

# network news

a guide to inspiring events in north wales



preparing for winter ~ the unlikely occultist ~ some bullets can't be dodged  
ed snowden's memoir ~ on fire: the case for a green new deal ~ wildflowers  
exhibitions ~ workshops ~ festivals ~ groups

## Network News

27 Penlan Street  
PWLLHELI  
LL53 5DE

[www.network-news.org](http://www.network-news.org)

**07777 688440**

(phone during office hours  
or text anytime)

[info@network-news.org](mailto:info@network-news.org)

A Guide to Inspiring Events  
in North Wales

Founded 1992

### Subscriptions

£20 for 12 issues

£12 for 6 issues

### Advertisements

Eighth Page: £10

Quarter Page: £15

Half Page: £30

Full Page: £60

Back Cover: £100

### Payments

Cheques to:  
"Network News cic"

Bank Transfers to:  
Network News cic  
Sort Code: 08-92-99  
Account No: 65260034

By PayPal

[www.facebook.com](http://www.facebook.com)  
North Wales Network News

Network News is a  
Community Interest Company  
(cic); Registered in England and  
Wales, Company No: 06264367;  
Registered Office:  
20 Penlan Street  
PWLLHELI, LL53 5DE

# October 2019

## Articles

- |   |    |
|---|----|
| <b>Preparing For Winter</b><br><i>Gillian Monks</i>                         | 4  |
| <b>Some Bullets Can't Be Dodged</b><br><i>Adam May</i>                      | 6  |
| <b>Wildflowers To The Rescue</b><br><i>Anna Williams</i>                    | 8  |
| <b>On Fire: The Burning Case For A Green New Deal</b><br><i>Naomi Klein</i> | 33 |
| <b>Connection Lost</b><br><i>Ed Snowden</i>                                 | 35 |
| <b>Alice Bailey: The Unlikely Occultist</b><br><i>Isobel Blackthorn</i>     | 37 |

## Regulars

- |   |                   |
|---|-------------------|
| <b>Noticeboard</b>                          | 9                 |
| <b>October Calendar</b>                     | 10                |
| <b>Exhibitions</b>                          | 28                |
| <b>Workshops In November &amp; December</b> | 30                |
| <b>Full Moon Meditation Network</b>         | 37                |
| <b>Advertisers Index</b>                    | 38                |
| <b>Network News Outlets</b>                 | Inside Back Cover |
| <b>XR: Declaration Of Rebellion</b>         | Back Cover        |

Front Cover Illustration by Femke van Gent  
[www.femkevangent.art](http://www.femkevangent.art)

Printed on 100% post consumer waste paper by  
Network News cic, Pwllheli



Welcome to the October Network News. NN has always had a soft spot for the spiritual work of Alice Bailey (1880 - 1949). It is 70 years since she died, and 100 years since she began her collaboration with the Tibetan elder Djwhal Khul. The 24 books they produced embrace everything from the consciousness of an atom to the purpose of a solar system - but they also had much to share about the creature that struggles along between the two: humanity!

At the heart of the teaching is the notion that any human can be trained to access higher levels of consciousness, from where the forces that motivate human activity can be accurately observed, and that this knowledge can then be used to serve and heal humanity and the planet. Most of those who make such claims prove to be deluded or dangerous, so careful discrimination is required! We feel the Alice Bailey work has stood the test of time.

She asserted that modern humanity is facing "initiation by fire". It is clearer now than it was 70 years ago just what form this "initiation" is taking. We see it in the flames of the rainforest, the melting of the glacier, the tightening of the hurricane, the death of the coral reef. It may be true that nothing and no-one in Universe is ever finally "lost", but the degree and duration of the *suffering* - of all the beings in our orbit - is very much in our hands, determined only by our willingness to act in line with the "better angels of our nature".

Bailey noted that 2/5ths of humanity - the "younger souls" - are too bound by materialism to take this initiation. They cling to "strong" political or religious leaders, and need our active compassion rather than condemnation. The question is: will the 3/5ths of us who CAN be spiritual warriors choose to be so at this moment? *See also Page 37*

Blessings to all beings



## Preparing For Winter

Gillian Monks

**I am a Northern woman.** I do not mean that I come from the North West of England - where I was born, or North West Wales - where I now live, or the north of the British Isles or even Northern Europe. No. I am a woman of the Northern Hemisphere and for tens of thousands of years my genetic profile has been formed and honed by the turning of these northern



seasons... the pattern of cold and frost – and sometimes snow; the damp and chill, the fresh promise of tentative spring, the golden warmth of longer, summer days and mellow, misty autumns.

My very being has been programmed to resonate and respond to these seasons. It has been firmly bred into me that one spends the lighter, brighter days preparing for the dark, inhospitable and potentially dangerous winter months. If our forbears had not learned to do this, we would never have survived here. And it is my pleasure to do so. To plant and cultivate, to harvest, forage and gather through the glorious vibrant months of spring and summer and on into autumn, usually ending with a final glean of the woods for any last nuts, berries, kindling and logs in October. To see our store houses filled with fuel and my larder



shelves lined with preserves, dried herbs and sacks of dried goods. Yes, these words could have been written at any time in the last thousand – ten thousand – years. But

they are written here, now, in 2019, by me, a Northern woman, brought up to live this way.

Preparing for Christmas, then, is absolutely no different. Christmas falls at Midwinter, the traditional northern time of celebration, generous hospitality and service to others. Planning ahead for it is all an integral part of preparing for winter, a joyful coming together of family and friends at the darkest time of the year, when we can shut the door and snuggle up within our cosy home.

It is part of this preparation that my new book focuses on. *The Alternative Advent Calendar* is all about how to offer ones' thought, love, actions and care to those around us in this precious time of Christmas and Midwinter preparation. Each of the twenty-five little chapters represents a 'Door' in an advent calendar and each suggests an action, task or challenge for you to do, one for each day of December in the run up to Christmas. Midwinter has always been a time of sharing and giving to others and our lives in the Twenty-first

Century need be no different – indeed, would be greatly enriched if we only strive to promote this oldest tradition a little more actively.

It has nothing to do with spending money. In fact, that is the very last thing I am suggesting. It might require you to give a little of your time, effort and thought, though. Smile at all you see today...

spend some quality time with someone... speak to someone (phone or face to face if possible) who you haven't spoken to in a while... feed the wild birds... make someone a hot drink, and stir in some kindness... write a friendly seasonal card to a neighbour you don't know very well... the list goes on. Simple, everyday things with which to smooth the way, nourish your relationships and friendships, nurture the natural world around you and enrich everyone's life... including your own.

This little gem of loving suggestions is being published at the beginning of October. I am arranging a simple book launch for it at Hirael Community Hall in Bangor on Sunday, 6<sup>th</sup> October at 2pm. There will be hot and cold drinks and homemade treats to eat and I shall be reading excerpts from *The Alternative Advent Calendar* and talking about the true meaning of Midwinter celebration and how we can all enjoy it more authentically. (If anyone is interested in learning more and making your own natural decorations, I will also be helping to lead a one day workshop at Trigonos, Nantlle, on Sunday, 24<sup>th</sup> November.)

Yes, there will be copies of my book to buy too, but this is not just a sales event. First and foremost, this is about inviting you all to come and help me celebrate my achievement... help me celebrate this



humble gift to my local community. I want you all to join in the fun and celebrate the approaching winter as our people have always done, with feasting and socialising in warmth and friendship as in all old winter gatherings. Allow the deeply held memories engrained in your DNA to be reactivated and revive some of the old ways of honouring

community... and enjoy yourself!

*Gillian Monks is a Quaker, Theosophist and practicing Druid, and is developing Cae Non on the Llŷn Peninsula as a spiritual retreat.*

[www.caenon.co.uk](http://www.caenon.co.uk)

[www.gillianmonks.com](http://www.gillianmonks.com)



## Workshops

**Ancestors & Family Karma**

Saturday, 12th October

**Past Lives and Soul Healing**

Sunday, 13th October,

Cae Non, Llŷn Peninsular.

*See Calendar for details*

## Books

**The Alternative Advent Calendar**  
*to be launched at Hirael Community Hall,  
Bangor on October 6th at 2pm  
see [gillianmonks.com](http://gillianmonks.com)*

**Merry Midwinter: How to Rediscover the  
Magic of the Christmas Season**  
*published by [Unbound.com](http://Unbound.com)*

## Some Bullets Can't Be Dodged

Adam May

**So the bullet I thought** I had dodged is still heading for me. Turns out it was just moving a little slower than I anticipated. Some years ago, unbeknownst to me, cancer cells from a primary cancer in my bile duct quietly slipped into my blood stream and set up a little outpost in the pleural space of my right lung.

I was told the news nearly three weeks ago. A month ago, we were thinking about booking a holiday flight to Slovenia for about this time whereas I now find myself with barely enough energy to push a trolley around the supermarket. My life expectancy is somewhere around the four month mark. It's a lot to get one's head around.

Clearly we don't live in the best of all possible worlds, or at least not so far as I am concerned. Given a choice, I would have much preferred more time with the people I love doing the things I enjoy. Having to negotiate down to this "take it or leave it" deal is not what I would have chosen, but that's the point: I don't have a choice.

There is only one reality, and it's pointless thinking about whether it is better or worse than what could have been. Whilst I don't get to choose between different realities, I can choose what attitude I adopt to living in this one. I can be gracious and accept my lot, or I can be resentful and bitter. I brought nothing into

the world with me. There are no guarantees to be referred to, no rights, and no entitlements. Thought about like that, why wouldn't I choose to be gracious?

And there is much to be gracious about. Thank goodness we had our lovely, light orangery built a couple of years ago. Thank

goodness I dropped down to part time working so that Rob and I have been able to enjoy more time together. Thank goodness we got married and sorted out our finances. Thank goodness we booked that holiday to Japan. Thank goodness we hoped for the best and planned for the worst. Although I have less physical pain than I did after the first cancer was removed three years ago, it feels more difficult to keep bugging on now. Then,



*Healing Angel by Geoffrey Hodson*

I was hoping to live. This time around, I need to hope for a few more good life experiences and then I must surrender my life with good grace. This isn't a palatable thought at the moment, but then my body is relatively well today. When the time comes, I'm hoping the experience of being in a body no longer able to sustain life will make acceptance easier.

In case you were wondering, it isn't easy being brave, and I'm not always good at being this calm and philosophical. Every now and then, I get the habdabs. Sometimes medical appointments bring the immediacy of my demise into sharp

focus. Sometimes it's just being awake at 4 o'clock in the morning. Sometimes it's pain and discomfort. At these times, I realise how I would be feeling all of the time if I allowed the mind gremlins in. Being brave is tough, but choosing to despair would be infinitely worse.

Getting into the right headspace makes a huge difference, as does making myself comfortable. Being curious and experimental about my experience, doing more of whatever seems to make life easier and less of what doesn't, all help. But there is no doubt what helps most, and it should come as no surprise. My tribe are gathering around me. Rob, friends, family, and, of course, Socs The Wonder Cat. I feel their sadness and their love.

*Adam May lives in Llanddaniel on Anglesey where he practiced psychotherapy from September 1991 to September 2019.*

**adamatclothhall@gmail.com**

## The Theosophical Society

Colwyn Bay Lodge  
Presents

'Redefining Death'  
A talk by Tim Wyatt



Death as the permanent extinction of all life, as oblivion and annihilation is not only a myth but the biggest lie ever peddled on this planet. You could say it was the ultimate in fake news.

**Thursday 24<sup>th</sup> October at 2pm.**

Held at Parkway Community Centre,  
Rhos Rd. Rhos-on-Sea.

LL28 4SE

Admission £5 ~ Members of the TS £3.  
Free Refreshments ~ Book Sale

Enquiries [theosophywales@yahoo.co.uk](mailto:theosophywales@yahoo.co.uk)

01492 339245 or 07510 160737

Sponsored by The Theosophical Society Registered Charity No. 116737



**TRIGONOS**  
yn Eryri in Snowdonia

### Trigonos Courses 2019

#### Space to Be with Ros Tennyson

31 October - 3 November

Some quiet-but-purposeful time in beautiful surroundings with a light-touch, semi-structured programme that is hosted and facilitated by Trigonos

#### Weaving with Eta Ingham Lawrie

17-20 October

Our ever popular course, suitable for both beginners and experienced Weavers

#### Microsoft Word & Excel Tip and Tricks

24 October 9:15am - 4:30pm

Spend a day improving and learning new skills with Sue Jackson of ByteBack Training. The day includes lunch and refreshments

#### Wilding the Mind - with Jonathan Stacey & Claire Thompson

27-30 October

This retreat will take the form of guided mindfulness meditations, discussions and walks in the countryside surrounding Trigonos

Plas Baladeulyn,  
Nantlle  
LL54 6BW  
01286 882388



*We are often able to offer discounted rates for local people wishing to take part in our own courses. Get in touch to discuss non-residential rates...*

**[www.trigonos.org](http://www.trigonos.org)**

Trigonos is a not-for-profit social business located in the Nantlle Valley adjoining Llyn Nantlle.

## Wildflowers To The Rescue

Anna Williams



**Wildflowers can be an** important addition to any garden or green space – especially if you want to attract wildlife such as bees, butterflies, hoverflies, moths,

bumblebees and other insects. (These, in turn, will attract other animals such as birds, bats and small mammals.)

There are a number of ways in which you can add wildflowers to your garden – some suggested species and locations are below. You can easily incorporate them into borders, boxes or baskets – but why not go the whole hog and dedicate an area to become a meadow?

The autumn is a good time to sow a perennial native wildflower meadow. Managing soil fertility is important as rich, fertile soil encourages strong growth of grasses and weed species which compete with wildflowers – and ultimately win! Cutting and removing hay from an already existing sward/lawn will reduce its fertility over time, but you can also choose to remove the whole, or patches of, existing turf if it's of no botanical interest. It's then a simple matter of sowing a native wildflower mix – following the instructions supplied and being careful not to mow it all down next spring!

The flowers you can grow depend on where you live, and it's worth choosing flowers to suit the site and the soil (sunny/shady, wet/dry, acid/calcareous). Take advice from seed companies specialising in native flowers, or simply have a look

around to see what grows locally! In sunny positions go for knapweed, field scabious, meadow buttercup, lady's bedstraw, bird's foot trefoil, meadow cranesbill, yellow rattle, vetches, yarrow, selfheal, musk mallow, ox-eye daisy, betony, St John's wort, wild carrot, cowslip, primrose. For



Print from: [www.megantuckerillustration.co.uk](http://www.megantuckerillustration.co.uk)

shady positions, choose red campion, lungwort, wood avens, betony, bugle, garlic mustard, foxglove and violets.

Plants for dry soil include harebell, sea campion, pinks, rockroses, common restharrow, thrift, thyme, kidney vetch, spiked speedwell and herb-Robert. Damp soil suits angelica, meadowsweet, greater bird's foot trefoil, lady's smock, marsh marigold and purple loosestrife.

Above all, give it a go!

*Anna Williams is a community and education officer in the North Wales Wildlife Trust.*

[northwaleswildlifetrust.org.uk](http://northwaleswildlifetrust.org.uk)



In This Section: Calendar ~ Workshops ~ Exhibitions ~ Groups

# network news

a guide to inspiring events in north wales

**INTERNATIONAL REBELLION** October 7th - 19th. Extinction Rebellion groups across the world will gather in key cities to rebel over the next few days. Visit Facebook of event name, or rebellion.earth

**CARBON LITERACY TRAINING SESSION** 16th October. For anyone who lives, works or studies in Wales. Carbon Literacy is for individuals from any organisation – public sector, businesses, charities, voluntary groups – that has aims to reduce its greenhouse gas emissions, is thinking of doing so, or wants to influence others to reduce their greenhouse gas emissions and adopt low carbon lifestyles. Held at Trigonos, Nantlle. See *Calendar*

**NW CONTEMPORARY WINTER CRAFT FAIR** 2nd November. Applications open to makers, designers, artists, studios, collectives or businesses using traditional or contemporary craft methods, e.g. ceramics, jewellery, metalwork, printmaking, textiles,

glass, mixed media, wood etc. Contact Mostyn, Llandudno 01492 879201, mostyn.org

**TEDx BANGOR UNIVERSITY** An evening of talks as part of the TEDx group of short presentations. See *Calendar for speaker on 10th*.

**WOMAN AT WAR** The story of an eco-action film set in Iceland with Occasional Cinema in Bangor. See *Calendar 24th*

**KALEIDOSCOPE FESTIVAL** 30th Sep - 6th Oct. A fun festival celebrating diversity, inclusion and unique abilities; Deaf Short Films, Pride Celebrations, Music, interactive workshops, performances, independent living, discussions, and Festival Finale. Storyhouse, Chester, storyhouse.com

**POP UP TOMORROW** 17th - 24th October. Bringing imagination and curiosity to the Climate and Ecological Emergency. Pop Up Tomorrow is a time of creativity, dreaming, and sharing. A space to explore our longings for what we want the future to be, connecting us to each other and to a future worth fighting for. Gather your community group, faith group, street, school, or organisation and spend time together generating 'memories of the future'. For more information and resource pack: transitionnetwork.org



## OCTOBER NOTICEBOARD

**ORCHESTRE LES MANGELEPA & RACUBAH**

**DJs** Originally from the Swahili speaking Eastern Congo, Les Mangelepa were formed 40 years ago in Kenya. They have released more than 13 albums and penned some of East Africa's best-loved songs. Now at 70, they bring their culture and music to Bethesda, see *Calendar 18th*.

**BODY AND PLACE** A symposium that imagines the movements of place-making, through dance practice. Film screenings, performance, talks & discussion, Twmpath, breakfast conversation & walk. Plas Glyn Y Weddw, Llanbedrog, see *Calendar 12th & 13th*

**NEITHER WOLF NOR DOG** The film is based on a best-selling Native American novel which revolves around a remarkable performance from Lakota Elder Dave Bald Eagle, who was 95-years-old during filming. 7pm, £5. Cellb, Blaenau Ffestiniog 01766 832001, cellb.org

**THE NORTHERN EYE INTERNATIONAL PHOTOGRAPHY EXHIBITION** A

collaboration between the Oriel Colwyn photography gallery and Aberystwyth's The Eye Festival, bringing outstanding photographers, speakers and an exhibition. Plus Fringe Festival pop-up, at Theatr Colwyn, Conwy. See *12th & 13th Calendar*.

**NETWORK BREAKFAST AND CARBON LITERACY TRAINING IN NORTH WALES** 16th, see *Calendar*. The Carbon Literacy Project aims to ensure that everyone who works, lives, or studies in Wales has the opportunity to explore what the reality of climate change means for them in their home-life and work-life. Trigonos, Nantlle 01286 882388, trigonos.org ~ Visit: cynnalcyrmru.com

**ORANGUTAN** - Is there hope for their survival? Hannah Sabrun will talk about the threat they face from palm oil and deforestation. Pencychnant Centre, Conwy. See *Calendar 25th*



### IN RESPONSE TO SOME FEEDBACK

This month, in the Calendar Section, we have printed events in North West Wales

- Anglesey, Gwynedd and Conwy in **Blue**; and events in North East Wales - Denbighshire, Flintshire and Chester/Wrexham in **Green**

Don't forget you can download **Back Issues of Network News** from our website:

[network-news.org](http://network-news.org)

# October Calendar

Anglesey, Gwynedd & Conwy in  
**Blue**

Denbighshire, Flintshire, Wrexham & Chester in  
**Green**

## 1st TUESDAY

**Cygnus Café in Chester** 1st Tues/month. An opportunity to join like-minded people to discuss and explore spirituality, well-being, holistic therapies, transformation, community, ecology and much more. For those who are not familiar with Cygnus Review, it offers books, CDs, reviews, articles to uplift and inspire you on your path of self-discovery. 11am - 1pm, The Lodge Café, Grosvenor Park, Chester. Lynn Alexander 01244 951753, lynnaalexander@talktalk.net

**Healing Well** The Gwynedd Healing & Peace Group offers hands-on healing at Y Ganolfan, Pentrefelin (nr Criccieth) from 7 - 8.30pm, All welcome. Mayamara 01766 770874.

### Red Squirrel Training

**Day** Join us to learn about red squirrels and how you can help them. 10am - 4pm, Coedwig Clocaenog, Clawddnewydd, Rhuthun. Booking with Becky Clews-Roberts 07743 085374, beckyredsquirrel@gmail.com



**Jewellery Dish/Holder Workshop** Join jeweller Beca Fflur and explore working with jaspomonte to create a dish/holder. 6.30 - 8.30pm, bilingual session. £25. Galeri, Caernarfon 01286 685222, galericaernarfon.com

**Conwy County Peace Group** 1st Tues/month. At 7pm in Centre for Cultural Engagement, 10 Greenfield Rd., Colwyn Bay LL29 8EL. Contact: Secretary Efa Wulle: conwypeace@gmail.com or donsandersopt@aol.com (chair)

**Cylch Gitar Gogledd Cymru/ North Wales Guitar Circle** 1st Tues/month. All styles of acoustic guitarists - from non players to professional (non vocal). 7.45pm, £1 per person. Split Willow, Llanfairfechan. Jane and Dave Sinnett 01407 831480, jane.sinnett@btinternet.com ~ Facebook: northwalesguitarcircle

**Hail Satan?** (15) Film. A timely look at a group of often misunderstood outsiders whose unwavering commitment to social and political justice has empowered thousands of people around the world. 6pm, £9.50. Storyhouse, Chester 01244 409113, storyhouse.com

## 1st TUESDAY - 3rd THURSDAY

**Mrs Lowry & Son** (PG) Film. A portrait of the artist L.S. Lowry and the relationship with his mother, who tries to dissuade him from pursuing his passion. 1st & 3rd 5.30pm, 2nd - 2.30pm. £6.25, £5.25 concs., Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com **ALSO** Theatr Colwyn, Colwyn Bay 01492 556677, theatrcolwyn.co.uk

## 1st TUESDAY - 6th SUNDAY

**Kaleidoscope Festival** A fun festival celebrating diversity, inclusion and unique abilities; D/Deaf Short Films, Pride Celebrations, Music, interactive workshops, performances, independent living forum, discussions, plus Festival Finale. Full programme from Storyhouse, Chester, storyhouse.com

## 2nd WEDNESDAY

**Rhododendron Clearance** Bow saws and loppers at the ready! Come join us as we tackle the invasive species Rhododendron Ponticum an invasive plant that has plagued Snowdonia for many years! 10am. Booking essential, Snowdonia Society, 01286 685498, dan@snowdonia-society.org.uk

**Upcycling Workshop** Come and join us, no experience necessary, we provide everything! 7 - 9pm, £2 for materials. Held at 3rd Space Kitchen and Bar, 14 Clonmel St., Llandudno LL30 2LE. Facebook: of event name Booking advised: lldidthatentertainments@gmail.com

**Menopause Café Meet Up** An informal and friendly group for anyone who has an interest in Menopause, whether they are going through it or would like to know more about it. 7pm. The Valley, London Rd., Holyhead LL65 3DU. Facebook: of event name

**Encounters: D/Deaf Short Films** A programme of shorts with the aim of normalising onscreen D/ deafness. Film: **The Last Time I Saw You** (15). A sixteen-year-old Muslim refugee confronts a trio of mean girls at school. Part of the Kaleidoscope Festival. Storyhouse, Chester 01244 409113, storyhouse.com

**Gong Bath** Relax on a yoga mat, close your eyes and relax while you are bathed in powerful sound waves created from gongs, Himalayan singing bowls and grounding instruments. 8pm, £13. Source Yoga Studio, 294 Conway Rd, Mochdre, Colwyn Bay LL28 5DS. Steph Healy 07534 118899, puresound.org.uk

**Vintage Matinee** 1st Weds/month. 1pm for 1.30pm start. £4 per film or £20 for 10 films. Denbigh Film Club, Theatr Twm o'r Nant, Station Square, Denbigh LL16 3DA. Contact Lilian Jones 01745 813426, denbighfilmclub.couk

**Roger Waters: Us and Them** (12A) Film. Filmed in Amsterdam on the European leg of his 2017 - 2018 Us + Them tour which saw Waters perform to over two million people worldwide, the film features songs from his legendary Pink Floyd albums (*The Dark Side of the Moon*, *The Wall*, *Animals*, *Wish You Were Here*) and from his last album, *Is This The Life We Really Want?* 7.30pm, £12, £10 seniors, £8 children & students. Galeri, Caernarfon 01286 685222, galericaernarfon.com **Also 6th, 2pm. ALSO** Theatr Clwyd, Mold, 01352 344101, theatrclwyd.com

**Conscious Dance** 1st & 2nd Weds/month. Bringing awareness to all that is within us; in body, heart and mind, and giving it expression in movement. Drop-in. Suitable for all levels of fitness and experience. 7 - 9pm, £10, £8, £5. The Little Theatre, Gloucester St., Chester CH1 3HR. Ella Speirs 07922 620503, ellaspier@hotmail.com

**St Asaph Reading Group** 1st Weds/month, 7.30pm, St. Asaph Library, The Roe, 01745 582253.

**Varda by Agnes** (15) Film. An invitation to join Agnès Varda, photographer, installation artist, pioneer of the Nouvelle Vague, an institution of French cinema and undisputed female film icon as she uses photos and film excerpts to provide an insight into her unorthodox filmography and life. 5.30pm & 8.15pm, £7.50, £6.50 over 60, £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, pontio.co.uk

**A5 Brass Quintet** with Rhyl Music Club. Music by Mathias, Anders Hillborg, Previn, plus popular jazz. 7.30 - 9.30pm, £15. Held Rhyl Town Hall, LL18 1BA. 01745 561006, rhylmusic.com

### 2nd WEDNESDAY & 3rd THURSDAY

**Amphibian and Reptile Conservation Volunteer Tasks** Join us for our habitat management to help local amphibians and reptiles. 10am - 3.30pm. Today: Hedgerow Management. The White Lion, Penymynydd. Contact: mandy.cartwright@arc-trust.org

### 2nd WEDNESDAY - 10th THURSDAY

**Judy** (12A) Film. 1968 and showbiz legend Judy Garland arrives in Swinging London to perform a five-week sold-out run at The Talk of the Town. Various times + prices. Galeri, Caernarfon 01286 685222, galericarnarfon.com

### 3rd THURSDAY

**Positive Birth Movement** A monthly global network of free-to-attend antenatal groups, linked up by social media. We connect together pregnant couples, birth professionals and anyone interested to share stories, expertise and positivity about childbirth. We aim to challenge the epidemic of negativity and fear that surrounds modern birth, and help change birth for the better. Join us as we meet up, link up and shake up birth! 7pm, Garret Bar, Storyhouse, Chester 01244 409113, storyhouse.com Also visit: positivebirthmovement.org

**Weaving for Health & Wellbeing Evening** 1st Thur/month. Learn Japanese SAORI freestyle hand weaving. No experience is necessary, guidance given. 6.30 - 8.30pm, £25 per class plus materials. Please book/maximum of six. 6 Swifts Buildings, off High Street, Bangor LL57 1DQ (by traffic lights below the train station). 01248 345325, saorimor.co.uk

**Compassion in the Workplace** What can happen when empathy and compassion are missing? How compassionate management can improve both staff wellbeing and productivity. 6 - 8pm, £7. Management Centre, Bangor University LL57 2DG. 01248 365900, bangor.ac.uk

**NWWT: Our United Islands: From Middle Mouse to Muckle Flugga** John Harold shares some encounters with nature on the outer isles of Scotland and some thoughts that they prompt on our own island home. 2.15 - 4.30pm, £2 includes refreshments. St Cyngar's Church Hall, Llangefni LL77 7EA. Penny Radford 01248 713022, radfords713@btinternet.com

**NW Arthritis and Chronic Pain Support Group** 1st Thurs/month. Helping people living with pain. 6.30 - 8.30pm. Mold Community Hospital, Ash Grove, Mold CH7 1XG. Angela 0844 887 2618, nwcps@gmail.com

**Random Readers** 1st Thurs/month. A friendly and relaxed reading group enjoying a good chat about their chosen books. 6-8pm, Rhyl Library, Museum and Art Centre 01745 353814.

**Gwynedd Astronomy Society** 1st Thurs/month, 7.30pm. Brambell Building, opposite ASDA, Bangor. Davyth Fear 01286 672882.

**Kindness and Marmalade** Jan Morris has been one of the great chroniclers of our world; Everest climber, foreign correspondent, soldier, author of more than 40 books and all-round free spirit. Join us for a conversation between Jan and Twm Morys with contributions from Gwyneth Glyn and a word in Welsh about the Welsh context from Prof Angharad Price. Event in English. 12 yrs+ 7.30pm, £15, £12 students & u18s. Pontio, Bangor 01248 382828, pontio.co.uk

**Prestatyn Reading Group** 1st Thurs/month, 2pm, Prestatyn Library, King's Ave 01745 854841.

**Llangollen Friends of the Earth** 1st Thurs/month; venue varies so call or text 07525 016504, info@llangollenfoe.org.uk

### 4th FRIDAY

**Llangollen Reading Group** 1st Fri/month, 7pm, Castle St, 01978 869600.

**Yin Yoga and Sound Healing** Come and stretch, reconnect and be held by beautiful sounds from the gongs. All followed by some light refreshments, with Mary Freeman and Steph Healy. 7 - 9.30pm, £25, Neuadd Goffa, Mynydd Llandegai, Bangor LL57 4LQ. Steph Healy 07534 118899, puresound.org.uk

**Death Café** 1st Fri/month. A group led discussion in a friendly atmosphere. There is no agenda for the group discussion and no intention of leading people to come to some kind of conclusion. If you are simply curious to find out what Death café looks and feels like, or perhaps you just want to put it to test if talking about death may increase your sense of happiness, why not come along. 2 - 4pm. £2 donation covers refreshment costs. St Kentigern Hospice, Upper Denbigh Rd., St. Asaph LL17 0RS. Vita Zilite: 01745 585221, vita.zilite@stkentigernhospice.org.uk

**Ucheldre Lit Soc: Mike Jenkins - Writing from the Streets - Poetry in Vernacular** A reading from Mike's latest book, and a workshop on writing poetry using the vernacular. A warm welcome to all, as ever / Croeso cynnes i bawb! 1 - 3pm, £5, £4 concs., Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

**A Fish with Feathers** Michael Leach is well known for his outstanding photos and informative entertaining talks. This talk discusses the life and adaptations of the world's Penguins. With Cambrian Ornithological Society meeting. 7.30pm, £1. Pencychnant Centre, Conwy. Julian 01492 592595, pencychnant.co.uk

**Print Art Workshop** Art workshops for adults: discover your creativity in our informal sessions. 2pm. No experience necessary. £5. Mostyn, Llandudno LL30 1AB. 01492 879201, mostyn.org Also 11th

**Emily Barker** Award-winning singer-songwriter who has recently released an album of songs with English folk legend Mary Waterson. 7 for 8pm gig, bar only, £12. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

#### 4th FRIDAY - 6th SUNDAY

**Yoga and Mountain Walking** This retreat will provide you with moments to reconnect with yourself and will leave you in awe of the world's wonders. Be centered and be carried away at the same time in this wonderful opportunity to celebrate yourself and the earth you live in. £275, Beddgelert, LL55 4UY. Morris Mountains 07541 740311, [morrismountains.co.uk](http://morrismountains.co.uk)

**Core Risk Conference** A number of keynote speakers from the arena of remote risk management, those who are responsible for planning, reviewing fieldwork, delivering, outdoor activities, educational visits, etc. Held at Plas Y Brenin, Capel Curig. Bookings: [coreriskconference.com](http://coreriskconference.com)

**Plant Diversity** Exploring the diversity of plants to develop an interest in the environment, field biology, wildlife and gardening. This course is run at CAT by Aberystwyth University. Please book the course through Aberystwyth University online or by calling 01970 621 580 before booking accommodation at CAT. Course: £120, £110 concs. Held at CAT, Machynlleth 01654 704966, [cat.org.uk](http://cat.org.uk)

**Yoga & Wellness Weekend** Restorative yoga, nourishing food, coastal walks, time to relax and have a massage. £385 - £530, all inclusive. Plas Cadnant, Menai Bridge. Laura Bell, 07989 512859, [thezestlife.co.uk](http://thezestlife.co.uk). Also 11th - 13th

**Pixi Camp** Games and activities for (local) families. Organised by Roz Daws. Held at Cae Mabon, Fachwen, Llanberis; [caemabon.co.uk](http://caemabon.co.uk) Contact Roz on 07717 076360, [roz4harmony@yahoo.co.uk](mailto:roz4harmony@yahoo.co.uk)

**Exploring Painting - Snowdonia** Experiment and try out a variety of techniques and approaches. £290/£235 w/room; £195 non-residential. Field Studies Council, Rhyd-y-Creiau, Draper's Field, Betws-y-Coed, Conwy LL24 0HB. 01690 710494, [enquiries.rc@field-studies-council.org](mailto:enquiries.rc@field-studies-council.org)

**Friends Weekend** Over the weekend, there will be a choice of activities: a chance to relax, entertainment and an opportunity to catch up with old Friends, as well as the AGM. £219 - £239. Plas Tan y Bwlch, Maentwrog LL41 3YU. 01766 772600, [eryri.llyw.cymru](mailto:eryri.llyw.cymru)

#### 4th FRIDAY - 8th TUESDAY

**Blinded By The Light** (12A) Film. Javed, a young man in 1987, amidst the racial and economic turmoil, finds a resonance with the music and lyrics of Bruce Springsteen's timeless songs. 7.30pm, Theatr Colwyn, Colwyn Bay 01492 556677, [theatrcolwyn.co.uk](http://theatrcolwyn.co.uk)

#### 4th FRIDAY - 10th THURSDAY

**The Goldfinch** (15) Film. A young man in New York loses his mother in a bombing tragedy; sending him on an odyssey whilst clutching a tiny painting of a Goldfinch. 2pm. Storyhouse, Chester 01244 409113, [storyhouse.com](http://storyhouse.com)

#### 4th FRIDAY - 11th FRIDAY

**Everyday Liberations** On this retreat, we'll focus on liberations which, though perhaps small, are reachable - especially if you are concerned with rediscovering your inspiration, renewing and deepening your meditation practice. £315, £287 concs., Vajraloka Buddhist Retreat, Corwen LL21 0EN. 01286 882388, [trigonos.org](http://trigonos.org)

#### 5th SATURDAY

**Footpath Maintenance** The Snowdonia Society are teaming up with the National Trust footpath team to help maintain some of the most popular footpaths in Snowdonia. For this month we will be visiting Aberglaslyn Fishermans and Bryn Du part of a beautiful circular route between Nantmor and Beddgelert which runs through Ancient Woodland and the spectacular Aberglaslyn Gorge. 10am. Booking essential, Snowdonia Society, 01286 685498, [dan@snowdonia-society.org.uk](mailto:dan@snowdonia-society.org.uk)

**Denbigh Plum Festival** The feast lasts all day, with a magnificent range of dishes on offer. Come and taste for yourself! 10am - 5pm. Evening: **Folk at the Plum** Hosted by Sarah Leanne Davies, showcasing 7 great folk acts. 7pm, £10. Denbigh Town Hall, Crown Lane, Denbigh LL16 3TB. More: [visitdenbigh.co.uk/discover-denbigh](http://visitdenbigh.co.uk/discover-denbigh)

**Fun Palace at Pontio** Be part of The Big Share. Bring your photos and share your knowledge, share knitting with local group; creative food workshop; take part in theatre and performance skills sessions. 10am - 4pm. Pontio, Bangor 01248 382828, [pontio.co.uk](http://pontio.co.uk)

**Crib Goch** Starting at Pen y Pass, we will follow the start of the Pyg Track till we reach Bwlch y Moch (The Pass of Pigs.) Then we turn off to take on this classic grade 1 scramble, formed by glaciation, some 10,000 years ago, this is a hike for the adrenaline seeker. Take this on under the safe guidance of experienced, qualified mountain leaders. 8am - 5pm, £45. Pete's Eats, High St., Llanberis LL55 4EU. Book: [info@mountainescapes.co.uk](mailto:info@mountainescapes.co.uk)

**Autumn Makers Market** A wonderful array of Makers from all corners of North and Mid Wales. Space for over 40 stalls indoors and for many more outdoors too. 10.30am - 4pm, free. Ysgol Glan Clwyd, St Asaph, Clwyd LL17. Phoenix Events: [phoenixeventswales@gmail.com](mailto:phoenixeventswales@gmail.com)

**Butterfly Conservation Members Day** After the AGM, Butterfly Conservation presents speakers: Nigel Brown, Douglas Byes, and Steve Bennor. The day is open to non-members. 10.30am - 4.30pm. Pencychnant Centre, Conwy. Julian 01492 592595, [pencychnant.co.uk](http://pencychnant.co.uk)

**Weeds for Wellbeing** An introduction to foraging for wild plants that can be used in the treatment of common ailments. Autumn is an abundant time in our hedgerows and so many plants that are considered "weeds" can actually be harvested to create effective home remedies. You'll learn to identify a range of plants and come away with your own elixir and immune boosting tonic and hedgerow syrup. We will also make our own fresh herbal teas that everyone can take home. 10am - 3pm. Chirk Castle. Woodland Classroom 07876 794098, [woodlandclassroom.com](http://woodlandclassroom.com)

**Autumn Dru Yoga & Gong Bath Workshop** Jill Blandford and Steph Healy are offering a morning of Dru Yoga, followed by a Gong Bath to celebrate the season of Autumn. 10am - 12pm, in Gwernymynydd Village Hall, nr Mold CH7 4AF. Please contact Jill for further information and bookings: 07449 631836, [jill.blandford@yahoo.co.uk](mailto:jill.blandford@yahoo.co.uk)

**Craft Fair** A variety of stalls, Christmas cards, refreshments. 10am - 3pm, St Giles Parish Church, Wrexham LL13 8LS.

**Autumnal Walk** Enjoy a 5km walk including NWWT's Coed y Felin and the Woodland Trust's Big Wood, looking for Earthstars and other fungi. 2 - 4pm, £2, Coed y Felin, Hendre, Flintshire, CH7 5QL. Mark Hughes 07800 771570, mjhdhughes1108@gmail.com

**Textured Set of Bangles** We will practice with manipulating brass and copper, and then move on to the sterling silver – transferring the skills to the precious metal. Through hammering, soldering and finishing you'll take away at least 6 wearable decorative bangles, 2x copper, 2x brass and 2x silver bangles. 10am - 4pm, £95. Siop Iard, Caernarfon. 01286 672472, siopiard.com

**Gwledd Cynhaef Croeso Menai Harvest Feast** Join us for a spread of autumnal food! Find out more about our project to sponsor and support a family of refugees in the local area. The lunch will be followed by talks from Croeso Menai. 1 - 4pm, £10, £7 concs., £2 children. Capel Penrallt, Holyhead Rd., Bangor LL57 2EU. Tickets: info@croesosmenai.org.uk

**Members: Fungi Walk with Cynan Jones** Join founder of *The Mushroom Garden* Cynan Jones for a walk near Beddgelert to hunt for, identify and learn more about the array of fungi that grows in Snowdonia. Including a visit to Nantmor to taste some of Cynan's award-winning produce! 10.30am, generous donations welcome! Advance booking essential: contact Claire: 01286 685498, claire@snowdonia-society.org.uk

**Harmony Singing Days** A day of singing for the pure joy of it, with a variety of songs from around the world. African songs, Gospel, some simple rounds - something for everyone! with Ella Speirs. 10am - 2.30pm, £20. Memorial Hall, Betws Y Coed, Conwy. Visit: singdancelove.co.uk

**Compost Toilets** Understanding the biology behind humanure. Get a foundational understanding of the principles, benefits and limitations of compost toilets. This is not a building course but rather an overview of the components required to make a compost toilet system work, the biology of composting to maximise performance, and the cultural trends governing our attitudes towards toilets. 10am - 4.30pm, £70. CAT, Machynlleth 01654 704966, cat.org.uk

**Traditional Timber Frame Joints** A hands-on workshop giving you the skills to start working with timber frames. Learn how to measure, mark out and cut perfect joints used in traditional timber framing. 10am - 4.30pm, £90, lunch included. CAT, Machynlleth 01654 704966, cat.org.uk

## 5th SATURDAY & 6th SUNDAY

**Home Chainsaw** During this course an experienced local forestry worker - David Scott - will cover the construction and maintenance of a chainsaw including sharpening the chain, cross-cutting logs and felling small diameter trees. You must have your own chainsaw and come to the workshop with appropriate protective chainsaw clothing – helmet, visor and ear defenders, gloves, trousers and boots. £140, deposit £70. Woodland Skills Centre, Bodfari, Denbigh 01745 710626, woodlandskillscentre.uk

## 5th SATURDAY - 11th FRIDAY

**Into Silence, Stillness and Transparency** In the presence of Life itself we experience utter silence and transparency. There we can discover our Selves as we never have before. We remain silent and undistracted by others around us, while living through what arises in our silence and aloneness. Eventually we can discover that there is actually nothing to do, that all we need is 'to be'. Led by the Awakening Network. £616. Held at Trigonos Centre, Nantlle. Contact Jim Hirsch 07833 924702, jim-hersch@hotmail.com

## 6th SUNDAY

**Sacred Circle Dance** 1st Sun/month, 2 - 4pm, Rhosesmor Village Hall. Led by Helen Newton and Sue Bates. Contact helen@soul-life.co.uk

**Clybod Acoustic Club** Meets 1st Sun/month. 2pm, open to all musical abilities and styles of music - no electricity connecting! Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

**NWWT: Fungus Foray** The hillside slopes are one of the best places in the area for fungi – we can expect giant Fly Agarics and Ceps which hopefully won't be past the edible stage. 2 - 4pm. Moel Famau, Flintshire, CH7 5SH. Dan Rose 07977 962251, nwwtwrexham@gmail.com

## The Alternative Advent Calendar ~ Book Launch

Gillian Monks invites you to spend some time in warmth and friendship at her latest book launch. There will be a reading or two, some hot and cold refreshments and a chance to buy a copy. All welcome! 2pm, Hirael Hall Community Centre, Ambrose St., Bangor. Gillian: gillianmonks.com See *Gillian's article page 4*.

**Women Gathering** A monthly informal gathering; bring yourself or/and knitting, sewing, art, making and doing, reading, instruments & songs, or just come for a social time; also a time to come and find out about Red Tent meetings. 12 - 4pm, Black Cat Café, Parc Glynllifon. Facebook: Womens Gatherings Gwynedd

**Mindfulness in the Woods** An introduction to Mindfulness with nature as an aid and stimulus for learners to improve their health & well-being through a stronger connection to ourselves and nature. Our qualified and experienced tutor will take you through a range of activities aimed at giving you techniques to take forward in practising Mindfulness in your own time. 10am - 1pm, Chirk Castle. Woodland Classroom 07876 794098, woodlandclassroom.com

**Yoga Teacher Training Taster Day** Ever thought about taking a Yoga Teacher training, either because you would like to teach classes and share your love of yoga or just because you want to deepen your yoga practice? 10am - 5pm, £35. Please bring lunch, yoga mat, pen and paper. Llanfachtraeth, Ynys Mon LL65 4YA. Claire 07970 409724, northwalesretreats.com (*Also 10th November*)

**Fungus Foray** Dave Prime will lead a circular walk above Trefriw in the hunt for fungi – then identify them and explain a little about their fascinating life-cycles. Booking essential, meet at Gower Road car park. 1 - 3pm, donations welcome. Trefriw, Conwy, LL27 0NQ. Joan Prime 07889 851300, joanprime@icloud.com

**Anglesey Writing Walk** A guided wildlife walk followed by a linked writing session. Limit of 20 people only. Pre-booking essential. 11am - 3pm, £25. Please message Kathy Hopewell or Caroline Bateson to find out ways to book and pay. Held in Rhoscolyn, Anglesey. Contact: kehopewell@gmail.com

**Roger Waters: Us and Them** (12A) Film. 7.30pm, £12, £10 seniors, £8 children & students. Galeri, Caernarfon 01286 685222, galericacarnarfon.com See 2nd for details.



**True Strays** A vintage loving, blues fuelled, rock and roll band. 7 for 8pm gig, bar only, £12. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

**Green Woodworking** 1st Sun/month. Everyone welcome to our mostly social occasion; food to share, mulled drink, cake and soup. From 10am - 4pm. Eternal Forest, Boduan, Pwllheli. 01758 612006, 07968 167204, eternalforest.org

**Big Allotment Growing Day** 1st Sun/month. An opportunity to grow your own organic nutritious food for free, learn new skills: planting and harvesting the veg and fruits; pickling, preserving, cooking, baking and brewing, craft work and wood work or come and chill out with a brew. 11.30am - 4pm. Tyn y Nant, Llanfihangel Glyn Myfyr. Nr Corwen. Facebook: Eco Fferm Frwythau/Gift Economy, or wellhealthcooperative@googlemail.com

#### 7th MONDAY

**Meditation** 1st Mon/month. A mixture of guided meditation, silence and some sharing, finishing with a cup of tea. It is an opportunity to come into the present moment through your body and stilling our minds. There is a very peaceful energy created when a group get together to meditate. It is not necessary to have done any meditation before – everyone welcome. It is helpful if you can email me to let me know you are intending to come. I look forward to sharing in the inner stillness with you. No charge just a small donation towards refreshments. 7 - 8.30pm, Hillside Retreat, Rhosesmor, nr Mold. More from Helen: helen@soul-life.co.uk ~ soul-life.co.uk

**Calm & Creative Café** Come and enjoy empowering relaxation techniques including moving meditation through gentle dance or short sequence Tai Chi, laugh out loud as you witness the Monkey Mind, explore creative mindful activities and share experiences in this friendly group with some refreshments from the tempting cakes, teas & coffees and lunch menu. 10.30 - 11.30am, £5. Held at 3rd Space Kitchen and Bar, 14 Clonmel St., Llandudno LL30 2LE. Facebook: of event name Also 14th & 21st

**NW Arthritis and Chronic Pain Support Group** 1st Mon/month. Helping people living with pain. 12.30 - 2.30pm. Seminar Room, Holywell Community Hospital, Halkyn Rd., Holywell CH8 7TZ. Arthritis Care 020 7380 6522, nwacpsg@gmail.com

**NW Moth Group** Informal meeting, 8pm, donations. Pencychnant Centre, Conwy. Julian 01492 592595, pencychnant.co.uk

**New Yoga Class** Two new weekly class led by Cat Stuijt. Dru Yoga is a graceful and potent form of Yoga, based on flowing movements, directed breathing and visualisation. Mondays, 4 - 5.30pm, £8, block week in advance £29. Held at Padarn Hotel, Llanberis LL55 4SU. And Mondays 3.15 - 4.30pm, Caernarfon LL54 5SD. Tickets: trudruyoga.co.uk

**Gong Bath** Relax on a yoga mat, close your eyes and relax while you are bathed in powerful sound waves created from gongs, Himalayan singing bowls and grounding instruments. 7.30pm, £13. Canolfan Thomas Telford Centre, Mona Rd, Menai Bridge LL59 5EA. (opp Waitrose). Steph Healy 07534 118899, puresound.org.uk

**Beicio Bangor** Meets 1st Mon/month. We campaign on cycling issues affecting Bangor and the travel-to-work area around. All welcome, 7pm, £5 per annum. Basement Fat Cat Café, High Street, Bangor. Details: beiciobangor.org.uk

#### 7th MONDAY - 9th WEDNESDAY

**Hill and Moorland Leader Award Training** The training course will follow the MT Hill and Moorland Training syllabus. In particular it will look at practical skills and techniques required when leading and supervising groups in open country, concentrating on areas that the board feels it is difficult for candidates to learn on their own. Check for costs. Field Studies Council, Rhyd-y-Creuaud, Draper's Field, Betws-y-Coed, Conwy LL24 0HB. 01690 710494, enquiries.rc@field-studies-council.org

#### 8th TUESDAY

**Gillian Monks: Family Karma and Cellular Memory** How the lives of our ancestors can affect us now, and what we can do to heal the past. Evening with Bangor Theosophical Society, 7.30pm, £5, TS members £3. Hiraal Hall, Ambrose St, Bangor. Enquiries: Toddy Alcock 01248 600267, toddyalc@gmail.com See also Gillian's article on Page 4

**Talk: Snowdonia Habitats on the Landscape Scale** Jan Sherry is an experienced ecologist who works on developing outcomes for nature at the landscape-scale. Booking not essential; just show up! 7 - 8pm, donations welcome. Lodge Dinorwig, Snowdonia Society, 01286 685498, dan@snowdonia-society.org.uk

**Near Future - An Evening with Suzannah Evans Writer in Residence** Join poet Suzannah as she reads from her 2018 poetry collection *Near Future* and discusses her writing experiences. Set in an all-too-imaginable Earth where resources are insufficient for human existence and asteroid storms threaten the solar system, Suzannah's poems ask us to think about what we would do if we were there: if we had to go to work meetings as the world ends. 8pm, £15 or £25.95 including dinner (includes a copy of *Near Future*). Gladstone's Library, Hawarden 01244 532350, enquiries@gladlib.org.

**Star Gazing** Join members of North Wales Astronomical Society for one of their regular informal observing evenings. Members of the public are very welcome to attend for a small fee to help cover costs. Bring your telescope and get expert help! 7.30 - 9.30pm. Llanelian Community Centre, Colwyn Bay LL29. gostargazing.co.uk

**Birds of Passage** (15) Film centred on the Wayúu indigenous people, tracing the origins of the Colombian drug trade. A sprawling epic about the erosion of tradition in pursuit of material wealth, *Birds of Passage* is a visually striking exploration of loyalty, greed, and the voracious nature of change. Spanish with subtitles. 7.30pm, Chester Film Society, St Mary's Creative Space, Chester. Info: [chesterfilmfans.co.uk](http://chesterfilmfans.co.uk)

**Gong Bath** See 7th for details. 7pm, £13. Memorial Hall, Penmorfa, Porthmadog LL49 9RY. Steph Healy 07534 118899, [puresound.org.uk](http://puresound.org.uk)

**Coping with Life ~ Anxiety Management** This day is designed to help people make positive changes and develop skills to manage life's challenges and be healthy. The courses use cognitive behavioural approaches and are run by skilled facilitators. A 7 week course. 6 - 8.30pm, free. Wellington Rd Community Centre, Rhyll LL18 1LE. Bookings with Parabl 0300 7772257, [ask@parabl.org](mailto:ask@parabl.org)

**You Can Heal Your Life** An inspirational film from self-help author Louise Hay. Louise offers insight into the mind-body connection and explores limiting thoughts which control and restrict us. Film starts 7pm, free. St Melyd Golf Club, The Paddock, Prestatyn LL19 8NB. Sue Beesley 07739 342935, [suebeesleycoaching@gmail.com](mailto:suebeesleycoaching@gmail.com)

**Don Giovanni** Live Screening from the Royal Opera House. Music by Mozart. Sexual intrigue, jealousy, wit, anger and retribution! 6.45pm, £13, £11 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, [ucheldre.org](http://ucheldre.org)

#### 8th TUESDAY - 10th THURSDAY

**Mountains and Artists** Geology makes landscape and the landscapes of Gwynedd is made extra special through the eyes of artists. We shall explore the response of visiting painters to the rocks and deep history of these Welsh mountains. £229 - £249. More information from Plas Tan y Bwlch, Maentwrog LL41 3YU. 01766 772600, [eryri.llyw.cymru](mailto:eryri.llyw.cymru)

#### 8th TUESDAY - 11th FRIDAY

**Social Forestry OCN** Learn the theory and practice of social forestry, looking at how sustainable woodland management and crafts can help promote human wellbeing. £650, accom extra £60. CAT, Machynlleth 01654 704966, [cat.org.uk](http://cat.org.uk)

#### 9th WEDNESDAY

**Conscious Dance** 1st & 2nd Weds/month. Bringing awareness to all that is within us; in body, heart and mind, and giving it expression in movement. Drop-in. Suitable for all levels of fitness and experience. 7 - 9pm, £10, £8, £5. The Little Theatre, Gloucester St., Chester CH1 3HR. Ella Speirs 07922 620503, [ellaspiers@hotmail.com](mailto:ellaspiers@hotmail.com)

**Film, Cake and Song Afternoon** The film is *Calamity Jane*; followed by Welsh National Opera singing at 3pm. Plus tea and cake. Aimed at 60+ yrs. £4.50. Pontio, Bangor 01248 382828, [pontio.co.uk](http://pontio.co.uk)

**Circle Dance** 2nd Weds/month. A relaxing afternoon with a friendly welcoming group. No experience or partner needed. 2 - 4pm, Old Colwyn Methodist Church Hall. Phone Janice 01492 545587 / Susan 01352 219464.

**Olwyn Lliw ~ Colour Wheel** Art workshop for adults. Today: Pastels and Oils; early booking recommended; 10.30am - 12.30pm, £10. Galeri, Caernarfon 01286 685222, [galericaernarfon.com](http://galericaernarfon.com)

**Healing with an Emphasis on Self-Healing** The talk includes participation for everyone and includes time for questions; led by Helena Hawley. 7 for 7.30pm, £5.50, £3.50 concs., Quaker Meeting House, Frodsham St., Chester CH1 3LF. 01244 377170, [chesterhealing.org](http://chesterhealing.org)

**Ruthin Reading Group** 2nd Weds/month, 7.30pm, Ruthin Library, 01824 705274.

**Friends of the Earth Conwy** Meet 2nd Weds/month in the rear room of the Albion Ale House, Upper Gate St., Conwy LL32 8RF. We would love to have some new members to help with our campaigns, currently focusing on reducing plastic use locally and raising awareness of climate change issues. Contact Kay 07918 663640, [kaypitt40@gmail.com](mailto:kaypitt40@gmail.com)

**NW Geologists Meeting** A lecture by Dr. Sophie Ward from Bangor Uni School of Ocean Studies. 7.30pm, Pencychnant Centre, Conwy. Julian 01492 592595, [pencychnant.co.uk](http://pencychnant.co.uk)

**Gwen** (15) Film. a young woman in early 19th Century desperately tries to hold on to her family home. £7.50, £6.50 over 60, £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, [pontio.co.uk](http://pontio.co.uk)

**Upcycling Workshop** See 2nd

**Llandudno & District Writers Group** Meets 2nd Weds/month. Today: *Pam Crane - Editing for Self-Publishing*. 2 - 4pm, meets at Llandudno Library, Mostyn St. Contact: [llandudno.writers@aol.co.uk](mailto:llandudno.writers@aol.co.uk)

**Women Working Together** Aimed at Small, Micro and Lifestyle business & professional women who often struggle to get out and meet women in a similar situation. Founded by Janet Matthews, Business Coach & Professional Mentor, our goal is to share knowledge and information, access training and personal development, and generally help women to achieve their own goals for their business - whether small or large. Our meetings are fun, informative and we make everyone welcome. Come and join us and see for yourself. Starts 9.30am. (First meeting is kindly sponsored by NatWest Bank, thereafter a £10 visitors fee is charged.) Dylan's Restaurant, Criccieth LL52 0HU. Tickets: [eventbrite.co.uk](http://eventbrite.co.uk)

**Metallica** Trafalgar Releasing presents S&M2, a must see celebration of the 20th anniversary of Metallica's groundbreaking S&M concerts and album recorded with the San Francisco Symphony. 7pm, £10, £8 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, [ucheldre.org](http://ucheldre.org)

#### 10th THURSDAY

**Wisdom Circle for Concious Eldering** Come along and join in discussion on contributing to society in our retirement; concerns about ageing; forgiveness; practical issues to prepare for end of life; sharing our wisdom with the young and many more topics. 2 - 3.30pm, Gladstone Library Chapel, Hawarden CH5 3DF. More details from Helen at : [soul-life.co.uk/wisdom-circle](http://soul-life.co.uk/wisdom-circle) or Sue Bates: [sgcbates@uwclub.net](mailto:sgcbates@uwclub.net)



**Caffi Llaeth Mam** Come and join Caernarfon breastfeeding group and meet other mums in an informal and comfortable environment, 2nd & 4th Thur/month. 10.30am - 12pm. Bilingual. Cwrt Chwarae softplay (next to fire station) Llanberis LL55 2DF. Facebook: Gwynedd & Anglesey Breastfeeding Friends.

**Storyhouse Women Social** Come along to the first social event of this kind where you will have the opportunity to meet new friends, talk about the future of Storyhouse Women and hear from two women who will share their story and present you with an 'ask' – this could be something you should be doing for yourselves or for others. During these social events, you will have the opportunity to help shape the future of Storyhouse Women events and festivals. People of all genders welcome to attend. 7.30pm, free but booking required. Storyhouse, Chester 01244 409113, storyhouse.com

**Seed Collection** Join us as we help the National Trust to supply their tree nursery with local, native seeds ready for planting across Snowdonia. We'll collect Acorns and any other seeds which are in season and then prepare them for planting in the nursery. 10am. booking essential. Snowdonia Society, 01286 685498, dan@snowdonia-society.org.uk

**TEDx - Words to innovate and inspire**  
With

# TEDx

contributions from Dr. Christian Dunn: *How we can stop microplastic pollution*. Dr. Ross Roberts: *Things I love about you/me: Narcissism, performance and leadership*. Prof. Oliver Turnbull: *How the Brain manages Feelings: Animal minds and mental health*. Prof. John Turner: *Why coral reefs are threatened by a changing climate*. Prof. Louise Hassan: *How to reduce your risk of being a scam victim*. Dr. Edward Jones: *A Brief History of Schumpeter's creative destruction - from R&B, European football, to cryptocurrencies*. 7 - 10pm, £5. Powis Hall, Bangor University. Contact: tedxbangoruni@gmail.com

**Mosaic Workshop** Come and create your own colourful mosaic with artist Aleta (artist in residence at Chester Cathedral this year) who specialises in creating beautiful, rich mosaics. Take home your own mosaic creation. 10am - 4pm, £35 includes all materials and lunch. Hillside Retreat, Rhosesmor, nr Mold. More from Helen: soul-life.co.uk/wisdom-circle

**The Seven Planes** A talk by Eric McGough exploring modes of consciousness from the ordinary physical plane to the extraordinary inner planes of which we can be aware. With Colwyn Bay Theosophical Society, 2pm. Admission £5, TS Members £3. Free refreshments. New enquirers are always welcome. Held at Parkway Community Centre, off Rhos Rd., Rhos-on-Sea LL28 4SE. Contact Jenny 07510 160737, 01492 339245, theosophywales@yahoo.co.uk

**The Inner Dance Meditation** A shamanic form of meditation intended to allow participants to Trust, Surrender and Flow. Depending on the participants ability to let go, they enter a deep meditative trance enabling a profound sense of expanded awareness. 7.15 - 9pm. Parkfields Community Centre, Mold. Contact Rachel: rachelbellydance.wales

**Billy Connolly: The Sex Life of Bandages** (18) Film. Recording from 2015, during his Australia tour. Screening as a special one-night-only event, Connolly will also muse upon his career, life and legacy in a deeply personal interview filmed exclusively for cinema audiences. 7pm, £10, £8 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

11th FRIDAY

**Print Art Workshop** Art workshops for adults: discover your creativity in our informal sessions. 2pm, No previous experience necessary. £5. Mostyn, Llandudno LL30 1AB. 01492 879201, mostyn.org

**Autism Conference** Annual Health and Wellbeing event. Keynote speakers and live music. 8.30m - 5pm, £150 includes refreshments. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

**Kirsty McGee and Ben Bedford** Ben's soft-voiced poetry and captivating guitar work and Kirsty's unique songbook, drawing on old vinyl! blues, gospel, '30s jazz, Brechtian ballads and Brill Building sensibilities ... 7 for 8pm gig, bar only, £12. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

**NWWT: Grey Seals in North Wales** Dawn Thomas will give a presentation about the life and times of the Grey Seals of North Wales. 2 - 4pm, £2, St David's Church Hall, Llandudno, LL30 3NT. John Underwood 07783 773225, john.underwood100@gmail.com

**Neither Wolf Nor Dog** The film is based on a best-selling Native American novel (the UK edition was in the Amazon Top 10 when it came out 2-years-ago) where a Lakota elder sucks a white author into a road-trip through the heart of the contemporary Native American landscape to open his eyes to their reality. Thematically it is like the Native American Green Book while avoiding the cliché. It revolves around a remarkable performance from Lakota Elder Dave Bald Eagle, who was 95-years-old during filming. 7pm, £5. Cellb, Blaenau Ffestiniog 01766 832001, cellb.org

**Gong Bath** See 7th for details. 7pm, £13. Rhuddlan Community Centre, Parliament St, Rhyl LL18 5AW. Steph Healy 07534 118899, puresound.org.uk

**Llŷr Williams ~ Piano** Plays music by Beethoven. 7.30pm, £16, £5 students and u18s. Pontio, Bangor 01248 382828, pontio.co.uk

**The Shoplifters** (15) Film. Japanese with subtitles. On the margins of Tokyo, a dysfunctional band of outsiders are united by fierce loyalty, a penchant for petty theft and playful grifting. 7 for 7.30pm start. Denbigh Film Club. Theatr Twm o'r Nant, Denbigh LL16 3DA. Lilian Jones 01745 813426, denbighfilmclub.co.uk

**Bardd** Unique Duality Global Music Fusion; spoken word, Beatbox and Mr Phormula, plus multi-instrumentalist Henry Horrell. 7.30pm, £10. Neuadd Ogwen, Bethesda LL57 3AN, post@neuaddogwen.com

11th FRIDAY - 13th SUNDAY

**Papier Mache** Make animal creatures and environments for them to live in. 10.30am - 4.30pm. £300, light lunch. Book via phone only. Ruthin Craft Centre, LL15 1BB. 01824 704774, ruthincraftcentre.org.uk



**Yoga & Wellness Weekend** Menai Bridge. See 4th - 6th.

**Divine Feminine Retreat** This retreat will not only be restorative but will help fully activate your divine feminine energy allowing it to shine through in everything you do. We are going to be doing a mixture of beautiful activities, ceremonies and journeying deep with the Goddess. Veggie/vegan food. All inclusive £300. Cae Mabon, Fachwen, Llanberis 01286 871542, caemabon.co.uk

**Early Railways** This course examines how railways in North Wales built for horse and gravity operation were adapted or replaced by new systems altogether between 1840's and the 1870's. Site visits and talks will illustrate how this change took place and why it was needed. £229 - £249. Plas Tan y Bwlch, Maentwrog LL41 3YU. 01766 772600, eryri.llyw.cymru

### 11th FRIDAY - 14th MONDAY

**Create Powerful Paintings with Non-Art Implements** Make wonderful drawings and paintings using small rollers and scrapers and discover an ideal way to express ideas quickly and loosely. The work produced will have immediacy and freshness and demands little in terms of skill. £343 - £373. Plas Tan y Bwlch, Maentwrog LL41 3YU. 01766 772600, eryri.llyw.cymru

**Singing with Pauline Down and Rowenna Whitehead** There will be luscious harmony singing from different vocal traditions, celebrating and honouring nature, the land and its people. A chance to nurture body, mind and spirit, to celebrate the Autumn Equinox and prepare to welcome in the darker time of the year by re-connecting with yourself, with others and with your surroundings through song. There will be an optional all day singing walk with packed lunch on the 14th. Costs: 11th - 13th £255 - £295; including 14th £380 - £440. Trigonos, Nantlle LL54 6BW. 01286 882388, trigonos.org

**Shelley Weekend** Explore some of the great poet Percy Bysshe Shelley's secrets with Booklovers' Tours. Offering you the opportunity to discover more about the great and often controversial Percy Bysshe Shelley. One of the most highly regarded Romantic poets of the 19th Century, Shelley has strong connections with Plas Tan yr Allt, staying there between 1812 and 1813 and completing his famous work "Queen Mab" whilst residing there. We will be sharing some of the secrets of his eventful stay and taking you on a tour of some of the locations most associated with him and his enterprises. £755 - £785, Plas Tan Yr Allt Historic Country House, Porthmadog LL49 9RG. Tickets: eventbrite.co.uk

### 12th SATURDAY

**Rhuddlan Business Breakfast** This session is with the Director of North Wales Tourism Ex-Welsh Guardsman Jim Jones on how to best promote your local business. 8.30 - 10.30am. Breakfast, with speaker at 9am followed by 45 mins of networking time; free! Come along to Rhuddlan Community Centre and meet other business people in a friendly and informal setting. Make connections and share knowledge. Parliament St., Rhuddlan, nr Rhyl. Bookings: 07775 673706, clerk@rhuddlantowncouncil.gov.uk

**Real 3 Peaks Challenge: Snowdon** Come and join us and many other volunteers as we work together to give Snowdon a good clean before the winter months arrive. 10am. Booking essential, Snowdonia Society, 01286 685498, dan@snowdonia-society.org.uk *Includes a free train ride to the summit for all volunteers*

**Sacred Song** 2nd Sat/month. Songs from various spiritual traditions and none, including Taize, Iona, Findhorn and Harmonic Temple. Open to anyone who enjoys singing meaningful songs with others. 10am - 1pm, £15, £10, £5. Held at Wesley Church Centre, St John St, Chester. Contact Ella 07922 620503 ellaspairs@hotmail.com

**The Mirror of Dharma** An ordinary mirror just reflects a superficial appearance of our body, whereas the Mirror of Dharma shows us clearly why we experience problems, unhappiness and anxiety and shows us practical steps for overcoming these problems. *Dharma* means the teachings of enlightened beings whose function is to heal and protect our minds from the root causes of all suffering and thereby help others to do the same. By practising Dharma, we can achieve the real meaning of human life. All welcome. 10am - 4pm. With Kelsang Leksang. £25 includes veggie lunch. Kalpa Bhadra Kadampa Buddhist Centre, 34 Mostyn Avenue, Craig-y-Don, Llandudno, LL30 1YY. 01492 878778, meditatennorthwales.com

**Wild Weaving** Spend an inspirational day with artist/designer Sophia Ingham weaving natural wools and silks to create your own wild wall hanging incorporating foraged materials such as slate, lichen & shells. Basic materials and refreshments are included, plus materials. 10am - 5pm. £55. Suitable for beginners. Ganolfan Glasinfryn, Bangor LL57 4UR For booking/info contact Sophia at Phia Eco Art & Apparel 07391 930719, phiaeco@gmail.com (£25 deposit required on booking). Facebook: of event name

**The Mountain Environment** This workshop is aimed at developing your understanding of the natural world. We take a look at the mountain environment from its geological history to its vegetation and human influences upon the landscape. We will identify general characteristics of rock types, habitats and take a closer look at the wildlife which inhabit this environment. A notebook, pencil and camera would be useful to bring along. £45. Snowdonia, Nature's Work 01248 361142, 07813 727414, natureswork.co.uk

**Ancestors and Family Karma** Come and learn how to intuitively work with your past family for the benefit of everyone. Reach back to bring relief and closure to your forebears who may still be stuck experiencing trauma, grief or guilt. Gain insight into yourself and the innate patterns which are part of your life. 10am - 5pm, £45 includes lunch & refreshments. Led by Gillian Monks. Cae Non, nr Pystyll, Pen Llŷn. Visit: gillianmonks.com

**Willow Basket Making** Expert teacher and basket maker Pippa Scott will show you how to make a traditional round basket during this day long course. 10am - 5pm, £65, all materials and lunch. CAT, Machynlleth 01654 704966, cat.org.uk

### **Freedom Sound Systems Meets: Roots Renegade x**

**Bassjam** Another crucial selection of fresh new releases, old roots classics, and exclusive dubplate specials. Plus Fire Performances, snacks and drinks. 8pm - 2.30am. Iard Hendre, Aber Rd Bangor LL57 3YP. Tickets: partyforthepeople.org

**Gong Bath** See 7th for details. 7pm, £10. Neuadd Goffa, Mynydd Llandegai, LL57 4LQ. Steph Healy 07534 118899, puresound.org.uk

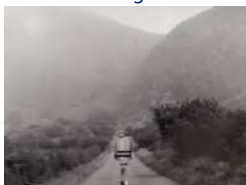
**Welsh Language Day Course: Fiction** Led by Llwyd Owen. £35. For more details contact Tŷ Newydd Writing Centre, Llanystumdwy, nr Criccieth LL52 0LW. 01766 522881, tynewydd.wales

**Opera: Turandot** Music by Puccini. A Prince falls in love with Princess Turandot and has to solve three riddles without getting them wrong. 5.55pm, £10, £8 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

**Carwyn Ellis & Rio 18 ~ Joia!** A bold, innovative and colourful collection of songs sung in Welsh combined with distinct pop and Latin American flavours drawn from Bossa Nova, Cumbia, Samba and Tropicalismo styles. 8pm, £12, £10 concs. Pontio, Bangor 01248 382828, pontio.co.uk

### **12th SATURDAY & 13th SUNDAY**

**Body Land Place** A symposium that imagines the movements of place-making, through dance practice. Film screenings, performance, talks & discussion, Twmpath, breakfast conversation & walk. Curated and led by movement artist-in-residence Simon



Whitehead, this symposium is open to all with an interest in the places we make, the lands that shape us and our bodies that move through them. Programme to include films by Rosemary Butcher, Eiko and Koma, Jess Lerner / Tanya Syed, Adele Vye and others, plus archive performance and artefacts from Simon Whitehead, Twmpath with Carreg Bica. Held at Plas Glyn Y Weddw, Llanbedrog, Pwllheli. 01758 740763. Register interest: enquiry@oriel.org.uk

**Self-Build Project Management** If you're thinking of building your own home, community space or other self-build structure, it pays to be prepared. This course covers how to create a project plan, a budget, and a health and safety plan, as well as the basics of planning permissions, building inspections and site management. £230 course fee. CAT, Machynlleth 01654 704966, cat.org.uk

**The Northern Eye International Photography Festival** A collaboration between the Oriel Colwyn photography gallery and Aberystwyth's The Eye Festival, bringing outstanding photographers, speakers and an exhibition. We are also pleased to confirm the return of the two week Fringe Festival, running either side of the weekend's heart. The fringe pops-up between 7th-20th October across the town to host a diverse range of FREE exhibitions, with workshops and events for all. Tickets: Full £65, concs £55, single day ticket £35, either day. Theatr Colwyn, Conwy LL29 7RU. 01492 556677, northerneyefestival.co.uk

### **12th SATURDAY - 14th MONDAY**

**Introduction to Permaculture** Learn how to design resilient, abundant human habitats by working collaboratively with nature and with each other. Sorry, no available accomm at CAT. £120, £100 concs., This course is run at CAT, Machynlleth by Aberystwyth University. Please book the course through Aberystwyth University online or by calling 01970 621 580.

### **13th SUNDAY**

#### **Full Moon in Libra 10:08pm**

**The Bangor Forest Garden** 2nd Sun/month. An opportunity to learn new skills, make new friends whilst contributing to maintaining and developing the Garden! Session starts at 11.30am - 4pm. Wear some outdoor suitable clothing and bring some lunch; tea and coffee provided. If you need a lift ask us about car sharing. More details from bangorforestgarden@gmail.com, thebfg.org.uk Or have a look on Facebook bangorforestgarden

**NWWT: Bird Watch Day** Come to the shore hide to see what's about, with experts on hand to help identify the birds and chat about wildlife. 11am - 3pm, donations welcome. Spinnies Aberogwen, Bangor. Kate Gibbs 01248 681936, kategibbs.nwwt@gmail.com

**Glaciation of Snowdonia** This workshop is an introduction to regional glaciation of North Wales. We will identify and explain the formation of these features both large and small scale including features of erosion, transportation and deposition. A notebook, pencil and camera would be useful to bring. £45, Snowdonia area. Nature's Work 01248 361142, 07813 727414, natureswork.co.uk

#### **Fungus Foray As 6th**

**Past Lives and Soul Healing** The relevance of having lived before, soul fragmentation and retrieval and healing your future. Also how to work with your own higher self for greater understanding and wisdom. 10am - 5pm, £45 includes lunch & refreshments. Led by Gillian Monks. Cae Non, nr Pistyll, Pen Llŷn. Visit: gillianmonks.com

**La Jetée** (PG) Film. Made in 1962. The story of a man forced to explore his memories in the wake of World War III's devastation, told through still images. 1pm, free. 26minutes. Pontio, Bangor 01248 382828, pontio.co.uk

**The Irishman** (18) Film. A mob hitman recalls his possible involvement with the slaying of Jimmy Hoffa. 7pm, £14. Pontio, Bangor 01248 382828, pontio.co.uk

### **14th MONDAY**

**Seriously Books** 2nd Mon/month. Want somewhere to discuss literary classics: past, present and future? Here you'll find a warm welcome and intelligent discussion that ranges from the light-hearted to the challenging. Meets 2nd Mon/month. Books selected by vote and alternate between contemporary and classic fiction. Gladstone's Library, Hawarden. Contact Louisa Yates: louisa.yates@gladlib.org

**Calm & Creative Café** See 7th

**Prestatyn Reading Group** 2nd Mon/month, 6pm, Prestatyn Library, King's Ave 01745 854841.

**Gong Bath** See 7th for details. 7pm, £13.  
Llanfairfechan Community Centre, Village Rd, LL33  
0NH. Steph Healy 07534 118899, puresound.org.uk

**Andy Irvine** Musician, singer, songwriter, and  
Lifetime Achievement Award winner at the inaugural  
RTÉ Folk Awards. 8pm, £12, available from Palas Print  
Caernarfon (01286 674631) and Mudshark Records  
Bangor. The Vic, Menai Bridge LL59 5DR. 01248  
716774, vicmenai.com

#### 14th MONDAY - 17th THURSDAY

**Karma Yoga Retreat** Karma Yoga, as stated in the  
Bhagavad Gita, is often understood and translated as  
the yoga of selfless service, or as the means of  
achieving freedom through action. It purifies the  
heart and mind by inviting you to act selflessly,  
without thought of gain or reward. During the  
retreat, we will be doing tasks such as deep cleaning,  
light maintenance/building, cooking, gardening,  
website/IT support. Plus yoga, meditation, walks,  
plenty of relaxation time. £45 covers all costs. Dru  
Yoga, Snowdon Mountain Lodge, Bethesda LL57 3LX.  
01248 602900, druyoga.com

#### 14th MONDAY - 18th FRIDAY

**Low Energy Buildings (Part A)** Join our MSC  
students and learn about the complex inter-  
relationship between physical comfort, energy flows  
in buildings and energy efficient building design.  
Explore the theories, and apply them in practice with  
expert-led practical workshops. £750, low waged/  
concs £700. CAT, Machynlleth 01654 704966,  
cat.org.uk

**Writing to Heal** The course, for practitioners and  
carers, will provide innovative workshop ideas and  
resources which will prepare and equip participants  
to continue this work beyond Tŷ Newydd. £425 -  
£550. Tŷ Newydd Writing Centre, Llanystumdwy, nr  
Criccieth LL52 0LW. 01766 522881, tynewydd.wales

#### 15th TUESDAY

**Noddfa Circle Dance** 3rd Tues/month, from 2 - 4pm.  
Noddfa, Penmaenmawr 01492 623474, noddfa.org.uk

**Creative Textiles** with Anwen Hughes. Experiment  
with various techniques. 6.30 - 8.30pm, £25. Galeri,  
Caernarfon 01286 685222, galericarnarfon.com

**Chester Humanists** 3rd Tues/month. We seek to  
make the best use of the one life we have by creating  
meaning and purpose for ourselves, using reason,  
experience and shared human values. Meet at  
7.30pm, Custom House, Watergate St., Chester. Stuart  
07954 166 567, Richard 07530 225268,  
chester.humanist.org.uk

**Lunchtime Lectures: Remembering Slavery in  
Contemporary Artworks** Between the late 1400s  
and the 1880s, the Atlantic Slave Trade cost the  
freedom and lives of over eleven million Africans.  
Today its impact and legacy is a live discussion across  
the world. 12pm, free booking advised. Storyhouse,  
Chester 01244 409113, storyhouse.com

**Prestatyn Reading Group** 3rd Tues/month, 2pm,  
Prestatyn Library, King's Ave., 01745 854841.

**Healing Well** The Gwynedd Healing & Peace Group  
offers hands-on healing at Y Ganolfan, Pentrefelin (nr  
Criccieth) from 7 - 8.30pm, All welcome. Mayamara  
01766 770874.

#### The Story of Theatres - Amber Massie-Blomfield

An evening with Political Writer in Residence. Amber  
Massie-Blomfield travelled from the tip of Cornwall to  
the Isle of Mull to discover Britain's most astonishing  
theatres. In rural communities and the inner-city,  
Amber found haunted halls, stages hewn from  
granite cliffs, and squeezed into a former public loo.  
Amber's event makes the case for buildings and the  
arts, and the important contribution they have made  
- and continue to make - to Britain's political and  
cultural life. 8pm, £15 or £25.95 including dinner  
(includes a copy of *Twenty Theatres to See Before You  
Die*). Gladstone's Library, Hawarden 01244  
532350, enquiries@gladlib.org

**Lengthsman Work Party** Lengthsmen were  
contracted to maintain hedges, walls, ditches, etc. We  
will be working on a new fence to keep the sheep  
out. Wear gloves and work clothes. Bring packed  
lunch. 10am, Pencychnant Centre, Conwy. Julian  
01492 592595, pencychnant.co.uk

#### 15th TUESDAY - 10th DECEMBER, TUESDAY

**Mindfulness Based Cognitive Therapy Course** An 8  
week Mindfulness Course led by Heather Bolton. The  
course will consist of 8 Tuesday evening sessions plus  
an All Day of practice - tbc. 6 - 8.30pm. Course costs,  
handouts and meditation equipment £210, £150  
concs. Held at Moelyci Barn, Tregarth, nr Bangor.  
Contact: gwyneddmindfulness.co.uk or message  
Heather - heathermbolton@btinternet.com

#### 16th WEDNESDAY

**Networking Breakfast and Carbon Literacy  
Training in North Wales** This one-day event,  
combines our popular networking format with the  
option to book onto our certified Open Carbon  
Literacy Training session, providing the perfect  
opportunity to connect with like-minded individuals  
as well as helping to empower and inspire you to take  
action on climate change. As part of the Carbon  
Literacy ethos, we are also looking to develop new  
contacts and partners in North Wales who can help to  
develop the network on a more local basis. The  
Carbon Literacy Project aims to ensure that everyone  
who works, lives, or studies in Wales has the  
opportunity to explore what the reality of climate  
change means for them in their home-life and work-  
life. Individuals, communities and organisations are  
helped to take action to reduce emissions of carbon  
dioxide and other greenhouse gasses; to prepare for  
the local impacts of global warming; and to feel  
equipped to mobilise others to act. Networking  
Breakfast only 8 - 9.30am, £12.50; Breakfast and Open  
Carbon session 8am - 4pm £115 + VAT. Refreshments  
and midday meal included. Trigonos, Nantlle 01286  
882388, trigonos.org ~ Visit: cynnalcyrmu.com

**Gods & Kings** Performed by Robert Bowman. Paul  
has a diagnosis of Bipolar Manic Depression and has  
to decide whether to take his medication or not. The  
performance draws from real-life experience about  
how it is to live with mental illness. 7.30pm, £12, £10  
concs., Galeri, Caernarfon 01286 685222,  
galericarnarfon.com

**John Lenehan Clarinet Trio** Play music by  
Beethoven, Brahms and some solo pieces. 7.30pm,  
£15. Held at Rhyl Town Hall, LL18 1BA. 01745 561006,  
rhyllmusic.com

**Deva Cacao Ceremonies** The ceremony is being held to bring you the most relevant intentions congruent with the full moons' monthly energy. We will experience stillness, silence, meditation, a sharing circle, and of course the cacao itself. £15. The Goddess Collective, 50 Elizabeth Crescent, Chester CH4 7AZ. Visit: [thegoddesscollective.co.uk](http://thegoddesscollective.co.uk)

**Thrift & Thread** 3rd Thurs/month. A regular monthly mending meet-up for clothes mending and alterations, (think portable) so: sewing kit, hand sewing, items from your 'to repair' pile. Keeping the clothes you have rather than discarding them, think boro/visible mending, darning, relearning/sharing old techniques, letting your clothes read the story of you and letting go of perfect as beautiful 12 - 4pm, Black Cat Café, Parc Glynllifon. Facebook: of same name

**Upcycling Workshop** See 2nd

**An Evening with Simon Reeve** BBC travel presenter and adventurer recounts tales from over 15 years of travelling to the most remote and extreme corners of the planet. 7.30pm, £26.50. Venue Cymru, Llandudno 01492 872000, [venuecymru.co.uk](http://venuecymru.co.uk)

**Thrift & Thread** A gathering to fix clothing, mending, darning or creating. All welcome. 12 - 4pm, Black Cat Café, Parc Glynllifon. Facebook: of event name

**16th WEDNESDAY - 22nd NOVEMBER, FRIDAY**

**Staying Mindful Course** 6 week course led by Annee Griffiths. This course provides an excellent opportunity to support and inspire your mindfulness practice and to learn more about mindfulness and compassion. 6.30 - 8.30pm, £145, materials included. Held at Greenhouse, 1 Trevelyan St., Bangor LL57 1AX. Contact Annee: [annee@menaibridge.net](mailto:annee@menaibridge.net)

**17th THURSDAY**

**Denbigh Library Reading Group** 3rd Thurs/month, 2pm. Denbigh Library, Hall Square 01745 816313.

**Feminist Manifestos** Monthly gathering. Feminism in action; come along to build a community of women. We will engage in lively debate and explore what it means to be a feminist in Chester and how we can take action as a feminist in our community and beyond. This workshop led by Louise Dudley (Life Orgasm Project), aiming to build a community of women to discuss, explore and create feminist values and most importantly take action, in a simple but powerful way. 7pm, free. Storyhouse, Chester. 01244 409113, [storyhouse.com](http://storyhouse.com)

**Herbal Group** Meets 3rd Thurs/month. Planting, gathering and even some cooking. Gerddi Bro Ddyfi Gardens, Y Plas Machynlleth SY20 8ER. [gerddibrodwyfigardens.co.uk](http://gerddibrodwyfigardens.co.uk) Facebook: Gerddi Bro Ddyfi Clearance (*Volunteers welcome Tues & Fri 10.30am - 4pm*).

**Amphibian and Reptile Conservation Volunteer Tasks** Join us for our habitat management to help local amphibians and reptiles. 10am - 3.30pm. Today: Scrub Clearance. Brookhill, Buckley. Contact: [mandy.cartwright@arc-trust.org](mailto:mandy.cartwright@arc-trust.org)

**Bangor Bird Group: Waderquest** A talk by Rick & Elis Simpson (Supporting Shorebird Conservation). 7.30 - 9.30pm, £2 non-members. Held at Brambell Building, Deiniol Rd., Bangor. Visit [birdsins.wales](http://birdsins.wales)

**A Midsummer Night's Dream** Live screening from National Theatre. A feuding fairy King and Queen of the forest cross paths with four runaway lovers and a troupe of actors trying to rehearse a play. 7pm, £10, £8 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, [ucheldre.org](http://ucheldre.org) **Also** Pontio, Bangor 01248 382828, [pontio.co.uk](http://pontio.co.uk)

**17th THURSDAY - 20th SUNDAY**

**Weaving with Colours** Create a beautiful wall hanging using Eta's stunning styles and techniques. Colourful yarns and other materials will be available for use in your freeform weaving, working on an upright loom. The course is suitable for those completely new to weaving as well as experienced weavers. Residential and non-residential places available. Trigonos, Nantlle LL54 6BW. 01286 882388, [trigonos.org](http://trigonos.org)



**18th FRIDAY**

**Mixed Media Art Workshop** For adults: discover your creativity in our informal sessions. 2pm, No previous experience necessary. £5. Mostyn, Llandudno LL30 1AB. 01492 879201, [mostyn.org](http://mostyn.org)

**Food For Thought** Enjoy a relaxing, guided meditation followed by a delicious 3-course vegetarian meal. Please contact us if you have special dietary requirements. 6.30pm, £15.99. Kalpa Bhadra Centre, 34 Mostyn Avenue, Llandudno, LL30 1YY. 01492 878778, [meditatennorthwales.com](http://meditatennorthwales.com)

**NWWT: Bird Migration** Richard Holland, Lecturer in Zoology at Bangor University, describes recent research that throws light on the amazing powers of navigation shown by songbirds. 7.30 - 9.30pm, £2. St Andrew's Church Hall, Benllech, LL74 8TF. Penny Radford 01248 713022, [radfords713@btinternet.com](mailto:radfords713@btinternet.com)

**Embodied Free Form Dance** Dance as you are, bring yourself in full (light and darkness) and transform through the simple form of movement and presence and a non-speaking dancefloor. Includes meditation, dance, soundbath and tea. 7 - 10pm, £10. Mynydd Llandegai Hall, nr Bangor. Contact Jo Steele: [jonathansteele1@googlemail.com](mailto:jonathansteele1@googlemail.com) **Also 1/11/19**

**Caffi Stori Llangollen Storytelling Café** 3rd Fri/month. Join us for stories, songs, music and poetry ~ come to tell or just to listen. 7.30pm ~ only £2, in the Courtyard Coffee Shop, Cwrt-y-Castell, Castle Street, Llangollen LL20 8NY. Delicious coffee and cakes on sale from Julie of the Coffee Shop. Croeso cynnes i bawb! A warm welcome to all! Suzi 01490 460563.

**Orchestre Les Mangelepa & Racubah DJs** The heroes are back for Black History Month. Originally from the Swahili speaking Eastern Congo, Les Mangelepa were formed 40 years ago in Kenya. Now in their 70s, Mangelepa are the unsung elder statesmen of a classic sound that still shakes the dance-floor. 7.30pm, £14 door, £12 advance. Neuadd Ogwen, Bethesda LL57 3AN, [post@neuaddogwen.com](mailto:post@neuaddogwen.com)

**Jazz@Blue Sky** Huw Warren - piano; Percy Pursglove - trumpet/bass, Zoot Warren - drums present an evening of joyous and original world music. 7 for 8pm gig, bar only, £12. Blue Sky Café, Bangor 01248 355444, [blueskybangor.co.uk](http://blueskybangor.co.uk)

## 18th FRIDAY - 20th SUNDAY

**A Weekend of Yoga & Sound Healing** During our retreat you will be welcomed into a very special space that will nourish and nurture you. We will work with both flow and yin yoga and Yoga Nidra practices as well as experience Gong Baths, Crystal Bowl Journeying and Meditation – bathing in sounds to hold you, help you to release old and stuck energy and to clear your energy field. All welcome, no experience necessary. £300 - £345. Deposit £50. Held at Trigonos, Nantlle. Bookings: Source Yoga, 07704 437415, sourceyoga.org.uk

**Mindfulness Practices and Gentle Yoga** Beginners and regular practitioners of mindfulness and yoga are welcome. Yin Yoga, Yoga Nidra and Hatha Yoga are gentle ways of connecting with yourself. Mindfulness practices and discussions will also help bring you 'back into balance'. Getting back to our true nature of what it is to be human is emphasized, while you are in a safe space with like-minded people. £250. Held at Noddfa, Penmaenmawr. Bookings with: inessentia.co.uk/mindfulness-noddfa-october-2019

**Introduction to Permaculture** Join us this autumn for a permaculture design epic! Skill up to live sustainably! Our permaculture design course this year will take place over 3 long weekends at 3 amazing locations in Snowdonia: Cae Mabon, Tyddyn Teg and Henbant, showcasing different and complementary approaches to permaculture. £750 for all 3 weekends including accommodation and food; £295 for Introduction only. More information: permaculture.org.uk/education/course/reinventing-roots-creative-connected-community Contact Alice (from Tyddyn Teg) on: alicemarygray@gmail.com. Today's course held at Cae Mabon, Fachwen, Llanberis 01286 871542, caemabon.co.uk

**3 Dimensional Woven Containers** With no experience required, the main technique of plaiting will be taught as well as twining. In addition to the learning of both techniques, there will be opportunities to develop individual baskets. £229 - £249. Plas Tan y Bwlch, Maentwrog LL41 3YU. 01766 772600, eryri.llyw.cymru

**Drawing and Painting in Mixed Media** Work with any media - watercolour, pen & ink, acrylic, pastel, oils, collage - and you can combine various media as well. We will work in beautiful surroundings. Build up confidence and skill with one to one tuition. £219 - £239. Plas Tan y Bwlch, Maentwrog LL41 3YU. 01766 772600, eryri.llyw.cymru

## 18th FRIDAY - 21st MONDAY

**In Through the Outdoors** This weekend event is designed to re-energise through a powerful package of outdoor activities and inner exploration, providing a platform to develop new awareness and connections. £300 + £40 for accomm. Based in a cosy bunkhouse. Cerrig Pryfaid, Golan, Garndolbenmaen LL51 9AQ. Bookings: 07890 743259, thurstanc@hotmail.co.uk

## 19th SATURDAY

**Make Nest Boxes** Make at least 3 bird nest boxes for your garden. £50, deposit £30. Woodland Skills Centre, Bodfari, Denbigh 01745 710626, woodlandskillscentre.uk

**SAORI Weaving for Health & Wellbeing Day** 3rd Sat/month. Learn Japanese SAORI freestyle hand weaving. No experience is necessary, all abilities welcome, guidance given. 10am - 4pm, £75 per class plus materials. Please book/maximum of six. 6 Swifts Buildings, off High Street, Bangor, LL57 1DQ (opposite Domino's Pizzas below the train station). Rosie Green 01248 345325, saorimor.co.uk

**Snowdonia Society AGM** Members of the Snowdonia Society are warmly invited to attend our Annual General Meeting at Plas-y-Brenin. Come and hear first hand about our work over the past year and share thoughts with staff and trustees as we look ahead. The programme includes a highly regarded guest speaker - Mike Alexander. A leading figure in conservation, Fellow of the Society of Biology and outstanding photographer of landscapes and nature. Mike's talk will examine the changing language of conservation and its impact on the natural world and on us. There will also be a guided riverside walk with Rob Collister MBE, qualified mountain guide since 1976. Lunch is provided. Capel Curig LL24 0ET. Contact Claire 01286 685498, claire@snowdonia-society.org.uk

**Woodlice Identification Course** Steve Gregory from the Woodlouse & Waterlouse Recording Scheme will lead this course. You'll learn how to identify the different species and find out which habitats are worthy of survey. 10am - 4.30pm, bring packed lunch. Treborth Botanic Garden, Bangor, LL57 2RQ. Book with Richard Gallon cofnod.org.uk/bookings

**Deiniol Arts & Crafts Fayre** Stiwdio 9 and the Deiniol Centre are proud to be hosting an all new Arts and Crafts Fayre featuring a wide range of talented, established artisans all under one roof for a very special day. With a vast array of shops, stalls and entertainment we guarantee something for all the family. 10am - 4pm. Deiniol Shopping Centre, Bangor High St., LL57 1NW. Facebook: of event name

**An Afternoon of Calm and Mindful Meditation** A half day meditation session for people with some experience of mindfulness or meditation. I will be guiding participants through mindfulness meditations such as the body scan, the mindfulness of breathing and kindness meditations together with some gentle moving meditation. The meditations will be interspersed with poems and other readings and you are invited to bring your own favourite mindfulness poems to read. 1.30 - 4.30pm, £12. Refreshments available, booking essential. Held at Balance Wellness Studio, Park Rd., Rhosddu, Wrexham LL11 2NN. Alan 07816 988124, newmindfulness.net

**Made in Dagenham** (15) Film. A dramatization of the 1968 strike at the Ford Dagenham car plant, where female workers walked out in protest against sexual discrimination. 6.30 for 7pm screening. £5, £2 children, includes tea and cake. Rowen Memorial Hall, Conwy. Contact: beccacrane@phonecoop.coop

**Botanical Art Class** 3rd Sat/month. Led by Doreen Hamilton. Treborth Botanic Garden is the perfect place to be inspired by plants. Come along h for some expert guidance from our artist in residence Doreen Hamilton. 10.30am - 3.30pm, £15, £10 students. All material provided, and refreshments. Bangor. Contact Doreen 07508 728418.

**Mindfulness Walk in Clwydians** A day of mindfulness practices, out walking amongst the Clwydians, around Penycloddiau Hill Fort, Llangwyfan. During a mindfulness walk, by paying attention to what we notice through our senses, the mind is gathered out of the past or future and into the present moment. There is no particular aim, or goal, in a mindfulness walk, we are just being as fully present as we can with our current moment experience. Walking in this way can be rejuvenating, a great way to enjoy the outdoors and spend nurturing time with ourselves – partly in silence – whilst in the company of others. Walk is 7.5km/4.6m. 10am - 4pm. £35. Contact: Belinda: [contact@wayofmindfulness.co.uk](mailto:contact@wayofmindfulness.co.uk)

**Dance Workshop for Adults** Join NDC Wales for a Day of Dance, you'll get the opportunity to learn some of the moves from the dance in their Roots tour. For beginners and those more experienced. 2.40pm, £3. 25 yrs+. Neuadd Dwyfor, Pwllheli 01758 704088, [neuaddwyfor.com](http://neuaddwyfor.com)

**Dealing with Difficult People** We all have difficult people to deal with in our lives, whether it is colleagues, clients, family members or even our partner. We may find it hard to accept their behaviour because we cannot understand why they act or respond in the way they do, often leading to us experiencing conflict, stress and worry. On this half day course we will explore how we can respond more creatively to difficult relationships. We can learn to develop a more constructive approach, instead of just reacting. 10.30am - 1pm, £15. Veggie lunch available for £4. Suitable for beginners. Kalpa Bhadra Buddhist Centre, Craig-y-Don, Llandudno LL30 1YY. 01492 878778, [meditatenorthwales.com](http://meditatenorthwales.com)

**Bulrush Basket Weaving** Rush basketmaker, Rosie Farey will teach you how to make a small square rush basket on a mould using English Bulrush. 10.30am - 5pm, £45, £40 student. Mostyn, Llandudno LL30 1AB. 01492 868191, [mostyn.org](http://mostyn.org)

### 19th SATURDAY & 20th SUNDAY

**Stories in Stitch** Led by Jessie Chorley. This workshop will start with a simple talk and demonstration. You will be shown by Jessie various favourite stitch techniques. Some basic sewing skills are essential for this workshop. 10.30am - 4.30pm, £85 includes light lunch. Ruthin Craft Centre, LL15 1BB. 01824 704774, [ruthincraftcentre.org.uk](http://ruthincraftcentre.org.uk)

**Reiki 1st Degree Course** Reiki is a simple form of healing and self-healing. Vivien teaches the original form of the Usui System of Healing. She offers continuous on-going support to all her students. £150 class fee, accommodation is available £30 per night. The Healing Centre, Tregarth, Bangor. Viv 01248 601388, 07771 280824, [vivreiki@hotmail.com](mailto:vivreiki@hotmail.com)

**Llangollen Food Festival** A great, fun day for all the family. 10am - 5pm, £5 per day or £7.50 for 2 days, U12s free. Llangollen Pavilion, Abbey Rd., 01978 860111, [llangollenpavilion.co.uk](http://llangollenpavilion.co.uk) ~ [llangollenfoodfestival.com](http://llangollenfoodfestival.com)

### 20th SUNDAY

**Quaker Meeting** 3rd Sun/month, 10am, Memorial Hall, Market St., Llangollen. Maria Haines 01978 860349, [northwalesquakers.org](http://northwalesquakers.org)

**Make Bird Feeders** Make at least 3 bird feeders for your garden or to give away as presents. We will fill them with peanuts for you! £50, deposit £30. Woodland Skills Centre, Bodfari, Denbigh 01745 710626, [woodlandskillscentre.uk](http://woodlandskillscentre.uk)

**Peg Loom Weaving** Join Jenny Pritchard for a craft day where you can weave your own piece of wild art, learn to warp up and weave on a peg loom. £55, deposit £30. Woodland Skills Centre, Bodfari, Denbigh 01745 710626, [woodlandskillscentre.uk](http://woodlandskillscentre.uk)

**Footpath Maintenance** We will be helping the Snowdonia National Park Authority keep this footpath accessible to all providing some much needed tlc. As a multi user footpath, potholes, damaged drains and overgrowing tree branches can cause several issues which we will be looking to solve. 10am. Booking essential. Snowdonia Society, 01286 685498, [dan@snowdonia-society.org.uk](mailto:dan@snowdonia-society.org.uk)

**John Fairhurst** Rapping blues rock; 7 for 8pm gig, bar only, £12. Blue Sky Café, Bangor 01248 355444, [blueskybangor.co.uk](http://blueskybangor.co.uk)

### 21st MONDAY

**Chester Amnesty International** 3rd Mon/month. We are ordinary people standing up for humanity, human rights and justice. Meets at 7.45pm, this month in The Watergate Inn, (room on the left inside pub), close to Chester Racecourse. Alan: 01244 679185/ [Facebook](http://Facebook) for more details, [amnesty.org](http://amnesty.org)

**AONB and Coleg Menai Volunteer Day** We will be joined by AONB volunteers and Coleg Menai students to work on the ditches and culverts. 10am - 3pm. Grŵp Coedwig Cymunedol Llŷn Parc Mawr Community Woodland Group. See Facebook page

**Calm & Creative Café** See 7th

**Bangor Cellar Writing Group** 3rd Mon/month. Meetings allow writers of prose and poetry to share their work with others by reading out their manuscripts. We also have a programme of writing challenges and workshops. All abilities are welcome from beginner to more experienced writers. The aim is to encourage people in their writing and meet with others who share their interest. 7 - 9.15pm, 1815 Café, Bangor. Mary Ward: [merielward75@gmail.com](mailto:merielward75@gmail.com)

**The Rolling Stones: Havana Moon** Relive the concert of concerts as if you were there in this brand new immersive event. 7.30pm, Venue Cymru, Llandudno, Conwy, LL30 1BB. 01492 872000, [venuecymru.co.uk](http://venuecymru.co.uk)

**Faces and Identity** A talk with Prof. Caroline Wilkinson. Organised through The Society of 13. 7.30pm, Grosvenor Museum, Chester. Contact [societyofthirteen.org.uk](http://societyofthirteen.org.uk)

**Swan Lake** Ballet with music by Tchaikovsky. 7.30pm, £27.50 - £38.50. Venue Cymru, Llandudno 01492 872000, [venuecymru.co.uk](http://venuecymru.co.uk)

### 21st MONDAY - 25th FRIDAY

**Landscape Photography** Autumn colours are everywhere giving an extra glow to this beautiful landscape. Come and explore the fascinating craft of recording a landscape with a camera in hand. Learn how this process can open your eyes to so many different new vistas. £429 - £469. Plas Tan y Bwlch, Maentwrog LL41 3YU. 01766 772600, [eryri.llyw.cymru](http://eryri.llyw.cymru)

## 21st MONDAY - 26th SATURDAY

**Discover Snowdonia Residential** Meet new people, develop your skills in the mountains and explore Snowdonia. The course will provide a range of challenges including climbing and abseiling, teambuilding tasks, mountain navigation, gorge scrambling up a mountain stream, a conservation challenge and an overnight expedition and wild camp (weather permitting). Ages 16 - 18 yrs, in partnership with Duke of Edinburgh Scheme. Shared room £240. Field Studies Council, Rhyd-y-Creuau, Draper's Field, Betws-y-Coed, Conwy LL24 0HB. 01690 710494, enquiries.rc@field-studies-council.org

**Mold Riots** Summer, 1869. Miners stand trial in Mold for attacking their manager after their wages are lowered. A crowd has assembled to hear the verdict – will they get a fair hearing? Stones will be thrown and blood will be shed but will anyone find justice? One of Wales' forgotten dark days is brought to life in this large-scale promenade show through the streets of Mold with a cast of 100. 7pm, £10+. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

## 22nd TUESDAY

**The Habit of Dying!** We'll be showing a DVD of Tim Boyd's fascinating talk, followed by a discussion. Evening with Bangor Theosophical Society, 7.30pm, £5, TS members £3. Hiraal Hall, Ambrose St, Bangor. Toddly Alcock: 01248 600267, toddyalc@gmail.com

**General Mammal Survey** Join the Committee to see what mammals we can find. Held at Tŷ Hyll. Contact North Wales Mammal Group: northwalesmammalgroup@gmail.com

**1945** (PG) Film. Just a few months past V-E Day and two Orthodox Jews arrive at a village's preparations for a wedding day. Transporting two mysterious wooden boxes from the train station to the town, their arrival distresses everyone, making 'normal' seemingly even harder to achieve. 7.30pm. From Hungary with subtitles. Chester Film Society, St Mary's Creative Space, Chester. Contact: chesterfilmfans.co.uk

**The Nutcracker** Ballet with music by Tchaikovsky. 7.30pm, £27.50 - £38.50. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

**Romeo & Juliet Production by Matthew Bourne** This passionate and contemporary re-imagining of Shakespeare's classic story of love and conflict is set in the not too distant future in 'The Verona Institute'. 7.15pm, £10, £8 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

## 22nd TUESDAY & 23rd WEDNESDAY

**Eye of The Storm** Emmie knows that one day she's going to become a storm chaser in America. But will her invention for renewable energy be enough to win her a bursary to study in the USA? A play for those 8yrs+ and adults. 7.30pm both days, 12.30pm on 23rd. £14, £10 u18s and students. Pontio, Bangor 01248 382828, pontio.co.uk

## 23rd WEDNESDAY

**Gong Bath** See 7th for details. 7pm, £13. Canolfan Beaumaris, Rating Row, Beaumaris LL58 8AL. Steph Healy 07534 118899, puresound.org.uk

**Willow Clearance** Come and help us control the spread of willow so that future generations can continue to enjoy this interesting dune habitat and all it has to offer. 10am. Booking essential, Snowdonia Society, 01286 685498, dan@snowdonia-society.org.uk

**Wicked Wales International Youth Film Festival** (12A) Showcasing new European short films by brand new young filmmakers. Come and support future talent. All are welcome. Admission is free but a ticket is required. 1 - 5pm, free. Pontio, Bangor 01248 382828, pontio.co.uk

**NWWT: Celtic Rainforests** Brian Palmer will tell us about the Woodland Trust's work in North Wales, with particular reference to their stunning Celtic Rainforests in Meirionnydd. 7pm, £2 donations. Brambell Building, Deiniol Rd, Bangor, LL57 2UW. Sue Carter 01248 371769, sue@gorad.co.uk

**Reflections** With music and poetry. A time for stillness by candlelight. 7.30 - 8.15pm, donations welcome. Eglwys Llanfaelrhys Pilgrim Church, Porth Ysgo, Pené Llŷn LL53 8AN. Info: Susan Fofarty 01758 703039, susanafogarty@gmail.com

**Upcycling Workshop** See 2nd

**Mindful Walk - Cloacaenog Forest** For regular meditators and novices, a morning's training in mindfulness practices in the outdoors. A gentle 3hr walk, with a some uphill sections in stages and as a part of the practice. 10am - 1pm, £17.50, Pincyn Llŷs, Ruthin LL15. Contact: contact@wayofmindfulness.co.uk

## 24th THURSDAY

**Open Doors** 4th Thurs/month. A monthly evening of Holistic Healing: Chair Reiki, Thai Foot, Indian Head, Soul Connection. 7 - 10pm, £5 include 10min Reiki session. Above Archies, in Lola's Bar, 151 High St., Prestatyn LL19 9AS. Bookings: 07584 022005.

**Microsoft Excel Tips & Tricks** Would you like to improve your Microsoft Word and Excel skills? Could this help you return to work after an extended break / help with your new business start-up / assist with a change in career direction? This one-day course is packed full of Tricks & Tips! You'll be surprised when you discover some of the amazing features and you'll be able to fly through setting up your business documents and spreadsheets. This course has been designed for people who already use or have previously used Microsoft Word and Excel. 9.15am - 4.30pm, £65. Trigonos, Nantlle LL54 6BW. 01286 882388, trigonos.org

**Redefining Death** A talk by Tim Wyatt, with Colwyn Bay Theosophical Society. Death as the permanent extinction of all life, as oblivion and as annihilation is not only a myth but the biggest lie ever peddled on this planet. You could say it was the ultimate in fake news. Although many people believe in an afterlife of some kind, death still remains their biggest fear and often blights their lives. In the West, those believing in re-birth remain in a minority. 2pm. Admission £5, TS Members £3. Free refreshments. New enquirers are always welcome. Held at Parkway Community Centre, off Rhos Rd., Rhos-on-Sea LL28 4SE. Contact Jenny 07510 160737, 01492 339245, theosophywales@yahoo.co.uk

**Singing For The Soul** 4th Thurs/month. Calling all those who find a soul connection through singing, in particular chants from a range of different spiritual traditions. Led by Felicity Jones, a very experienced singer, we meet once a month at Hillside Retreat, Rhosesmor near Mold from 11.30am - 1pm. No need to feel you are a 'good' singer, you just need to enjoy it and the energy and harmonies our voices create. Cost £5. If you are interested to come along please email [helen@soul-life.co.uk](mailto:helen@soul-life.co.uk)

**Caffi Llaeth Mam** See 10th

**Amphibian and Reptile Conservation Volunteer**

**Tasks** Join us for our habitat management to help local amphibians and reptiles. 10am - 3.30pm. Today: Scrub Clearance. Maes Y Grug, Altami, Flintshire. Contact: [mandy.cartwright@arc-trust.org](mailto:mandy.cartwright@arc-trust.org)

**Footpath Maintenance** Come join us as we return to the Mawddach trail, a stunning 15km trail that stretches from Dolgellau to Barmouth along the Mawddach estuary. As a multi user footpath, potholes, damaged drains and overgrowing tree branches can cause several issues which we will be looking to solve. 10am. Booking essential, Snowdonia Society, 01286 685498, [dan@snowdonia-society.org.uk](mailto:dan@snowdonia-society.org.uk)

**Occasional Cinema : Woman at War** Film. Halla, a woman in her forties, declares war on the local aluminium industry to prevent it from disfiguring her country. She risks all she has to protect the highlands of Iceland. This is a political thriller, a comedy with surreal overtones, an eco-action film. But foremost it is about the indomitable spirit of one woman who will have to make hard choices. Bookings for food available. Film starts approx 7.30pm, membership £5, then £3 per film. Blue Sky Café, Bangor 01248 355444, [blueskybangor.co.uk](http://blueskybangor.co.uk)

**Doug Scott CBE: A Crawl Down The Ogre** Mountaineer Scott will be telling the tale of hard climbing and survival that has now become part of mountaineering folklore. 7.30pm, £15, £13 concs., Galeri, Caernarfon 01286 685222, [galericarnarfon.com](http://galericarnarfon.com)

**Don Pasquale: ROH Live Screening** Music by Donizetti. Don Pasquale, a wealthy old bachelor, is outraged when he hears his nephew Ernesto intends to marry the impoverished widow Norina. Bryn Terfel stars. 7.30pm, £13, £11 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, [ucheldre.org](http://ucheldre.org)

**25th FRIDAY**

**Cybi Poets** Meets last Fri/month to read and share poetry. 7.30pm, free. Iorwerth Arms, Bryngwran, Holyhead. Contact Karen 07929 069235.

**The Brit Rock Tour** All the best new climbing films from the UK's top adventure filmmakers, featuring some of the country's most popular climbers. 7.30pm, 90 mins for 3-4 short films. £7, £6 children. Cellb, Blaenau Ffestiniog 01766 832001, [cellb.org](http://cellb.org)

**Star Gazing** Join local astronomer Rhys Mwyn for this stargazing event at Criccieth Castle. Includes an astronomy related presentation or talk, stargazing and observing the skies through telescopes; weather permitting. 7 - 9.30pm. Held Criccieth Castle LL52 ODP. Contact NW Dark Sky Partnership [dani.robertson@eryri.llyw.cymru](mailto:dani.robertson@eryri.llyw.cymru)

**Orangutan - Is there hope for their survival?**

Hannah Sabrun organised Wild Orangutan Tours in the Bornean jungle. In this illustrated talk Hannah will talk about the threat they face from palm oil and deforestation. 7.30pm, £3. Pencychnant Centre, Conwy. Julian 01492 592595, [pencychnant.co.uk](http://pencychnant.co.uk)  
**Ysbytu Gwynedd Radio Concert** Presenting: Elin Fflur, Dylan a Neil, Phil Glass a'r band and more. 7.30pm, £10. Ucheldre Centre, Holyhead 01407 763361, [ucheldre.org](http://ucheldre.org) (You can join the Ysbytu Radio team by contacting 07579 062034).

**25th FRIDAY & 26th SATURDAY**

**Four Nations History Festival** The festival will explore the shared yet distinct histories of England, Ireland, Scotland and Wales and will bring together leading and emerging scholars in this fascinating and multifaceted field. Speakers include Sir David Starkey CBE, Lucy Worsley OBE, David Olusoga OBE. Held at Bangor University. Tickets from: [pontio.co.uk](http://pontio.co.uk) Full programme from: [fournations.bangor.ac.uk](http://fournations.bangor.ac.uk)

**25th FRIDAY - 27th SUNDAY**

**Chamber Music** Following three highly successful string orchestra courses, this fourth musical weekend will again be conducted and tuned by Louise Latham. For cost contact: Plas Tan y Bwlch, Maentwrog LL41 3YU. 01766 772600, [eryri.llyw.cymru](mailto:eryri.llyw.cymru)

**Letting Go** This program will help embed a sense of being fluid and motivated for positive forward change, at a subconscious level, with acceptance and compassion for yourself and others around you. When we embrace the new and become more of who we are meant to be, it results in peace, balance and joy which emanates out to all. The more we nurture ourselves the more we can embrace our true purpose and offer our unique service to others. £305+, Trigonos, Nantlle. Bookings: [info@inspireandrewire.com](mailto:info@inspireandrewire.com)

**25th FRIDAY - 28th MONDAY**

**Eco-Refurbishment** Transform buildings into cosy, low impact, energy efficient homes. Refurbishing our homes to make them more energy efficient is one of the key aspects of effective action on climate change. £500, concs/low waged £450. CAT, Machynlleth 01654 704966, [cat.org.uk](http://cat.org.uk)

**25th FRIDAY - 30th WEDNESDAY**

**Judy** (12A) Film. 1968 and showbiz legend Judy Garland arrives in Swinging London to perform a five-week sold-out run at The Talk of the Town. £7.50, £6.50 over 60, £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, [pontio.co.uk](http://pontio.co.uk)

**26th SATURDAY**

**CACH Foundation in Crystal Healing** This course consists of five full days of training. You'll meet like-minded people, learn about the power and energy of crystals, as well as begin to understand your own unique talents in a profound way. Today: syllabus stones, choosing crystals, cleansing and charging crystals. 10am - 5pm, £350 for all five days. £50 deposit, payment plan available. Held at Chester Health Store, 59 Bridge St., Row, Chester CH1 1NW. Tickets & info: [cariadcrystalhealingandspiritualguidance.weebly.com](http://cariadcrystalhealingandspiritualguidance.weebly.com)



**Craft Fair** Last Sat/month. Range of quality handmade crafts. 9am - 2pm, light refreshments available. Y Canolfan, High St., Portmadog LL49 9LU. paulinedurham@live.co.uk

**Love Without Pain** Real love never causes pain! It is a source of peace and joy, and the foundation of all healthy and positive relationships. When we experience pain in our relationships with others, it isn't love that is the cause; pain comes from our uncontrolled desires and our attachment to the fulfilment of our own wishes. Left unchecked, these things can destroy even our closest and most precious relationships with others. On this half-day course we will learn how to distinguish between the love and attachment in our own minds, so that we can remove the cause of hurt from our heart and learn to love without pain. 10.30am - 1pm, £15. Kalpa Bhadra Buddhist Centre, Llandudno LL30 1YY. 01492 878778, meditatorenorthwales.com

**Managing a Small Woodland** On this one day course we will look at the 50 acres of Warren Woods as a whole and at several different compartments – coppice with standards, continuous cover, new plantings, conversion of softwood to hardwood etc. The overall management plan will be examined and successes and failures discussed. The course is suitable for people who have recently bought a small woodland or are thinking of buying one and want some pointers to what they might do with it. £50, deposit £30. Woodland Skills Centre, Bodfari, Denbigh O1745 710626, woodlandskillscentre.uk

**COFNOD Conference** Includes speakers on Moth Trapping, Evidence, Vanishing Vipers, Grey Seals, COFNOD Grant Scheme, Wildlife Photography, Fungi, Celtic Rainforests Wales. 10am - 4.30pm. Held in Llandudno. Book: cofnod.org.uk/Bookings

**Shave Horse 1** Make your own "modern" pattern shave-horse to take home, based on the design of Mike Abbott. Learn how to cleave green wood and shape it with a draw-knife on your new shave-horse. £80, deposit £40. Woodland Skills Centre, Bodfari, Denbigh O1745 710626, woodlandskillscentre.uk

**Iwan Llewelyn-Jones: Beethoven - A Creative Genius** Iwan returns to mark the 250th anniversary of Beethoven's birth with a series of recitals that feature the piano music of this extraordinary composer. 7.30pm, £12, £10 concs., £4 children. Ucheldre Centre, Holyhead O1407 763361, ucheldre.org

**Verity Pulford: Meet the Maker** An opportunity to meet the artist, find out more information and view the work being produced on the next stage of the Arts Council of Wales funded project. The artist will also have a display of work to date and sketchbooks and photographs to view. 10.30am - 12.30pm & 1.30 - 3.30pm. Free event. Ruthin Craft Centre, LL15 1BB. O1824 704774, ruthincraftcentre.org.uk

**9Bach** Critically acclaimed band who recast traditional Welsh folk songs with haunting sounds. 8pm, £14, £12 students & u18s. Pontio, Bangor O1248 382828, pontio.co.uk

## 26th SATURDAY & 27th SUNDAY

**Gwledd Conwy Feast** Music, arts and crafts, food for the family, weekend ticket is £14. Conwy Castle as venue and around town. More from conwyfeast.co.uk

## 26th SATURDAY - 1st NOVEMBER, FRIDAY

**Real Adventure Holidays A** 4 day rolling program: Rock Climb, Mountain Walk, Mind Exploration, Gorge Scrambling, open to all from 8+ yrs. Various costs. Field Studies Council, Rhyd-y-Creiau, Draper's Field, Betws-y-Coed, Conwy LL24 0HB. O1690 710494, enquiries.rc@field-studies-council.org

## 27th SUNDAY

**Clocks go back 2am**

**Left/Right Symmetry ~ Feldenkrais Method** Is it important to be symmetrical? For some activities it is, but maybe not always. Explore the differences in the movement of your right and left sides to find a new balance. 10am - 1pm, £30. Verve Health, Fitness & Wellbeing, 2 - 4 George St., Llangollen LL20 8RE. Veronica Rock O7790 825783, vhrock@feldenkrais.co.uk

**Snowdonia Marathon 2019** The Snowdonia Marathon starts and finishes in Llanberis, circumnavigating the Snowdon massif. Join Snowdonia Society staff and volunteers while providing vital supplies and encouragement to passing runners. Free t-shirt and packed lunch provided for all volunteer marshals taking part. 10.30am - 4.30pm. To register your interest, get in touch with Claire: claire@snowdonia-society.org.uk

**A Writing Masterclass: Change, Climate, Landscapes, Planets** Based on the subject of Suzannah's poetry collection, *Near Future*, learn to write eco-poetry, and to consider the difference between a nature poem and an eco-poem. You will sketch and draft poems on the potential effects of climate change on landscapes you know well – a coastline, for example, or a flooded hometown. 10am, £35 includes lunch. Gladstone's Library, Hawarden, Chester CH5 3DF. O1244 532350, gladstoneslibrary.org

**Practical Woodland Tasks** This Course can be done on its own or in conjunction with the theoretical course on the day before. We will plant some trees and learn about techniques for planting and aftercare. We will harvest some coppice hazel and look at its uses. We will visit an area of new planting and consider which trees need to be marked as potential standards and how they can be improved by formative pruning and then prune them. £50, deposit £30. Woodland Skills Centre, Bodfari, Denbigh O1745 710626, woodlandskillscentre.uk

**Star Gazing** Join local astronomer Rhys Mwyn for this stargazing event. Includes an astronomy related presentation or talk, stargazing and observing the skies through telescopes; weather permitting. 7 - 9.30pm. Valle Crucis Abbey, Llantysilio, Llangollen LL20 8DD. Contact NW Dark Sky Partnership dani.robertson@eryri.llyw.cymru

**Raymondo: Bolshoi Ballet** The story of gallant knights, love, travel and rejection. 3pm, £13, £10. Neuadd Dwyfor, Pwllheli O1758 704088, neuaddwyfor.com

**Manon: MET Opera** Music by Massenet. Manon tells the story of an impulsive young woman who is drawn into a world of male desire. She recklessly chooses luxury over love and, in doing so, pays the ultimate price. £10, £8 concs., £4 children. Ucheldre Centre, Holyhead O1407 763361, ucheldre.org

## 27th SUNDAY - 30th WEDNESDAY

### ReWilding the Mind

This retreat will give participants an opportunity to reconnect



with themselves and with the natural world. It takes the form of guided mindfulness meditations, discussions and walks in the countryside and will be co-led by Claire Thompson and Jonathan Stacey. £350 all inclusive. Trigonos, Nantlle LL54 6BW. 01286 882388, trigonos.org

## 28th MONDAY

### New Moon in Scorpio 3:38am GMT

**Memory Café** Last Mon/month. For those living with dementia, their families, friends and carers. Enjoy a relaxed atmosphere with like-minded people. Every month we have something different going on, including entertainment, guest speakers and activities such as bingo. Refreshments are provided. The event is always free to attend, with donations welcomed, legal experts available each month for help with queries. 2 - 4pm. Kinmel Bay Community Library, Kendal Road, Kinmel Bay, Denbighshire LL18 5BT, 01745 772150, homeinstead.co.uk

**Pumpkin Pick, Carve + Picnic** We are hosting this event in two stages. One group starting at 9am, the other at 11am with a max number of 12 children per group. All ages welcome, with supervision, essential during the pumpkin carving due to the tools being used. Take your pumpkin home. All welcome! Hawarden Estate, Flintshire CH5 3FB. 01244 533442, manager@hawardenestate.co.uk

## 28th MONDAY -1st NOVEMBER, FRIDAY

**Autumn Mountain Walking** This time of year offers a unique change in scenery as the beautiful Autumn colours entice you in. Whether it is under the canopy of the forest or high up in the mountains, the wildlife is everywhere. Spot a Buzzard above or a wide range of woodland birds foraging. £414 - £454. Plas Tan y Bwlch, Maentwrog LL41 3YU. 01766 772600, eryri.llyw.cymru

**Autumn in the Gardens of Snowdonia and North Wales** During the course the group will visit some of the finest gardens within the region. In each garden you will learn about the history, design and plant collections, as well as experiencing autumn colours at their best. Gardens will include Aber Artro, Bodnant, Nanhoron, Plas Brandon, Plas Cadnant, Plas Tan y Bwlch, Plas Yn Rhiw and Portmeirion. £434 - £474. Plas Tan y Bwlch, Maentwrog LL41 3YU. 01766 772600, eryri.llyw.cymru

## 28th MONDAY - 2nd NOVEMBER, SATURDAY

**Autumn Retreat** Find creative refuge where you can finish your writing and take time to read and reflect. Everyone will have a room of their own, and homemade meals made with local ingredients. Writer in residence Julia Forster will join us from Monday to Wednesday evening, and will lead two workshops looking at professional writer development. Julia will also be available for one-to-one creative writing surgeries with all participants. £350 - £500. Tŷ Newydd Writing Centre, Llanystumdwy, nr Criccieth LL52 0LW. 01766 522881, tynewydd.wales

## 28th MONDAY - 3rd NOVEMBER, SUNDAY

**Autumn Working Party** Contact Eric at Cae Mabon for more details. Cae Mabon, Fachwen, Llanberis 01286 871542, caemabon.co.uk

## 29th TUESDAY

**Red Sparrow Writers at RSPB Conwy** Pop-up Exhibition of Fun Fantasy Illustrations in the Look Out with authors and illustrators present for chats and signings. Prints and books available for purchase. 10am - 12.30pm. All welcome. At 2pm there will be Storytelling and fun activities, till 4pm, with Kim Vertue, author of 'Welcome to the Dragon Café' and Remy Dean author of 'This, That and the Other' who will be joined by young illustrator Zel Cariad for workshops where you can try your hand at illustration to inspire your own story. Suitable for ages 7 - 14. Spaces are limited. Booking essential. £3 RSPB members, £4 non-members. RSPB Conwy 01492 584091, rspb.org.uk/reserves-and-events

**Bereavement Café** A safe space to come together for a chat, cuppa, share experiences, encouragement strength and understanding. You are not alone. 10am - 12pm, Tŷ Doctor, Nefyn. Contact Rev. Sara Roberts 07967 652981, sara@bromadryn.church

**Linocut Workshop** with Jen Corr. Session led by Jen from Peris + Corr, who will show participants how to experiment with tools and techniques to design and create your own linocut. 6.30 - 8.30pm, £25. Galeri, Caernarfon 01286 685222, galericaernarfon.com

**Wild In The Woods** Let the wild side of your child loose in the woods for a whole day of activities led by experienced Forest School Leaders. Open to children aged 6 - 12 years. 10am - 4pm. Chirk Castle. Woodland Classroom 07876 794098, woodlandclassroom.com

**Woodland Walk and Beach Clean** A morning woodland wander at Wern Nynach followed by an afternoon beach clean with NWWT's Eve Grayson. Only half a day available! Meet in the car park at 1pm and help us on the beach! Bring lunch, and gloves for beach clean. Meet at car park end of the prom, 11am - 3.30pm, Barmouth. Janet Baker 07812 659593, jemmole@hotmail.com

**Healing Well** The Gwynedd Healing & Peace Group offers hands-on healing at Y Ganolfan, Pentrefelin (nr Criccieth) from 7 - 8.30pm, All welcome. Mayamara 01766 770874.

**Leonardo - The Works** Film. Part of the global celebration marking the 500th anniversary of the artist's death. Notably, the film presents every single painting attributed to Leonardo. 5.30pm & 8pm, Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

**Star Gazing** Join local astronomer Rhys Mwyn for this stargazing event at Criccieth Castle. Includes an astronomy related presentation or talk, stargazing and observing the skies through telescopes weather permitting. 7 - 9.30pm, £10, £8. Bookings: cadw.gov.wales

**November (15)** Film. It's a folk tale of love, too odd to begin with "once upon a time," and far too peculiar to end with "happily ever after." From Estonia with subtitles. 7.30pm, Chester Film Society, St Mary's Creative Space, Chester. Contact: chesterfilmfans.co.uk

**Carmen** Opera by Bizet, 7.15pm, £17 - £45. Sung in French with English and Welsh subtitles. Venue Cymru, Llandudno 01492 872000, [venuecymru.co.uk](http://venuecymru.co.uk)

**29th TUESDAY & 30th WEDNESDAY**

**Lleu Llwg Gyffes with Aled Jones Williams** Lleu isn't half the god he was in Mabinogi, and in this iconoclastic piece Aled explores the loss of faith, the destruction of myths and the everlasting tenderness of mankind. 7.30pm, £12, £10 concs., Galeri, Caernarfon 01286 685222, [galericaernarfon.com](http://galericaernarfon.com)

**30th WEDNESDAY**

**Upcycling Workshop** *See 2nd*

**Survivors of Bereavement by Suicide** A unique and distinct service for bereaved adults which exists to meet the needs and break the isolation experienced by those bereaved by suicide. A self-help organisation which aims to provide a confidential, non-judgemental safe environment in which survivors can share their experiences and feelings, so giving and gaining support from each other. 7.30 - 9.30pm, free. Meeting Room, Storyhouse, Chester 01244 409113, [storyhouse.com](http://storyhouse.com)

**The House of Vestra** New moon gatherings, we sit in circle and share our stories... we talk, share, laugh, cry and bare witness. We use the energy of the new moon to let go and begin again, setting intentions and promises for the month ahead. Includes sage bundling at this event. £15. Max of 12 women. The Goddess Collective, 50 Elizabeth Crescent, Chester CH4 7AZ. Visit: [thegoddesscollective.co.uk](http://thegoddesscollective.co.uk)

**Rigoletto** With music by Verdi, 7.15pm. Sung in Italian with English and Welsh subtitles. £17 - £45. Venue Cymru, Llandudno 01492 872000, [venuecymru.co.uk](http://venuecymru.co.uk)

**Lara Melda ~ Piano** Performs music by Saint-Saens. 7.30pm, £15. Held in Rhyl Town Hall, LL18 1BA. 01745 561006, [rhylmusic.com](http://rhylmusic.com)

**31st THURSDAY**

**Chester Poets** Last Thurs/month. The group is a meeting place for members to share information about: poetry events, members news, poetry news and Chester Poets in general. 8pm in The Old Boot, Chester. All are welcome. Facebook: Chester Poets

**Tree Planting** For this day we will be joining the National Trust on the Ysbyty Ifan Estate to plant native trees that will not only help mitigate climate change but will also greatly benefit wildlife in the area. 10am. Booking essential, Snowdonia Society, 01286 685498, [dan@snowdonia-society.org.uk](mailto:dan@snowdonia-society.org.uk)

**Dracula ~ Northern Ballet Live Screening** Bram Stoker's legendary vampire lives on, with sensuous dancing, gripping theatre and Gothic sets. 7.15pm, £10, £8 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, [ucheldre.org](http://ucheldre.org)

**31st THURSDAY - 1st NOVEMBER, FRIDAY**

**Bara Caws: Lleu Llwg Gyffes** With Aled Jones Williams. Lleu isn't half the god he was in the Mabinogi, and in this iconoclastic piece Aled explores the loss of faith, the destruction of myths and the everlasting tenderness of mankind. 7.30pm, both days. 14yrs + £12, £10. Neuadd Dwyfor, Pwllheli 01758 704088, [neuadddwyfor.com](http://neuadddwyfor.com)

**31st THURSDAY - 3rd NOVEMBER, SUNDAY**

**Space To Be: A Trigonos Retreat** These retreats are open to any individual who is looking for some quiet but purposeful time in beautiful surroundings with a light-touch, semi-structured programme that is hosted and facilitated by Trigonos. In small groups (up to 7 people) the retreat will run separately but alongside other groups staying at Trigonos at the same time. Using the spacious studio as the group's base, each day will start with a meeting of the group to plan the day (what individuals want to do on their own and what the group might do together) and end with another gathering to share reflections at the end of the day. Facilitated by one of the Trigonos founders, Ros Tennyson - [ros@rostennyson.info](mailto:ros@rostennyson.info) Held at Trigonos, Nantlle LL54 6BW. 01286 882388, [trigonos.org](http://trigonos.org) *See Page 7*

Copydate for November issue:

**October 18th**

[info@network-news.org](mailto:info@network-news.org)

07777 645154

**"If We Can Save the Banks,  
We Can Save the World"**  
Greta Thunberg

**Helena Hawley**

**Intuitive Vocal Sound Healer,  
Channel, Speaker & Authoress**



"Helena gives talks on Sound Healing with demonstrations, and audience participation, as well as covering the other kingdoms, such as the animals, angels, trees, fairies etc. illustrated by stories from her own life and experiences."

Published works include *The Other Kingdoms Speak*, *My Inner Life*, *My Spiritual Journal*, *Maria Callas and I (& sequel)*, *Helena's Book of Healing*, *Fairies & Sasquatch*. Contact:

[info@helenahawley.co.uk](mailto:info@helenahawley.co.uk)

[www.helenahawley.co.uk](http://www.helenahawley.co.uk)

## Exhibitions

### Femke van Gent

25th September - 29th October. Paintings and work from our wonderful cover artist Fem. Includes previous NN covers and project paintings Fem has been involved in. Waitrose Supermarket, Menai Bridge. Contact Fem: femkevangent.art



**Slate ~ Cefyn Burgess & Sian Owen** Until 12th October. Examples of carved slate at Storiel. These were carved by quarrymen in the 19th century, mostly found at Dyffryn Ogwen. Also shown are contemporary woven textile designs and mixed media prints inspired by patterns on carved slate. Storiel, Bangor 01248 353368, storiel.cymru

**Llonau-U / U-Boat** Until 5th January 2020. The U-boat project 1914 - 18 is using the latest underwater imaging techniques to reveal wrecks from the Great War and support communities to seek out previously untold stories about their ancestor's experiences. Some community stories are displayed alongside the underwater exploration results. Oriol Ynys Mon, Anglesey 01248 724444, kyffinwilliams.info

**Neil Bottle ~ All That Remains** 19th October - 12th January 2020. Neil's work is inspired by family photographs, a sense of time passing and how we remember things - in both real and false memories. The textile prints are accompanied by personal, sentimental objects that were the starting point for many of the stories Neil is telling - 'I like the idea of objects that have history embedded in them,' he says. Ruthin Craft Centre, LL15 1BB. 01824 704774, ruthincraftcentre.org.uk

**Elisabetta Benassi ~ Empire** Until 27th October. An installation of terracotta bricks, hand-crafted in the UK from clay ranging in colour from red to black. The bricks are configured as a site-specific installation - the size, shape and appearance of each installation determined by its relationship to the setting; self-supporting structures assembled without mortar and in an intrinsically stable conformation. The work addresses the crux of the relationship between ancient spaces, archaeological heritage and the contemporary museum. Mostyn, Llandudno 01492 879201, mostyn.org

**Crossing Beaches ~ Croesi Traethau** Until 19th January 2020. The Sian and Ken Owen Art Collection featuring over 80 paintings of Wales' foremost artists. Oriol Kyffin Williams, Llangedfni, Anglesey 01248 724444, oriel@ynysmon.gov.uk

**Mostyn Open 21** Until 27th October. Disciplines including textiles, photography, painting, sculpture, installation and film and video. Over 30 artists display their work for the Main Mostyn Award (which went to Sarah Entwistle). Mostyn, Vaughan St., Llandudno 01492 879201, mostyn.org

**Julie Roberts ~ Views of The West** Until 21st October. "I mainly work in watercolour, but have a love for acrylics too, the landscape of my locality lends itself to both mediums, my favourite subjects are buildings, trees and the sea". Oriol Mon, Anglesey LL77 7TQ, 01248 724444, oriel@ynysmon.gov.uk

**Kieran Lyons ~ Drawings** 31st August - 12th October. The pencil drawings in this show span the period 2012-2019. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com ~ keiranlyons.uk

**Trwy Wahoddiad - By Invitation** Until 12th October. Bev Bell-Hughes RCA (winner of the Gold Medal for Craft at this year's National Eisteddfod) invites a selection of Welsh artists - painters, sculptors, ceramicists and photographers - to the Cambrian. RCA, Conwy LL32 8AN. 01492 593413, rcaconwy.org

**Ein Tir ~ Our Land** Until 3rd October. A group exhibition which showcases selected Helfa Gelf members in Denbighshire. The exhibition displays finished artworks and elements of the working practices of the selected artists with explanations of materials, techniques, tools, samples and processes. Artists: Margaret Carter, Verity Pulford, Claire Acworth, Sarah Bartlem, Richard Morris, Tara Dean, Penny Alexander, Julia Musgrave. Ruthin Craft Centre, LL15 1BB. 01824 704774, ruthincraftcentre.org.uk

**Brink ~ Ar Drothwy** 28th September - 3rd November. Exploring the evolving relationship between art and modern technology, artists Jess Bugler, Ruth Cousins, Sarah Holyfield and Matthew Day, embrace this digital context within their work to question the nature of our modern world. Art Gallery, Oriol Gelf, Llangedfni LL77 7TQ. 01248 724444, oriel@ynysmon.gov.uk

**Lettering: Art & Illusion** 19th October - 12th January. The work depicts lettering that is created by hand through calligraphy, letter cutting, painting and engraving. Ruthin Craft Centre, LL15 1BB. 01824 704774, ruthincraftcentre.org.uk

**Bill Kneale ~ Viewpoints/Golygfannau** 22nd October - 9th February 2020. "My paintings are visual journeys mostly into the mountains and coast of North Wales." Oriol Ynys Mon, Anglesey 01248 724444, kyffinwilliams.info

**Horizons II: Angie Hoopert & Catherine Taylor Parry** Until 5th October. Community gallery exhibition. Theatr Clwyd, Mold. 01352 344101, theatrclwyd.com

**Aelwyd ~ Towards a Contemporary Welsh Interior** Until 13th October. Aelwyd - Welsh for Hearth, synonymous with home. Through their material, making, story or use, the objects in this exhibition explore a deep-rooted sense of belonging and home. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

**Basketry ~ Function & Ornament** Until 13th October. This exhibition looks at current practice of some thirty makers from throughout the UK. It brings together functional vernacular work from various parts of the country, alongside pieces that are sculptural and ornamental. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

**Slate ~ Cefyn Burgess & Sian Owen** Until 12th October. These were carved by quarrymen in the 19th century, mostly found at Dyffryn Ogwen. Also shown are contemporary woven textile designs and mixed media prints inspired by patterns on carved slate. Storiell, Bangor 01248 353368, storiell.cymru

**Rachel Stuart** 1st - 31st October. Promoting the work of local artists in various mediums. Art Studio, Oriell Ynys Mon, Anglesey 01248 724444, kyffinwilliams.info

**Susan Williams ~ Trace** Until 24th October. Trace visually explores how humanity has altered the visual appearance of the North Wales landscape. Using aerial photography as source material, Susan constructs digital and laser manufactured images incorporating drawing and painting. Pontio, Bangor 01248 382828, pontio.co.uk

**Mary Edwards ~ Journey Through Doubtful Frontages 1930s - 2019** Until 13th October. A large body of work produced over a lifetime by local artist and Holyhead resident Mary Edwards. Now in her 80s Mary Edwards' exhibition contains pieces in pen and ink, watercolour, collage - produced using her own images. It is a very interesting, colourful and intriguing exhibition. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

**NW Potters ~ Maker of the Month** in October is Ceramicist Nichola Naylor. 1 High St., Conwy LL32 8DB, 01492 593590, northwalespotters.org

**Literary Atlas ~ Atlas**

**Lenyddol** Until 25th October. This exhibition explores how English language novels set in Wales contribute to our understanding of the real-and-imagined nature of the country, its history and its communities. The work was commissioned to create new artworks inspired by 12 of the books plotted on the project. Galeri, Caernarfon 01286 685222, galericaernarfon.com

**David Grosvenor ~ Paintings** Until 9th October. *"He understands how the landscape around him works: how the weather and the light can change the colour and texture of a lake, how the skies clot and clear, how the mountains stand arrogant and bright sometimes and at other times retreat behind sheets of mist to brood or plot."* Ffin y Parc, Llanrwst LL26 0PT 01492 642070, welshart.net

**Mike Jones ~ Paintings** Until 9th October. His subjects are his neighbours - the farmers and their wives, the working men and women. With great skill and economy, and with great affection, he suggests the characters and relationships that create and sustain a community. Ffin y Parc, Llanrwst LL26 0PT 01492 642070, welshart.net

**Clive Hicks-Jenkins RCA ~ Sir Gawain & The Green Knight** Until 12th October. A suite of screenprints from the new revised edition of Simon Armitage's translation of the medieval poem. RCA, Conwy LL32 8AN. 01492 593413, rcaconwy.org

**Kim Atkinson & Ian Phillips ~ Bardsey** Until 2nd November. The rugged coast, wildlife and people at work portrayed in limited edition relief prints by these two well-respected artists. Storiell, Bangor 01248 353368, storiell.cymru

**Carl Chapple** Until 9th October. paintings and drawings created collaboratively with dancers through processes of improvisation, as well as responses to rehearsals of productions such as Romeo and Juliet, Celtic Concerto, and Divided We Stand. They are little jewels of grace and intensity, at once expressive and introspective. Ffin y Parc, Llanrwst LL26 0PT 01492 642070, welshart.net

**Julia Wilson Art** Until 1st October. Nature, landscape, animals. Open 9.30am - 4.30pm, Mon - Fri. Llangollen Pavilion, Abbey Rd., 01978 860111, llangollenpavilion.co.uk

**Autumn Season Exhibition** 6th October - 24th December. Join us to celebrate the opening of the exhibition on 6th October 2pm. New exhibitors are: Gwyn Roberts, Daniel Robertson, Teresa Jenellen, Billy Bailhole, NW Potters; plus Gallery artists. Plas Glyn Y Weddw, Llanbedrog, Pwllheli 01758 740763, oriel.org.uk

**Northern Eye Fringe Festival Exhibition** 7th - 20th October. There are a group of at least a dozen talented photographers covering many topics. Mostly in Oriell Colwyn, but venues/dates to be confirmed. More from: northerneyefestival.co.uk

**Malcolm McLean ~ Landscape Artist** Throughout October. Extended from September. Open Mon-Sat 10am - 4pm; Sun 10am - 2pm. Oriell Ger y Ffena, Holyhead Rd., Llanfairpwll, LL65 5YQ, 01248 541143, orielgerffena.co.uk

**Dylan Arnol Cymru Gudd ~ Hidden Wales** Until 16th November. *"The idea for my Hidden Wales project grew from my lifelong fascination and love of exploring off-the-beaten-track places. Like many, I've always been drawn to the mysteries within hidden and derelict places. The stories that I imagined, contained within their silent, crumbling walls always fired my imagination. Someone once said there is beauty in decay. This saying has always resonated with me."* Storiell, Bangor 01248 353368, storiell.cymru

**Sian Ellis ~ Natural Elements** Until 13th October. Open: Tues & Thurs, 10am - 5pm, Sun 11.30am - 4.30pm. Oriell Ty Meirion, Dyffryn Ardudwy LL44 2DH. More information at tymeirion.co.uk

**Folklore & Fairytales of North Wales** 20th October - 5th January 2020. An autumn and winter mixed exhibition by a group of artists depicting their interpretations of the Folklore and Fairytales that surround us in North Wales. Open: Tues & Thurs, 10am - 5pm, Sun 11.30am - 4.30pm. Oriell Ty Meirion, Dyffryn Ardudwy LL44 2DH. More information at tymeirion.co.uk

**Pedair** Until 25th October. An exhibition by four female artists: Pat Butters, Cheryl Chricton-Edwards, Theresa Fox-Byrne and Anwen Hughes. All 4 live and work in north Wales and their work is deeply rooted in the Welsh landscape and culture. Galeri, Caernarfon 01286 685222, galericaernarfon.com

**Wil Rowlands ~ Erosion / Erydu** Until 4th January 2020. Wil Rowlands explores the erosion of things we see and of things we feel, and considers the consequence of that change. Storiell, Bangor; storiell.cymru



## Centres in North Wales: Workshops in November & December

### Centre for Alternative Technology (CAT)

Machynlleth,  
01654 704966, cat.org.uk

#### NOVEMBER

- 9        **Build a Lapsteel Guitar**  
23       **Compost Toilets**  
24       **Reedbeds & Waste Water  
Management**

#### DECEMBER

- 4 & 5    **Zero Carbon Britain**

### The Healing Centre

8 Fron Ogwen,  
Tregarth, nr Bangor LL57 4NP  
01248 601388,  
07771 280 824  
vivreiki@hotmail.com

#### NOVEMBER

- 2 & 3    **Reiki, 2nd Degree Course**  
9 & 10   **Reiki, 1st Degree Course**  
30/11 & 1/12 **Reiki, 1st Degree Course**

### Dru Yoga Snowdon Mountain Lodge

Nant Ffrancon, Bethesda LL57 3LX  
01248 602900, druyoga.com

#### NOVEMBER

- 1 - 3    **Ayurveda Health Coach Diploma**  
8 - 10   **Yoga Dance Retreat**

#### DECEMBER

- 5- 9    **Bhagavad Gita & Meditation Retreat**

### Kalpa Bhadra Buddhist Centre

34 Mostyn Street  
Craig y Don,  
Llandudno LL30 1YY  
01492 878778,  
meditatenorthwales.com

#### NOVEMBER

- 2 & 3    **Healing Ourselves and Others**  
9        **Reducing Stress & Anxiety** *Half day*  
16       **Letting Go of Self-Criticism** *Half day*

#### DECEMBER

- 14       **Dissolving Painful Feelings** *Half day*

### Field Studies Council

Rhyd-y-Creuau, Draper's Field  
Betws-y-Coed, Conwy LL24 0HB  
01690 710494,  
enquiries.rc@field-studies-council.org

#### NOVEMBER

- 4 - 9    **Mountain Leader Award Training**  
11 - 15 **Mountain Leader Assessment**

### Gladstone's Library

Hawarden, Chester CH5 3DF  
01244 532350,  
gladstoneslibrary.org

#### NOVEMBER

- 3 - 8    **Writing Fiction: GladFic**  
15 - 17 **Liquid Faith: Spirituality of Water**  
21 - 23 **Stages on the Way**  
24       **Writing Masterclass: Fact into  
Fiction**

### Woodland Skills Centre

The Warren, Bodfari, Denbigh  
01745 710626,  
woodlandskillscentre.uk

#### NOVEMBER

- 2        **Corn Dollies Improvers**  
2 & 3    **Hedge Laying**  
3        **Rush Hat**  
9 & 10   **Make a Pole Lathe**  
16       **Coppice Crafts; Also Rush Hats 2**  
16 & 17 **Make a Rustic Chair**  
23 & 24 **Make a Traditional Shave Horse**  
30       **Christmas Crafts**

#### DECEMBER

- 7        **Christmas Crafts**

**Plas Tan y Bwlch**  
Maentwrog LL41 3YU  
01766 772600,  
eryri.llyw.cymru

NOVEMBER

- 29/11-1/12 **Tiffany Stained Glass Making**  
8 - 10 **About Welsh**  
8 - 10 **Hillforts & Welsh Castles**  
22 - 24 **Discovery of Wales, the Discovery of Britain**  
22 - 25 **Exploring with Mixed Media & Collage**

**Tŷ Newydd Writing Centre**

Llanystumdwy, nr Criccieth LL52 0LW  
01766 522881, tynewydd.wales

NOVEMBER

- 4 - 9 **Myth & Fairytale in Fantasy Fiction**  
11 - 15 **Writing Short Stories**  
22 - 24 **Creative Learning for Welsh Learners**

**Trigonos Environment Centre**

Plas Baladeulyn, Nantlle LL54 6BW  
01286 882388, trigonos.org

NOVEMBER

*see page 7*

- 8 - 10 **Formby Yoga**  
8 - 10 **Yoga & Sound**  
11 - 14 **Mayfly - Mindfulness for Care Workers**  
14 - 17 **Circle Dance and Sound Healing**  
22 - 24 **Debbie Radcliffe Yoga**  
24 - 27 **The Mindfulness Network**  
25 **Merry Vegan Midwinter Workshop**  
29/11-1/12 **Yoga and Sound**

DECEMBER

- 1 - 7 **Mindful Movement Retreat**  
20 - 22 **Yogasmiths**

**Vajraloka Buddhist Retreat**

Treddol, Corwen LL21 0EN  
01490 460406,  
vajraloka.org

DECEMBER

- 7 - 14 **Wake Up - Sit Up**  
20 - 27 **Practice Retreat for Men; &**  
27/12-3/1 **Practice Retreat for Men**

**Mostyn**

12 Vaughan St.,  
Llandudno LL30 1AB  
01492 879201, mostyn.org

NOVEMBER

- 3 **Introduction to Paper Cutting**  
30 **Mixed Media Festive Stars & Angels**

**North Wales Retreat**

The Old Rectory,  
Llanfachraeth, Anglesey  
07970 409724, northwalesretreats.com

NOVEMBER

- 10 **Yoga Teacher Training Day**



**WOODLAND SKILLS CENTRE**

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.

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](http://www.woodlandskillscentre.uk)

## Workshops in November & December

### NOVEMBER

- 2 **Rush Masking Making** Siop Iard, Caernarfon LL55 1RR. 01286 672472, siopiard.com
- 2 **Silver Earrings Taster Session** Galeri, Caernarfon 01286 685222, galericaernarfon.com
- 2 **Christmas Lantern Workshop** Eryrys, Mold. Verity Pulford Glass 07452 840331, verity\_pulford@hotmail.com
- 2 & 3 **Reiki, 2nd Degree Course** Tregarth, Bangor. Viv 01248 601388, 07771 280824, vivreiki@hotmail.com
- 3 **Yoga Day with Tracey Joscelyne** Portmeirion. Tracey 07809 485323, traceyyogamassage.co.uk *Also 15th December*
- 8 - 10 **Yoga & Relaxation Weekend** Menai Bridge. Laura Bell, 07989 512859, thezestlife.co.uk
- 8 - 10 **Mindfulness & Gentle Yoga** Noddfa, Penmaenmawr. Contact: inessentia.co.uk
- 9 **Screen Printing Taster Session** Galeri, Caernarfon 01286 685222, galericaernarfon.com
- 16 **Singing For Larks** Canolfan Penrallt Centre, Upper Bangor, LL57 2EU. Bookings: 0161 881 0855, faith@singingforlarks.co.uk
- 22 - 24 **Yoga & Relaxation Weekend** Menai Bridge. Laura Bell, 07989 512859, thezestlife.co.uk
- 23 **Beaded Pendant or Brooch** Siop Iard, Caernarfon 01286 672472, siopiard.com
- 23 **Christmas Decorations Taster Session** Galeri, Caernarfon 01286 685222, galericaernarfon.com
- 24 **Moving Forward by Going Back ~ Feldenkrais Method** Llangollen. Veronica Rock 07790 825783, vhrock@feldenkrais.co.uk

### DECEMBER

- 2 **Christmas Lantern Workshop** Eryrys, Mold. Verity Pulford Glass 07452 840331, verity\_pulford@hotmail.com
- 7 & 8 **How to Create a Mixed Media Collage** Ruthin Craft Centre, LL15 1BB. 01824 704774, ruthincraftcentre.org.uk
- 10 **Christmas Wreath Making** 2 sessions; Siop Iard, Caernarfon LL55 1RR. 01286 672472, siopiard.com
- 15 **Yoga Day with Tracey Joscelyne** Portmeirion. Tracey 07809 485323, traceyyogamassage.co.uk
- 21 **Mindfulness at Winter** Erddig, Wrexham, led by Woodland Classroom. Bookings: woodlandclassroom.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**

If you run workshops for a positive, sustainable and creative world - let us know and we'll list the details for free.

07777 688440  
network-news.org



## On Fire

Naomi Klein

**For a decade and half**, ever since reporting from New Orleans with water up to my waist after Hurricane Katrina, I have been trying to figure out what is interfering with humanity's basic survival instinct — why so many of us aren't acting as if our house is on fire when it so clearly is. I have written books, made films, delivered countless talks, and co-founded an organization (the Leap) devoted, in one way or another, to exploring this question and trying to help align our collective response to the scale of the climate crisis.

It was clear to me from the start that the dominant theories about how we had landed on this knife edge were entirely insufficient. We were failing to act, it was said, because politicians were trapped in short-term electoral cycles, or because climate change seemed too far off, or because stopping it was too expensive, or because the clean technologies weren't there yet. There was some truth in all the explanations, but they were also becoming markedly less true over time. The crisis wasn't far off; it was banging down our doors. The price of solar panels has plummeted and now rivals that of fossil fuels. Clean tech and renewables create far more jobs than coal, oil, and gas. As for the supposedly prohibitive costs, trillions have been marshalled for endless wars, bank bailouts, and subsidies for fossil fuels in the same years that coffers have been virtually empty for climate transition. There had to be more to it.

Which is why, over the years, I have set

out to probe a different set of barriers — some economic, some ideological, but others related to the deep stories about the right of certain people to dominate land and the people living closest to it, stories that underpin contemporary Western culture. And I have investigated the kinds of responses that might succeed in toppling those narratives, ideologies, and economic interests, responses that weave seemingly disparate crises (economic, social, ecological, and democratic) into a common story of civilizational transformation. Today, this sort of bold vision increasingly goes under the banner of a Green New Deal. Because, as deep as our crisis runs, something equally deep

is also shifting, and with a speed that startles me. Social movements rising up to declare, from below, a people's emergency. In addition to the wildfire of student strikes, we have seen the rise of Extinction Rebellion, which kicked off a wave of non-violent direct action and civil disobedience, including a mass shutdown of large parts of central London. Within days of its most dramatic actions in April 2019, Wales and Scotland both declared a state of "climate emergency," and the British parliament, under pressure from opposition parties, quickly followed suit.

In the United States, we have seen the meteoric rise of the Sunrise Movement, which burst onto the political stage when it occupied the office of Nancy Pelosi, the most powerful Democrat in Washington, D.C. one week after her party had won



back the House of Representatives in the 2018 midterm elections. They called on Congress to immediately adopt a rapid decarbonization framework, one as ambitious in speed and scope as Franklin D. Roosevelt's New Deal, the sweeping package of policies designed to battle the poverty of the Great Depression and the ecological collapse of the Dust Bowl.

The idea behind the Green New Deal is a simple one: in the process of transforming the infrastructure of our societies at the speed and scale that scientists have called for, humanity has a once-in-a-century chance to fix an economic model that is failing the majority of people on multiple fronts. Because the factors that are destroying our planet are also destroying people's lives in many other ways, from wage stagnation to gaping inequalities to crumbling services to surging white supremacy to the collapse of our information ecology. Challenging underlying forces is an opportunity to solve several interlocking crises at once.

In tackling the climate crisis, we can create hundreds of millions of good jobs around the world, invest in the most systematically excluded communities and nations, guarantee healthcare and childcare, and much more. The result of these transformations would be economies built both to protect and to regenerate the planet's life-support systems and to respect and sustain the people who depend on them.

This vision is not new; its origins can be traced to social movements in ecologically ravaged parts of Ecuador and Nigeria, as well as to highly polluted communities of colour in the United States. What is new is that there is now a bloc of politicians in the U.S., Europe, and elsewhere, some just a decade older than the young climate activists in the streets, ready to translate

the urgency of the climate crisis into policy and to connect the dots among the multiple crises of our times. Most prominent among this new political breed is Alexandria Ocasio-Cortez, who, at 29, became the youngest woman ever elected to the U.S. Congress. Introducing a Green New Deal was part of the platform she ran on. Today, with the race to lead the Democratic party in full swing, a majority of leading presidential hopefuls claim to support it, including Bernie Sanders, Elizabeth Warren, Kamala Harris, and Cory Booker. It had been endorsed, meanwhile, by 105 members of the House and Senate.

The idea is spreading around the world, with the political coalition European Spring launching a green new deal for Europe in January 2019 and a broad green-new-deal coalition of organizations in Canada coming together (the leader of the New Democratic party has adopted the frame, if not its full ambition, as one of his policy planks). The same is true in the United Kingdom, where the Labour party is in the middle of negotiations over whether to adopt a green-new-deal-style platform.

Those of us who advocate for this kind of transformative platform are sometimes accused of using it to advance a socialist or anti-capitalist agenda that predates our focus on the climate crisis. My response is a simple one. For my entire adult life, I have been involved in movements confronting the myriad ways that our current economic systems grinds up people's lives and landscapes in the ruthless pursuit of profit. No Logo, published 20 years ago, documented the human and ecological costs of corporate globalization, from the sweatshops of Indonesia to the oil fields of the Niger Delta. I have seen teenage girls

treated like machines to make our machines, and mountains and forests turned to trash heaps to get at the oil, coal, and metals beneath.

The painful, even lethal, impacts of these practices were impossible to deny; it was simply argued that they were the necessary costs of a system that was creating so much wealth that the benefits would eventually trickle down to improve the lives of nearly everyone on the planet. What has happened instead is that the indifference to life that was expressed in the exploitation of individual workers on factory floors and in the decimation of individual mountains and rivers has instead trickled up to swallow our entire planet, turning fertile lands into salt flats and beautiful islands into rubble, and draining once vibrant reefs of their life and colour.

I freely admit that I do not see the climate crisis as separable from the more localized market-generated crises that I have documented over the years; what is different is the scale and scope of the tragedy, with humanity's one and once now hanging in the balance. I have always had a tremendous sense of urgency about the need to shift to a dramatically more humane economic model. But there is a different quality to that urgency now because it just so happens that we are all alive at the last possible moment when changing course can mean saving lives on a truly unimaginable scale.

*Naomi Klein is a senior correspondent at The Intercept, an award-winning journalist and best-selling author, most recently of "On Fire: The Burning Case for A Green New Deal."*

**naomiklein.org**  
**theintercept.com**

## Connection Lost

An excerpt from *Permanent Record* - the new memoir by Edward Snowden

**In the 1990s, the Internet** had yet to fall victim to the greatest iniquity in digital history: the move by both government and businesses to link, as intimately as possible, users' online personas to their offline legal identity.

Kids used to be able to go online and say the dumbest things one day without having to be held accountable for them the next. This might not strike you as the healthiest

environment in which to grow up, and yet it is precisely the only environment in which you can grow up—by which I mean that the early Internet's dissociative opportunities actually encouraged me and those of my generation to change our

most deeply held opinions, instead of just digging in and defending them when challenged. To me, and to many, this felt like freedom.

You could wake up every morning and pick a new name and a new face by which to be known to the world—as if the "Internet button" were actually a reset button for your life. In the new millennium, Internet technology would be turned to very different ends: enforcing fidelity to memory, identarian consistency, and so ideological conformity. But back then, for a while at least, it protected us by forgetting our transgressions and forgiving our sins.

My most significant early encounters



happened not on the Bulletin Boards, however, but in a more fantastical realm: the pseudo-feudal lands and dungeons of role-playing games, MMORPGs (massively multiplayer online role-playing games) in particular. In order to play Ultima Online, which was my favorite MMORPG, I had to create and assume an alternative identity, or “alt.” I could choose, for example, to be a wizard or warrior, a tinker or thief, and I could toggle between these “alts” with a freedom that was unavailable to me in offline life, whose institutions tend to regard all mutability as suspicious.

I’d roam the Ultima gamescape as one of my “alts,” interacting with the “alts” of others. As I got to know these other “alts,” by collaborating with them on certain quests, I’d sometimes come to realize that I’d met their users before, just under different identities, while they, in turn, might realize the same about me. Sometimes I just enjoyed these interactions as opportunities for banter, but more often than not I treated them competitively, measuring my success by whether I was able to identify more of another user’s “alts” than they were able to identify of mine. These contests to determine whether I could unmask others without being unmasked myself required me to be careful not to fall into any messaging patterns that might expose me, while simultaneously engaging others and remaining alert to the ways in which they might inadvertently reveal their true identities.

I loved these games and the alternative lives they let me live, though that love wasn’t quite as liberating for the other members of my family. I was spending so many hours playing Ultima that our phone bills were becoming exorbitant and no calls were getting through. My sister, now deep into her teen years, became furious

when she found out that my online life had caused her to miss some crucial high-school gossip. However, it didn’t take her long to figure out that all she had to do to get her revenge was pick up the phone. The modem’s hiss would stop, and before she’d even received a normal dial tone, I’d be screaming my head off downstairs.

If you’re interrupted in the middle of, say, reading the news online, you can always go back and pick up wherever you left off. But if you’re interrupted while playing a game that you can’t pause or save—because a hundred thousand others are playing it at the same time—you’re ruined. You could be on top of the world, some legendary dragon-slayer with your own castle and an army, but after just thirty seconds of CONNECTION LOST you’d find yourself reconnecting to a bone-gray screen that bore a cruel epitaph: YOU ARE DEAD.

I’m embarrassed nowadays at how seriously I took all of this, but I can’t avoid the fact that I felt, at the time, as if my sister was intent on destroying my life—particularly on those occasions when she’d make sure to catch my eye from across the room and smile before picking up the downstairs receiver, not because she wanted to make a phone call but purely because she wanted to remind me who was boss. Our parents got so fed up with our shouting matches that they did something uncharacteristically indulgent. They switched our Internet billing plan from pay-by-the-minute to flat-fee unlimited access, and installed a second phone line.

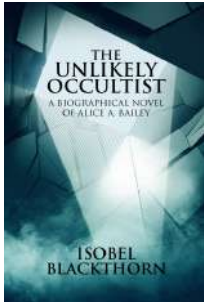
Peace smiled upon our abode.

*Edward Snowden worked as a contractor for the CIA and NSA. Currently, he serves as president of the board of directors of the Freedom of the Press Foundation.*

**freedom.press**

## Alice Bailey: The Unlikely Occultist

Isobel Blackthorn



**When I completed** my biographical novel of Alice A. Bailey *The Unlikely Occultist* I thought my service to a woman I have long admired had reached an end. I had a similar feeling when I completed my doctoral

thesis back in 2006, having spent three years working on a ground-breaking study of the Bailey books, for which I received my PhD from the University of Western Sydney. Both times, I was wrong. This time, a door has been flung wide open and I find myself immersed in yet more research on my beloved subject for a full biography of her life and works.

I was first urged to write a full biography of Alice Bailey in 2007 by my then employer Mary Cunnane. Back then, my literary skills were not up to the task. My mind was still attuned to the formal academic style and I needed to unlearn a lot of habits.

I made a solid attempt at producing a non fiction biography in late 2016, when Mary once again urged me to set to work. My concern was primarily to salvage Alice Bailey's reputation and tackle her detractors, who can be found among conspiracy theorists, Christians, Jews, scholars, and Theosophists. I rose up in defence, sympathetic as I've always been toward a woman who led a difficult life dedicated to world peace and goodwill.

I produced a whole draft of the biography and then began to doubt the content was enough. I lacked access to vital material. I did not have the full story. In a moment of inspiration, I decided to

fictionalise what I did know, based on my extensive research into the known story. The result was *The Unlikely Occultist*.

Three years have passed and I am happy to announce that I have begun work on a full biography of the life and works of Alice Bailey. This time, my focus is different and the content will be much richer now that I am unravelling portions of the unknown story of Alice and her books and pursuing a number of lines of inquiry.

With the wholehearted support of key members of the Alice Bailey community, my aim is to produce a sympathetic, fair and balanced account of this underrated and most remarkable historical figure and her books, written in telepathic rapport with the Tibetan. I have forty-one fully referenced chapters planned.

I am champing at the bit to see this project come to fruition.

Watch this space!

*Dr Isobel Blackthorn is an award-winning author of unique and engaging fiction.*

**isobelblackthorn.com**

### Full Moon Meditation Network

Libra: September 23rd - October 22nd  
Full Moon: October 13th at 10:08pm

### The Great Invocation

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

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

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

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

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

**www.lucistrust.org**



**The founder of the international Transition Towns movement asks why true creative, positive thinking is in decline, asserts that it's more important now than ever, and suggests ways our communities can revive and reclaim it.**

In these times of deep division and deeper despair, if there is a consensus about anything in the world, it is that the future is going to be awful. There is an epidemic of loneliness, an epidemic of anxiety, a mental health crisis of vast proportions, especially among young people. There's a rise in extremist movements and governments. Catastrophic climate change. Biodiversity loss. Food insecurity. The fracturing of ecosystems and communities that seem beyond repair. The future—to say nothing of the present—looks grim.

But as Transition movement cofounder Rob Hopkins tells us, there is plenty of evidence that things can change, and cultures can change,

rapidly, dramatically, and unexpectedly—for the better. He has seen it happen around the world and in his own town of Totnes, England, where the community is becoming its own housing developer, energy company, enterprise incubator, and local food network—with cascading benefits to the community that extend far beyond the projects themselves.

We do have the capability to effect dramatic change, Hopkins argues, but we're failing because we've largely allowed our most critical tool to languish: human imagination. As defined by social reformer John Dewey, imagination is the ability to look at things as if they could be otherwise. The ability, that is, to ask What if? And if there was ever a time when we needed that ability, it is now.

Imagination is central to empathy, to creating better lives, to envisioning and then enacting a positive future. Yet imagination is also demonstrably in decline at precisely the moment when we need it most. In this passionate exploration, Hopkins asks why imagination is in decline, and what we must do to revive and reclaim it. Once we do, there is no end to what we might accomplish.

*From What Is to What If* is a call to action to reclaim and unleash our collective imagination, told through the stories of individuals and communities around the world who are doing it now, as we speak, and witnessing often rapid and dramatic change for the better.

**Published by Chelsea Green Publishing on October 15th**

## Advertisers Index

Trigonos Courses	01286 882 388	7
Theosophical Talk: "Redefining Death" by Tim Wyatt	01492 339 245	7
Sound Healer ~ Helena Hawley	01244 683 775	27
Woodland Skills Centre	01745 710 477	31
Resonance Repatterning	01691 773 806	32

## Where to find Network News

### Dimensions Health Store

15 Holyhead Road  
BANGOR  
LL57 2EG  
01248  
351562



### SUBSCRIBE TO NETWORK NEWS

and stay in touch with  
what's inspiring in North Wales  
£20 for 12 months printed version  
£10 for e-version  
[info@network-news.org](mailto:info@network-news.org)  
[network-news.org](http://network-news.org)

### Harmony with Sarah

The Square  
Corwen  
LL21 0DL



07725 724932

### Harvest Moon

4a Newry Street  
HOLYHEAD LL65 1HP  
01407 763670



### Health & Food

8 Denbigh  
Street  
LLANRWST  
LL26 0LL



01492 641669

### RainbowBiz Hippy Shop

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



RAINBOWBIZ  
Hippy Shop

### Rainforest

51 Watergate Row  
South  
CHESTER,  
CH1 2LE  
01244 340200  
Gift Shop / Holistic  
Health Service



### Ruthin Wholefoods

58-60 Well Street  
RUTHIN  
LL15 1AW  
01824 702778



### Siop Dewi

14 Stryd Fawr,  
Penrhydeudraeth  
GWYNEDD  
LL48 6BN  
01766 770266

### The Natural Choice

14 Colwyn  
Avenue  
RHOS ON SEA  
LL28 4RB  
01492 549520  
"Your Quality, Local Health Food  
Shop"



### The Potter's Gallery

1 High St, CONWY,  
LL32 8DB  
01492 593590



North Wales Potters



### Ucheldre Centre

Millbank  
HOLYHEAD  
LL65 1TE  
01407 763361

### VEGONIA WHOLEFOODS



### Vegonia Wholefoods

49 High Street  
PORTHMADOG  
LL49 9LR  
01766 515195

Would YOU like to  
distribute  
Network News?

[info@network-news.org](mailto:info@network-news.org)  
07777 688440

### Zingiber Wholefoods

15 Bridge Street  
LLANGOLLEN LL20 8PF  
01978 862676



### Subscriptions

£20 for 12 issues  
£12 for 6 issues

### Advertisements

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

### Payments

Cheques to: "Network News cic"  
Bank Transfers to:  
Network News cic  
Sort Code: 08-92-99  
Account No: 65260034  
By PayPal



Network News cic, 27 Penlan Street, PWLLHELI, LL53 5DE  
07777 688440  
[info@network-news.org](mailto:info@network-news.org) ~ [www.network-news.org](http://www.network-news.org)



## Declaration of Rebellion

“To love truth for truth’s sake is the principal part of human perfection in this world, and the seed-plot of all other virtues”

John Locke

**We hold the following to be true:**

**This is our darkest hour.**

Humanity finds itself embroiled in an event unprecedented in its history. One which, unless immediately addressed, will catapult us further into the destruction of all we hold dear: this nation, its peoples, our ecosystems and the future of generations to come.

The science is clear:- we are in the sixth mass extinction event and we will face catastrophe if we do not act swiftly and robustly.

Biodiversity is being annihilated around the world. Our seas are poisoned, acidic and rising. Flooding and desertification will render vast tracts of land uninhabitable and lead to mass migration.

Our air is so toxic that the United Kingdom is breaking the law. It harms the unborn whilst causing tens of thousands to die. The breakdown of our climate has begun. There will be more wildfires, unpredictable super storms, increasing famine and untold drought as food supplies and fresh water disappear.

The ecological crises that are impacting upon this nation, and indeed this planet and its wildlife can no longer be ignored, denied nor go unanswered by any beings of sound rational thought, ethical conscience, moral concern, or spiritual belief.

In accordance with these values, the virtues of truth and the weight of scientific evidence, we declare it our duty to act on behalf of the security and well-being of our children, our communities and the future of the planet itself.

We, in alignment with our consciences and our reasoning, declare ourselves in rebellion against our Government and the corrupted, inept institutions that threaten our future.

The wilful complicity displayed by our government has shattered meaningful democracy and cast aside the common interest in favour of short-term gain and private profits.

When Government and the law fail to provide any assurance of adequate protection, as well as security for its people’s well-being and the nation’s future, it becomes the right of its citizens to seek redress in order to restore dutiful democracy and to secure the solutions needed to avert catastrophe and protect the future. It becomes not only our right, it becomes our sacred duty to rebel.

We hereby declare the bonds of the social contract to be null and void, which the government has rendered invalid by its continuing failure to act appropriately. We call upon every principled and peaceful citizen to rise with us.

We demand to be heard, to apply informed solutions to these ecological crises and to create a national assembly by which to initiate those solutions needed to change our present cataclysmic course.

We refuse to bequeath a dying planet to future generations by failing to act now.

We act in peace, with ferocious love of these lands in our hearts. We act on behalf of life.

**REBEL FOR LIFE**

