puissa. She hath twenty thousand million souls in grades of sixty and seventy. Lika said: To her assistance for three years I appoint Tici-king, God, with fifty millions for his hosts. How sayest thou, Tici-king? Tici-king said: By the grace of E-O-Ih, I rejoice in this labour. In sufficient time will I prepare my hosts and accomplish what thou hast given into my keeping.

6. Wothalowsit said: In four years the hosts of E'win will return from the double stars, Eleb and Wis, with their harvest of forty thousand million angels. How shall they be apportioned? Lika said: To Bonassah, six thousand millions; to Opel, two thousand millions; to Wedojain, five thousand millions; to Eosta, two thousand millions; to Feubon Roads, seven thousand millions; to Zekel, four thousand millions; to Huron, three thousand millions; to Poe-ga, six thousand millions; to Yulit, one thousand millions, and to Zulava, four thousand millions; and I appoint Misata, Goddess, to provide the places in these several heavens for them, and to have charge of their selection and allotment. And I give to her five hundred million angels for her labouring hosts. How sayest thou, Misata? Misata said: It is E-O-Ih's gift; I am rejoiced. I will prepare myself and my hosts.

7. Ching Huen said: Behold the star-world, Esatas, in her se'muan age will cross the Roads of Veh-yuis in three years hence! Lika answered Ching Huen, saying: To cross these roads of light in her se'muan age would blight her power to bring forth animal life sufficient unto her wide continents. The trail must be filled with...
se'muan forests to preserve her gestative season. To this labour I appoint Ieolakak, God of Esatas' se'muan forests in the Roads of Veh-yuis, four thousand years. And I allot to Ieolakak six thousand million labourers. How sayest thou, Ieolakak? He answered: This is a great labour; by the wisdom and power of E-O-Ih, I will accomplish it.

8. Veaga-indras said: In two years the fleets of Leogastrivins will return from their voyage of four thousand years, bringing two thousand million guests from the Iniggijhaus regions. Who shall provide for their reception? Lika said: Yeanopstan, with ten million hosts. How sayest thou? Yeanopstan said: A most welcome labour, O Lika.

9. Hiss-Joso said: The Arches of Rassittissa, the etherean world of Yungtsze's Plains, will be to cast in four years. Lika said: To Sut'tuz six million arches, and to Iviji four million arches, and to each of them one hundred million labourers. How say ye? Then spake Sut-tuz and Iviji, saying: By the help of E-O-Ih, the labour will be accomplished.

10. Sachcha said: The star-world, Neto, will be to turn on her axis in two years hence, in which time she will pass through the south Fields of Takuspe. Lika said: This will be a great labour, and I appoint Urassus, with Salas, to accomplish it. And I give to them three years, with four thousand million labourers. How say ye? Then answered Urassus and Salas saying: With fear and trembling we rejoice at this great work. By E-O-Ih's wisdom and power, we shall accomplish it.

11. After this manner Lika made more than a thousand appointments to be accomplished ere he return from the earth and her heavens; but ordinary matters he left with his vice-Chief, Heih-Woo, and to the high Council, the select ten millions.

12. E-O-Ih had said: Even as I provided a little labour unto mortals to develop the talents I created withal, so in like manner, and after the same like, but spiritually, provided I greater labour unto the high-risen inhabitants in My etherean worlds. For which reason let My children learn the secret of harmonious and united labour with one another. I gave labour to man not as a hardship, but as a means of great rejoicing.

13. And the talents I gave on corpor (the physical world), I gave not to die on corpor, but to continue on forever. As I gave talent for corporeal mathematics, and talent for corporeal buildings, even a talent for all things on corporeal worlds; even so provided I in My etherean worlds for the same talents, but spiritually. Wherein man on the corporeal earth, judging the adaptability of talent to corporeal things, may comprehend the nature of the labours I provided in My exalted heavens for the same talents.

14. Neither let any man fear that his talents may become too exalted for the work I have provided; for until he hath created a firmament, and created suns and stars to fill it, he hath not half fulfilled his destiny...
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