

network news

a guide to inspiring events in north wales



celyn: a complementary currency for wales ~ i you we them ~ summit to sea
a truly circular economy ~ advent: a time to prepare ~ on pleasing yourself
exhibitions ~ workshops ~ festivals ~ groups

Network News

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in North Wales

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Welcome to the November Network News. It's not easy to extract real "News" from the toxic swirl that pours from our screens every day. Yes, we accept that this planet and all aboard are on a destructive course - but this has been true for at least 250 years, and very recklessly for the last 75. So it's hardly *News*. Indeed, NN was launched in 1992 as a little sanctuary for those in Wales who could see where humanity was headed and were acting personally, locally or globally to bring about transformative change.

An example of *real* news came in 2015, when - thanks especially to Dr Jane Davidson - the *Wellbeing Of Future Generations Act* passed into law. This made Wales the first modern government to place planetary health at the very heart of national decision-making.

In 2005, another woman of vision, Ellen Macarthur, became the fastest person to sail around the world alone. She said of the experience, "*What we have on board is all we have. There is no more.*" And in circumnavigating the planet she knew in the most tangible way possible that the Earth - like a boat - is *finite*. Yet we treat it as an inexhaustible mine for ever more *stuff*. How *can* we?! So Ellen relinquished sailing and made it her life's mission to promote an economic system that could help humanity meet its needs *without* waste and *within* the capacity of the planet. Her Foundation is now the leading resource for what is called the "Circular Economy".

The fruits of the work of both these pioneering spirits will be present at the *Beyond Zero Waste: Building A Truly Circular Economy Conference* in Cardiff on November 6/7. The event will also herald the launch of the *Celyn* - a "mutual credit system for Wales" based on the Sardex which so transformed the local economy of Sardinia. There are still tickets; we hope to see you there! *See Pages 7, 8 & 34*

Blessings to all beings



I You We Them

Dan Gretton

"Once we accept, for a single hour or in a single exceptional case, that there can be something more important than sympathy for others, there is no crime against humanity that we cannot commit with a clear conscience... I was thinking about all those men - the superintendent, the convoy soldiers and all the others... most of them nice, kind individuals, who have turned into bad people only because of their official positions... These people... terrify me. And indeed they are terrifying people - more terrifying than any marauding gangster. He might feel some pity, but not these men: they've taken out insurance against pity..."

"Imagine a problem in psychology: to find a way of getting people in our day and age - Christians, humanitarians, nice, kind people - to commit the most heinous crimes without any feeling of guilt. There is only one solution - doing what we do now: you make them governors, superintendents, officers or policemen, a process which, first of all... allows people to be treated like inanimate objects, precluding any humane or brotherly relationships, and, secondly, ensures that people working... must be so interdependent that responsibility for the way they treat people never devolves on any one of them individually. Without these preconditions it would be impossible in our day and age to carry out atrocities like the things I have witnessed today."

Nekhlyudov's reflections in *Resurrection* (1899), Leo Tolstoy

Preface: First Day, White Page

January 2006

Suffolk coast

Why are we drawn back to particular places?

Since I was a boy I have been returning here. To this unremarkable stretch of shingle on the Suffolk coast - vast grey skies, the sea, usually a darker shade of grey. And undulating waves of pebbles, interrupted only by tussocks of coarse grass, somehow holding on against the bullying winds. We came here to fly kites once, but the wildness of the wind defeated us, twisting the string into a dozen knots. I've brought many friends to this place over the years, trying not to build up expectations, wanting the peculiar force of the landscape to work on them wordlessly.

The twisting road that leads here is part of it. Arriving at night, as I did yesterday, it is like sinking into the beginning of a story, the story that captivated you as a child, that you would read again and again, because the absorption into that world was so entire that, momentarily, all else

I You We Them is a study of the psychology of some of the least visible perpetrators of crimes against humanity, the 'desk killers' who ordered and directed some of the worst atrocities of the last two hundred years.

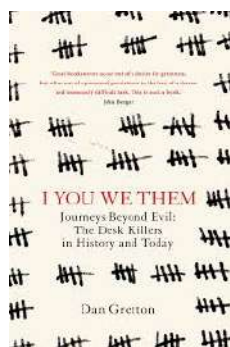
would fall away. Off the motorway. Over the estuary. Round the town that wants to be a city, with its scatterings of drive-through burger bars and superstores off the ring road. Onto a main road. The white lines finally fade. A long, straight stretch through woods of pine and silver birch. Through a last village. And then the little road, barely signed at all. The road where you never meet another vehicle. Driving in a trance now, slowing to twenty, fifteen miles per hour. A tunnel of trees. The right-angle bend sweeps round. The telegraph pole where the barn owl was. To the left, a final sway the other way, out into the open again, over a small, white bridge. Tall reeds now on both sides. And finally the road becomes a track, and the track ends at the blackness of the sea. As the engine fades the certainty of that soft roar of sea and wind. And a flickering understanding that the end and the beginning are the same.

I am sitting in the window of a small cottage that feels more like the cabin of a boat. In front of me a January sea, two upturned dinghies, a flock of birds I cannot identify flitting in crazed gusts, a red and white plastic bag cartwheeling just too fast for me to read the writing on it. Only two figures seen all day - a bearded man walking his dog, and now a distant figure, or rather a head and shoulders above the line of shingle, flying a huge, modern kite, purple and blue, that resembles a parachute. Having more success than we ever did.

And the paradox that despite the buffeting of the winds on all sides, I feel a sense of stillness for the first time in months. I always knew that the writing could only start here, and probably only at this time of year - the emptiness of January. Looking to the east, beyond the grey strip of the North Sea, which used to be known as 'the German Ocean'. And, in that sea there still exist, in minuscule particles, the pulverised stones of Spandau prison dumped into these waters after its last prisoner died. All this time trying to understand violence, and its relationship to those who work at their desks, at their computers. Them. Us. You. Me. I reflect on the last decade of journeying and attempting to grapple with this subject. Ten years of visiting archives, walking through sites of extermination, reading interviews with survivors and perpetrators, and thousands of pages of testimony. And yet, as I begin to write, my screen is frozen. A white page. I'm rapidly trying to scan the multiplicity of images and sounds which inhabit me, searching for a way to begin. These understandings and experiences which have haunted me for years... Voices, places, walks and faces jostle for attention as I write these words on a biting cold January day:

- 'It's hard to recognise, but it was here. They burned people here.'
- Zdzislaw in his hut at Chelmino, fighting his personal battle against forgetting with the aid of handwritten pages that few will ever read.
- The minutes of the Wannsee Conference, the miraculous, single surviving document - one copy out of thirty.
- The killing of Ken Saro-Wiwa. The plumes of fire and smoke that have choked a land far away for over forty years. And we have all let this continue.
- Maria Saro-Wiwa singing the Ogoni anthem, in a broken voice, devastating, to a small crowd gathered by the Thames to remember her husband who died trying to save his land and people from being destroyed by oil.
- Saurer's corporate communications director protesting from her comfortable office, 'But we have nothing to do with that company now.'
- Talking to Gitta Sereny about Albert Speer, and the single line which nobody has ever investigated further: 'I loved machines more than people.'
- Walking from Goethe's house, out of Weimar, over the Ettersberg and into the beech forest. 'Buchen-wald'. You can walk it in an hour and a half.
- And Walter Stier, the railway official who timetabled the trains to Treblinka, insists again, 'I just sat at my desk... I was just a desk man.'
- Our fingers freezing in the snows of Monowice, trying to read Levi's words in the dying light.

All of these dancing in my head, defying me to begin without them...



*Dan moved to Pen Llŷn five years ago to complete the 4 books which make up **I YOU WE THEM**. He lives within a stone's throw of RS Thomas's cottage Sarn-y-Plas, and has been inspired by the same extraordinary view over Porth Neigwl and over to the distant coast of Ceredigion.*

A New Era For Summit To Sea

Rebecca Wrigley (for Rewilding Britain)

Summit to Sea – or *Mynydd i'r Môr* in Welsh - aims to connect a nature-rich area stretching from the Pumlumon massif to the Dyfi estuary and into Cardigan Bay, boosting the local economy through opportunities for new and varied nature-based enterprises and forms of production. It is a five-year collaborative project which aims to restore a flourishing environment and economy across mid Wales by offering grants and support to local businesses and organisations that share the vision.

Now that the project is fully underway, we are stepping aside from Summit to Sea, to allow the project to move forward and to thrive. We hope it will be a tremendous success.

Rewilding Britain played a key role in securing £3.4 million for Summit to Sea in 2018, and we have played a short-term role leading the project's formation. We've been proud to help make the project a reality and to get it up and running.

Our role is to help catalyse and support projects get off the ground. One of our key principles is that local organisations and communities should be at the heart of this process. We've learnt some invaluable lessons about how to do this in the most effective way, which we're committed to putting into practice elsewhere.

Why are we stepping away now?

While it was always intended that the project should be locally-led, and that our role was only short term, the decision for Rewilding Britain to move on at this moment reflects the views of some local people and farming unions who were unhappy at our involvement.

Community views are at the heart of Summit to Sea and how we want to work

at Rewilding Britain. To succeed, Summit to Sea has to be both locally led and supported by the community, as it finds ways to help both people and nature to thrive.

The project's steering group - which is formed from representatives of all of the partner organisations involved in the project - took on board concerns raised by local people over the past year. Together we agreed it was important to make changes to how Summit to Sea is managed, and we felt the time was right for Rewilding Britain to step aside from the project. We hope those who were concerned about our involvement will now be able to support the initiative going forwards.

Why were people so concerned?

There is passionate debate around what rewilding is and how it might work in practice in different parts of the UK. For some, Summit to Sea's associations with rewilding and Rewilding Britain were felt to be incompatible with their own hopes for mid-Wales. It's not for us to speak for those people – but it is important that we listen to and respect their views, and that we learn lessons.

Rewilding is a challenging idea for many people, and it's up to us to work alongside communities to demonstrate that rewilding can bring multiple benefits and is not a threat. People – and their cultural and economic connections to the land – are central to that.

When people's livelihoods and culture are tied to the land, sometimes for hundreds of years, their views on the future of the land are key. Farmers and rural communities have faced risks to their livelihoods for decades, and are

understandably concerned about what the future brings.

What lessons have we learned?

There has been a lot of information in circulation, some of which was incorrect or misconstrued. There was never a plan to reintroduce bears or wolves to the area, for example. And the project is not about telling people what they should do with the land - or about buying land up. The project is simply looking for more nature, diversity, and opportunities for people. Our communication and engagement with local communities about this issue and others should have been better.

Face-to-face meetings and workshops were held over a period of 18 months to involve people locally in the project's design. This included with farming unions, community members, local businesses, government bodies and other important stakeholders. However, we should have been more proactive in speaking to a wider range of people more generally.

We're committed to putting these lessons into practice as we move on to focus on catalysing and supporting large-scale nature restoration projects elsewhere.

What's happening next?

Summit to Sea now has three Welsh-speaking staff on the ground in the Dyfi Valley, and the team recently launched a 12-month community engagement process to ramp up interaction with local people as plans for the project evolve.

Feedback from community members has played a central part in how the project is being shaped and adapted. Those who work and live on the land know it best, so it's key that they are at the centre of the project's decisions. The Summit to Sea team is now working hard to strengthen communication, to develop a project that benefits wildlife, nature and people. The team is keen to work alongside the community to move forward together to build a sustainable future that is in the best interests of all involved.

We wish Summit to Sea every success. We know there's huge potential for people, culture, the local economy and wildlife to thrive together in mid Wales. You can keep updated with Summit to Sea's progress through their website:

summit2sea.wales

The Rewilding Britain website is:
rewildingbritain.org.uk

PRINCIPALITY STADIUM, **CARDIFF**
STADIWM PRINCIPALITY, **CAERDYDD**

BEYOND ZERO WASTE
BUILDING A TRULY CIRCULAR ECONOMY
CONFERENCE + CONSULTATION

MYND HEIBIO'R NÔD DI-WASTRAFF
ADEILADU'R ECONOMI GYLCHOG CYFAN
CYNHADLEDD + YMGYNGHORI

6+7 NOV / TACH 2019

Circular Economy Wales
Economi Gylchog Cymru

CIWM

LLYSO, WYLLA

summit2sea

summit2sea

summit2sea

#CIRCULARECONOMY+
#ECONOMIGYLCHOG+

Celyn: A Complementary Currency For Wales

Jane Fullbrookes

Wales is to develop its own complementary currency which could boost the economy to the tune of an estimated £250m over the next decade.

The Welsh Government has announced that Circular Economy Wales is being awarded £100,000 from the Foundational Economy Challenge Fund to create a mutual credit system.

Based on a model in Sardinia, called the “Sardex”, the mutual credit system is targeted at Wales’ SMEs.

Eifion Williams CEO of Circular Economy Wales said: “The Sardex benefited the Sardinian SME economy to the tune of 50 million Euros last year alone. Wales is similar to Sardinia in that SMEs make up 99% of our businesses, so this has the potential to significantly boost our economy.

“If Wales had initiated a copy of the Sardex in 2008, and it had followed the same growth trajectory, Welsh SMEs would now be strengthened to the tune of £256 million in additional turnover.”

The Welsh Government funding will allow for a consultation and pilot, which is planned to take place in North Wales. It will be supported by Dr Paolo Dini, research fellow at the London

School of Economics, who was a founder of the Sardex.

Dr Dini said: “The Sardex has been replicated successfully in many parts of

Italy, so it’s very exciting to be able to pilot this in Wales. This will be the first replication outside of Italy.

“I think the similar economic factors bode well, our challenge will be ensuring that businesses understand the benefits, and will begin consultation shortly.”

The Welsh mutual credit system, called the Celyn, is a digital currency network

that helps businesses exchange services and products without using GBP or other state currencies.

Through this inter-trade of goods and services needed to operate, using no cash, helps SMEs weather economic storms and maintain local jobs. As it evolves, credit can be used by employees and customers.

The consultation on the Celyn will begin at the **Circular Economy Wales Conference** on November 7 in the Principality Stadium, Cardiff with an announcement by deputy minister for economy and transport Lee Waters AM. circularconomy.wales

Why Celyn?

Celyn, or holly in English, provides the evergreen strength that we hope to contribute to the Welsh economy.



What is the Sardex? Set up 2008, the Sardex is a business-to-business electronic credit system.

It allows small and medium sized enterprises to participate in a system of mutual credit and do business with other local companies without touching their cash reserves.

Instead of using cash, bank transfer, or standard credit cards to settle transactions, the euro-denominated amount can be recorded as a debt the buyer owes the Sardex network, not the seller.

The seller, in turn, records a credit to their Sardex account. This credit is, in effect, a debt owed by Sardex to the seller.

Participants are expected to keep their Sardex account level within individually agreed maximum credit or debt levels - usually a few thousand euros.

Members must buy as well as sell, and the net amount of credit or debt on purchases and sales made on their Sardex account should net to zero over the course of a year.

In This Section: Calendar ~ Workshops ~ Exhibitions ~ Groups

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a guide to inspiring events in north wales

#BuyNothingDay
Friday, November 29th

NOVEMBER
NOTICEBOARD

WATCH AFRICA

CYMRU The main objectives are to contribute and foster



WATCH
AFRICA
CYMRU

cultural exchange, and socially engaged practice between artists, community groups, and members of the public in Wales, Africa and beyond. See events in Calendar on 11th, 12th & 13th.

EARTH A subtitled (English) film in Llangollen Town Hall, 29th November. *Earth* observes people in mines, quarries and large construction sites, constantly in a struggle to take possession of the Earth. Worth a watch as usually only available through Film Festivals. More info from: earth-film.at

SECRET GARDEN / GARDD GUDD Come and explore our secret garden and discover: weaving, making your own creepy crawly, a hanging blossom tree and/or decorate our gigantic fuzzy felt garden with flowers, bugs, birds or whatever you find. Open daily 10am - 5pm. Ruthin Craft Centre, 01824 704774, ruthincraftcentre.org.uk

THE DIVINE NAMES OF GOD A Sufi-Christian Encounter, Aberdaron. See Calendar 9th November.

LACEY LECTURE - AVERTING THE INSECT APOCALYPSE With NWWT. A talk from Prof. Dave Goulson specializing in bee ecology. Llandudno, Conwy, LL30 1BB. See Calendar 23rd



WORKING-CLASS

ENVIRONMENTALISM A new book out in November which presents solutions for developing green transitions which benefit, include and respect working-class people, by Karen Bell. It's £22.99 so maybe a book club could buy one to share or lobby your local library for a copy. Published by Palgrave (palgrave.com)

SNOWDONIA WALKING FESTIVAL 2nd & 3rd November; more in Calendar section!

UK WIDE JEWISH FILM FESTIVAL Pontio in Bangor are showing 3 films to celebrate Jewish Films: *Gainsbourg* and *From Slavery to Freedom* on 23rd and *Yentl* on 27th.



SIMON YATES - MY MOUNTAIN LIFE An evening talk on 15th November, Caernarfon, see Calendar.

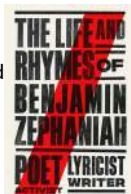
GWYNEDD 2030 ... WHAT NEXT? The follow-up gathering in Bethesda about making Gwynedd more sustainable. See Calendar 21st

CLIMATE CHANGE: Hope from Despair? Public lecture with Prof. Kevin Anderson and United Nations Assoc, held at Bangor University, 20th November, more in Calendar Section.

CREATIVE SPARKS TAPE Community Music and Film based in Old Colwyn is delivering 'Creative Sparks' projects across Denbighshire and Conwy for those who are unemployed. Includes Art, Music Making & Production, Creative Writing, CV writing, Life Skills and more. Contact Kirsten 01492 512109, email kirsten@tapemusicandfilm.co.uk

NW CONTEMPORARY WINTER CRAFT FAIR 2nd November. Applications open to makers, designers, artists, studios, collectives or businesses of ceramics, jewellery, metalwork, printmaking, textiles, glass, mixed media, wood etc. Contact Mostyn, Llandudno 01492 879201, mostyn.org

BENJAMIN ZEPHANIAH Comes to tell his story and poems at Storyhouse, Chester 01244 409113, storyhouse.com Part of Chester Literary Festival. See Calendar 23rd November.



WORLD VEGAN MONTH in November.

Plant-based eaters from across the globe come together to celebrate their vegan lifestyle.



vegansociety.com

See 24th for 'Merry Vegan Midwinter'

SINGING IN NOVEMBER
Sacred Song 9th, Chester
Singing For Larks 16th, Bangor
Singing for the Soul 28th, Rhosesmor
More info in the Calendar

November Calendar

Anglesey, Gwynedd & Conwy in
Blue

Denbighshire, Flintshire, Wrexham & Chester in
Green

1st FRIDAY

NWWT: Biodiversity: how can we get it back?

Martin Bailey, biodiversity consultant, asks "What is biodiversity? Have you ever seen it?" We'll explore why wildlife has gone from much of the UK – and how we could bring it back. 7 - 9pm, £2, Maes Esgob Community Centre, Dyserth, LL18 6HB. Mark Hughes 07800 771570, mjdughes1108@gmail.com

Monthly Walk 1st Fri/month. Meet 9.45am for 10am start & 1.15pm for 1.30pm start. From Church of the Holy Spirit, Ewloe. Ian Gibbons 07805 063102.

Digital Workshop: Paper Things We will introduce the concept of the Internet of Things and how we can voice control physical things to animate. 10am - 3pm, for 12yrs+ and adults. 50 minute sessions: 10am, 11am, 1pm or 2pm. £5 per session, booking essential. Mostyn, Llandudno LL30 1AB. 01492 879201, mostyn.org

Wildflower Habitat Days! Cynall a Chadw

Cynefinoedd! Help us create wildflower patches for wildlife. Please wear suitable clothing and footwear as outside. 10.30am - 12.30pm. Meet Ty Peblig, 36 Ffordd Ysgubor Goch, Caernarfon. Organised with Stepping Stones. Facebook: of event name

Walking in the Footsteps of the Ladies This 3-mile route through Pen y Coed Woods and Pengwern Vale was described by the Ladies as a "most delicious walk". Some slopes; can be boggy in places. 1 - 3pm. Meet at Plas Newydd Llangollen. plasnewyddllangollen.co.uk

Make Friends with a Book Reading Group meets Fridays. All welcome. no need to book, just pop in! 10.45am - 12.15pm. Bangor Library 01248 353469.

Community Litter Pick in Bangor Everyone welcome, equipment provided. 2 - 3.30pm, meet Post Office, Llys Dylan, Penrhyn Ave, Bangor. Lisa Jones at Groundwork North Wales 01978 757524 lisa.jones@groundworknorthwales.org.uk

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

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 why not come along. 2 - 4pm. £2 donation. St Kentigern Hospice, Upper Denbigh Rd., St. Asaph LL17 0RS. Vita Zilite: 01745 585221, vita.zilite@stkentigernhospice.org.uk

Gong Bath Close your eyes and relax while you are bathed in powerful sound waves created from gongs, Himalayan singing bowls and grounding instruments. 7pm, £13. Rhuddlan Community Centre, Rhuddlan, Rhyll LL18 5AW. Steph Healy 07534 118899, puresound.org.uk

North West Writing for Wellbeing Group 1st Fri/month. A writing group facilitated by experienced bibliopoetry therapy practitioners and writers for wellbeing. 12.15pm, free, drop-in. Storyhouse, Chester 01244 409113, storyhouse.com

Farming and Wildlife Nicholas Watts runs an award-winning agricultural farm which supplies bird food; and his services to wildlife have been recognised. A Cambrian Ornithological Society meeting. 7.30pm, £1. Pensychnant Centre, Conwy. Julian 01492 592595, pensychnant.co.uk

Footpath Building Join us doing some much needed footpath maintenance on a section of footpath between Llyn Ffestiniog and Cwm Penmachno. 10am, booking essential, contact Dan, Snowdonia Society 01286 685498, snowdonia-society.co.uk

Jaywalkers Folk trio, with their stylish delivery of virtuosic Americana. 7 for 8pm gig, £12. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

1st FRIDAY - 3rd SUNDAY

Ayurveda Health Coach Diploma Promote health and wellbeing from an Ayurvedic perspective – learn about diet, lifestyle, yoga, meditation, herbs, spices and Ayurvedic therapies according to their specific constitutions or imbalances. Contact for more details/costs: Dru Yoga, Snowdon Mountain Lodge, Bethesda LL57 3LX, 01248 602900, druyoga.com

RSPB Pop Up Craft Shop We will have sea glass jewellery, clay and wooden pendants, nature photography, upcycled nature themed clothing, natural handmade soaps, cards, crochet wear, funky alternative knitwear and smiling faces. 10am - 4pm. RSPB Conwy Llandudno Junction. Organised by ArtlySparklyDesigns. Facebook of same name

2nd SATURDAY

Grown Ups Clay Night You will use our range of clay tools and a slab of clay to design, cut and build a clay Christmas Tree either using coils or block printed leaves of clay. £15, £5 deposit. Your tree will need to stay with us for a couple of weeks for two firings and will be ready for you to collect in time for Christmas. Tan y Ddraig, 27 Castle Street, Conwy LL32 8AY. Booking is essential: 01492 583566, enquiries@tanyddraig.co.uk Facebook: of event name

Walk: Snowdonia's Extreme North At 245 metres high, Penmaen Bach is the most northerly hilltop in Snowdonia with stunning views of the lofty Carneddau mountains and across a vast expanse of sea towards Anglesey and further. Join Snowdonia Society trustee Julian for this walk, starting and finishing at the Pensychnant Conservation Centre. 1.30 - 4pm. £2.50, booking essential, contact Dan, Snowdonia Society 01286 685498, snowdonia-society.co.uk Part of the Snowdonia Walking Festival.

Ensemble Cymru With its dreamy beauty, drawing inspiration from the beautiful Welsh folk melody, Bugeilio'r Gwenith Gwyn, Metcalf creates a fitting contemporary testament to Schubert's lyrical brilliance. 7.30pm, £14, £12 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

NW Contemporary Craft Fair An abundance of artists - ceramics, painters, glass workers, sculptors, jewellery, fused glass, woodwork. The fair will provide a fantastic opportunity to buy affordable and original art direct from the artists. There will be workshops and chances to win some fabulous craft and art-related prizes. 10.30am - 5pm. Free admission. Mostyn, Llandudno LL30 1AB. 01492 879201, mostyn.org

International Cube Day ~ The Cube of Truth A

peaceful static demonstration akin to an art performance which allows people to engage with those who support a vegan lifestyle. 12 - 3pm. Held at Bangor Clock Tower. Masks, signs, and outreach literature are provided for those who wish to take part. Volunteers can join Facebook group: Anonymous for the Voiceless



Corn Dollies Improvers For those who have previously attended the beginner's day and want to take their work a little further. We will be looking more at technique, using five straw plaits and braids, using and manipulating cores, working by eye and making reverse turns. These techniques will help you to make such corn dollies as lanterns, umbrellas, shepherds crooks and horse collars. £55, £30 deposit. Woodland Skills Centre, Bodfari, Denbigh. 01745 710626, woodlandskillscentre.uk

Gong Bath Relax and close your eyes and relax while you are bathed in powerful sound waves created from gongs, Himalayan singing bowls and grounding instruments 7pm, £13. Axis Therapy, 42 Glanrafon, Bangor. Steph Healy 07534 118899, puresound.org.uk

NWWT AGM & Wildlife Fete Your chance to meet up with friends from the Trust, learn about our local wildlife and find out what we have been doing for the past year. Plus Wildlife Fête from 1pm; wildlife-inspired stalls run by staff and volunteers. 11am - 3.15pm, bring lunch. Plas Pentwyn Resource Centre, Castle Road, Coedpoeth, Wrexham, LL11 3NU. Bleddyn Williams, 01248 351541, info@northwaleswildlifetrust.org.uk

Craft Fair 28 stalls selling high quality handmade items. 11am - 3pm, free, light refreshments available. Criccieth Memorial Hall Neuadd Goffa, Criccieth LL52 0HB. Facebook: of event name.

The Rivers A groove-driven contemporary acapella group, plus guests Gwaenyngor Community Choir. 7.30pm, £7 - £9. Trelawnyd Village Hall, Flintshire LL18 6DN. Bookings: eventbrite.co.uk or directly from Jamie Dawes-Hughes - jamiedawes@aol.com

The Invisible Woman A few years ago Mari realised she'd disappeared. Shocked but undaunted, she's decided to use this misfortune to her advantage. Get ready for red lipstick, rubber bands and retribution as Mari attempts to right the wrongs of her community. Age guide 14+. A post-show talk will follow. 7.30pm, £12, £10 concs. A writing workshop with the playwright (Ailsa Jenkins) will be held between 2.30 - 4.30pm. £5 for the workshop or £10 for the workshop and show. Limited places available. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Silver Earrings Taster Session Contemporary metalsmith and jeweller, Karen Williams will introduce participants to basic jewellery making techniques including sawing, forming and silver soldering. An opportunity to create two pairs of small earrings (or one large pair) of statement earrings. Bilingual, 16yrs+, 11am, £75 all inclusive. Galeri, Caernarfon 01286 685222, galericaernarfon.com
Winter Warmer Yoga and Gong Bath Gentle and grounding yoga with Kate followed by a short seated meditation, where we will tune in to what you need at this time, followed by a Gong Bath. £30 per person including home-made treats and chai tea. 10am - 1pm. The Church in the Park, Berthes Rd, Old Colwyn, Colwyn Bay LL29. Steph Healy 07534 118899, puresound.org.uk

2nd SATURDAY & 3rd SUNDAY

Reiki, 2nd Degree Course As we deepen our commitment to Reiki with self treatments and treating our family and friends, we may feel ready to move on to the next level. Learn to use symbols with Reiki, and to send Reiki distantly. A weekend of peace and healing. £300 class fee, accommodation is available £30 per night. The Healing Centre, Tregarth, Bangor. Viv 01248 601388, 07771 280824, vivreiki@hotmail.com

Healing Ourselves and Others According to Buddha, all disease and suffering, mental and physical, are caused by our negative minds. Through connecting to Medicine Buddha we can experience the pure nature of our mind, and heal ourselves of these inner diseases. 10.30am - 4.15pm, led by Gen Kelsang Leksang. The Sunday is an optional retreat day. Kalpa Bhadra Buddhist Centre, Craig y Don, Llandudno LL30 1YY. 01492 878778, meditatennorthwales.com

Snowdonia Walking Festival A weekend of walks suitable for everyone, based in Betws-y-Coed. Professional guides will take you to mountains and forests to enjoy some of the best Snowdonia has to offer. There are half day walks, challenging walks, family walks, mountain and forest walks, Theo the Therapy Pony, and special interest walks. More from snowdoniawalkingfestival.co.uk

Hedge Laying Learn the basic techniques of hedge-laying as we cover the theory and practice of this ancient art of creating a natural stock-proof hedge. All tools are provided and your tutor is an experienced local expert. £120, £60 deposit. Woodland Skills Centre, Bodfari, Denbigh. 01745 710626, woodlandskillscentre.uk

Community Open Weekend / Penwythnos Agored i'r Gymuned Come and join us and let us know what you'd like to see more of here. Tudor Owen Photography to see, plus tea & cakes, 12 - 6pm, Oriol Caffi Croesor, Hen Bryn Gelynen LL48 6SS, 01766 771433.

3rd 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

Introduction to Paper Cutting An introductory workshop where you will learn the skills and techniques required to create paper cut artwork. 10.30am - 4pm, £45, students £40. Mostyn, Llandudno LL30 1AB. 01492 879201, mostyn.org

Artist Talk - Brink with Jess Bugler, Ruth Cousins, Sarah Holyfield and Matt Day. Meet the artists, 2 - 4pm, free. Oriel Môn, Rhosmeirch LL77 7TQ. See *Exhibitions*

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



Yoga Day with Tracey Joscelyne Expect a dynamic, challenging morning and a chilled afternoon session including restorative Yin Yoga and Pranayama. The workshop is suitable for all levels, as all postures can be modified to suit the individual. Beginners welcome! £30, includes light refreshments. Portmeirion. Tracey 07809 485323, traceyyogamassage.co.uk Also 15th December

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

Ensemble Cymru: Octet A celebration of melody from lyrical masters Franz Schubert (1797-1828) and Wales' John Metcalf, inspired by one of the most beautiful folk songs from Wales' heritage and performed by 8 soloists. 3pm, £6 - £15. Pontio, Bangor 01248 382828, pontio.co.uk

3rd SUNDAY - 8th FRIDAY

Writing Fiction: GladFic The course will be informal but very focussed using examples by well-known writers, explore all the fascinating elements that work together to create marvellous fiction. £540, non-res £370. Gladstone's Library, Hawarden, Chester CH5 3DF. 01244 532350, gladstoneslibrary.org

4th MONDAY

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

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

Mum & Baby Yoga 5 week course on Mondays for babies from 6 weeks after vaginal birth or 8 weeks following Caesarean until crawling. Each week we also aim to discuss some of the lesser talked about aspects of becoming a mother that are so vital to our long term health and happiness. You are welcome to arrive 15mins early to feed & change your baby, and to settle in. 11am - 12.30pm, £40. For location details: Laura Knott, 07914 917711, birthingmamas.co.uk

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. 2 - 3.30pm. Hillside Retreat, Rhosesmor, nr Mold. Contact helen@soul-life.co.uk

Gong Bath 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



Ensemble Cymru: Whthawd Schubert Quartet Schubert's Octet for strings and wind, plus a commission by John Metcalf drawing inspiration from the beautiful Welsh folk melody, Bugeilio'r Gwenith Gwyn. 10.30am, £14, £13 concs. Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

4th MONDAY - 9th SATURDAY

Mountain Leader Award Training The training course will follow the Mountain Training Mountain Leader Award syllabus. In particular it will look at practical skills and techniques required when leading and supervising groups in mountain areas, concentrating on skills and knowledge that can be difficult for candidates to learn on their own. Field Studies Council, Rhyd-y-Creiau, Draper's Field, Betws-y-Coed, Conwy LL24 0HB. 01690 710494, enquiries.rc@field-studies-council.org

Myth & Fairytale in Fantasy Fiction This course will venture into the dark woods of fairytale and through the strange castles of the Mabinogi to discover the way traditional and ancient tales can be rediscovered in modern poetry and fiction. We will discuss spells and taboos, revenges and quests, dreams and desires, and open up the endless possibilities these stories offer to the writer. £550 - £675. Tŷ Newydd Writing Centre, Llanystumdwy, nr Criccieth LL52 0LW. 01766 522881, tynewydd.wales

5th 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

The Guardians (15) Film. France, with subtitles. This low-key war drama is set in rural France, soon after the outbreak of World War I. A local family is working hard to keep going as all the men have gone. 7 for 7.30pm, with Chester Film Society. St Mary's Creative Space, Chester. Contact: chesterfilmfans.co.uk

Gong Bath Close your eyes and relax while you are bathed in powerful sound waves created from gongs, Himalayan singing bowls and grounding instruments 7pm, £13. Memorial Hall, Penmorfa, Porthmadog LL49 9RY. Steph Healy 07534 118899, puresound.org.uk

Anglesey Story Share Join Siân Miriam and Claire Mace for an entertaining evening of story and song. All welcome! Come along with a story to share, a song to sing, a poem to read, or feel free to sit back, relax and listen. 7.30pm - 9.30pm, free. Held at The Bull Hotel, Bulkeley Square, Llangefni LL77 7LR. More from anaadlu.com

Women's Gathering Gwynedd A monthly informal gathering; bring your 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, nr Caernarfon. Facebook: of event name

Llaeth Mam Bangor 1st & 3rd Tues/month. Are you breastfeeding or an expectant mum with an interest in breastfeeding when baby arrives? Free meet-up, with refreshments. Just come along! 10.30am - 12pm. Bangor Library 01248 353469.



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 donsaundersopt@aol.com (chair)

ROH Live: Concerto, Enigma Variations, Raymonda (12A) Film screening; a mixed programme highlighting the versatility of the Royal Ballet. 7.15pm, £16, £13 over 60s, £10 students and u18s. Pontio, Bangor 01248 382828, pontio.co.uk

Voskreesenije Choir of St. Petersburg The repertoire of the ensemble includes Russian Sacred Music, as well as folk music. 7.30pm, £8, £7 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

6th WEDNESDAY

SAORI Weaving Taster Session 1st Weds/month. Half an hour introduction to SAORI freestyle hand weaving, using a SAORI loom and take your weaving home. No experience is necessary and all abilities are catered for. £10 per class including materials. Please book/maximum of six. 6 Swifts Buildings, Bangor LL57 1DQ (opposite Domino's Pizzas below the train station). Rosie Green 01248 345325, saorimor.co.uk

Essential Oils for Natural Health & Wellbeing Join us for this informative workshop and learn how you can use natural solutions to take control of your family's health and wellbeing. 10am - 1pm, £7.50, includes sample oils to take away. RainbowBiz Hippy Shop, 8 Daniel Owen Precinct, Mold CH7 1AP. Tickets: eventbrite.co.uk or Julie: info@nourishtobloom.co.uk

AONB Volunteer Day - Forage Forest Llyn Parc Mawr Community Woodland Group needs your help to transform a small area of forest into an inspirational educational resource. The Forage Forest will be used to teach plant identification, foraging and outdoor cooking. We will be clearing an area of some sycamore, bramble and cotoneaster to provide some space to develop this resource and would appreciate your help. 10am - 3pm. Grŵp Coedwig Cymunedol Llyn Parc Mawr Community Woodland Group. Facebook: of event name

Reserve Maintenance Come and join us in this beautiful ancient woodland as we help the North Wales Wildlife Trust maintain this site. 10am, booking essential. Contact Dan, Snowdonia Society 01286 685498, snowdonia-society.co.uk

Women Working Together Aimed at small, micro, lifestyle business and professional women who often struggle to get out and meet women in a similar situation. 9.30am - 12pm. First meet free and then £10. Dylan's Restaurant, Criccieth LL52 0HU.

Mental Health First Aid Course Our 1-day Mental Health First Aid Course (level 2) offers a great opportunity to gain a full understanding of what mental health is, the practical skills required to spot the signs of mental illness and gives attendees the confidence to support a person who needs assistance. £55+; Clwyd Chambers, Clwyd St, Rhyl, LL18 3LA. Groundwork North Wales 01978 757524, training@groundworknorthwales.org.uk

Bangor Bird Group: The State of Birds in Wales A talk with Julian Hughes (RSPB). 7.30pm, Room 101, Alun Building, Bangor Uni Management Centre, College Road, Bangor. Visit: birds.in.wales

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, ellaspairs@hotmail.com

Wellbeing Workshop - Stress Less Educational sessions for small groups of people which are designed to engage and inspire, providing insights and techniques to help us develop motivation and personal effectiveness, and to make informed and sustainable choices about their wellbeing. 9.30am - 12.30pm. Led by RCS Wellington Rd., Rhyl LL18 1BE. 01745 336442, rcs-wales.co.uk Also 14th

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

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

Gong Bath 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, Colwyn Bay LL28 5DS. Steph Healy 07534 118899, puresound.org.uk

Ensemble Cymru Play music by Schubert, 7.30pm, £13.50, £6.50 concs. Theatr Colwyn, Colwyn Bay *Details on 2nd Nov.*

6th WEDNESDAY & 7th THURSDAY

Beyond Zero Waste - Building a Truly Circular Economy for Wales

Explore new circular income generation models from around the world and take part in a consultation on Wales' new mutual currency - the Celyn. Day 2 will focus on Wales' new mutual credit system - the Celyn - which could help boost Welsh economy by an estimated £250m over the next decade. Global exemplars will share practical steps on how to benefit from the circular, regenerative economy and what that means for all stakeholders. Speakers over the two days include: Hannah Blythyn AM, Deputy Minister for Housing and Local Government, Lee Waters AM, Deputy Minister for Economy and Transport, Sophie Howe, Future Generations Commissioner, Craig Anderson, Reuse Network, Dr Jane Davidson, Pro Vice-Chancellor for External Engagement and Sustainability at the University of Wales Trinity Saint David, Dr Paolo Dini LSE, Sardex Mutual Credit/Complementary Currency, Gerry Gillespie, City to Soil Australia Zero Waste Australia, Akira Sakano, Zero Waste Academy Japan, Iain Gulland, Zero Waste Scotland, Zero Waste Europe, Zero Waste Youth International. Workshops on different themes throughout both days are recognised as certified professional training modules to contribute to the Career Development Scheme operating within CIWM and endorsed by WAMITAB. Alongside the main conference we will run a two-day youth conference with Zero Waste Schools Wales. Principality Stadium, Westgate Street, Cardiff, CF10 1NS. Tickets from £0 - £240, search "Beyond Zero Waste" at eventbrite.co.uk See articles on pages 8 & 34



Circular Economy
Economi Gylchog

7th THURSDAY

Weaving for Health & Wellbeing Evening 1st Thurs/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

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.

Ensemble Cymru Play music by Schubert, 10.30am, £15.20, £14.20 concs. Theatr Colwyn, Colwyn Bay *Details on 2nd Nov.*

Flintshire Get Active Support Group 1st Thurs/month. Come along and join us for friendship, support, guidance, activities, speakers and more. 10am - 12noon. Carmel Village Hall, Carmel Rd., Holywell CH8 7DR.

XR Conwy Group First meeting for everyone who is interested. 6.30 - 8pm. 3rd Space Central, Llandudno. Facebook: Extinction Rebellion Conwy

Anglesey Menopause Café Meet up and share menopause experiences; all welcome. 7 - 9.30pm. Held in the TV Lounge of the Valley Hotel, Anglesey. Join Facebook group: Anglesey Menopause Café

Biodiversity & Business IEMA: Transforming the World to Sustainability (Institute of Environmental Management and Assessment) This event will feature 2 speakers presenting on the topics of biodiversity in construction (Nicola Johansen) and sustainable energy from tidal power (Osian Roberts). This is the ideal event for those within environmental management, studying an environmental degree, MBA students, environmental businesses and engineers interested in sustainable energy. 6 - 9pm, free, please register with eventbrite.co.uk Held at Pontio, Bangor. eventbrite.co.uk

Positive Birth Movement Free monthly meeting for anyone who would like to talk positively about birth. We connect pregnant couples, birth professionals and anyone interested together 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. 7pm. Storyhouse, Chester 01244 409113, storyhouse.com

Gwynedd Astronomy Society 1st Thurs/month. Tonight's meeting features Pete Williamson, a professional astronomer (and previous rock musician) giving a talk "From Herschel to Hawking". 7.30pm. Treborth Botanical Gardens, Bangor. Davyth Fear 01286 672882, davrhifear@googlemail.com

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

Plaid Werdd / Green Party Local Group All welcome to our monthly party meeting. Learn more about what the North West Wales Green Party does, and get involved with our work and events. 7.30 - 9.30pm, Albion Ale House, Conwy. Visit: northwestwales.greenparty.org.uk

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. 10am, booking essential, contact Dan, Snowdonia Society 01286 685498, snowdonia-society.co.uk

NWWT: History of Minera Our local expert, Peter Appleton, will take us on a tour of the history of Minera through its geology, and explain how that has impacted its use and importance over the years. 7.30 - 9.30pm, £2. Plas Pentwyn, Castle Road, Coedpoeth, Wrexham, LL11 3NU. Dan Rose 07977 962251, nwwt@wrexham@gmail.com

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

NWWT: Anglesey's Living Landscape Henry Cook, NWWT's Living Landscape Officer, brings us up to date with developments to improve biodiversity around the Anglesey Fens. 2.15 - 4.30pm, £2. St Cyngar's Church Hall, Llangefni, LL77 7EA. Penny Radford 01248 713022, radfords713@btinternet.com

Pop Up Vinyl Record/CD Shop Every 1st Thurs/month. 3000+ records, 60's, 70's, 80's, 90's, rock, pop, prog rock, indie, Cymraeg, blues, metal, punk, new wave, soul, folk, jazz, reggae, electronic, goth, hip hop and more. Records from 50p. Also a hand picked selection of CD's. Tŷ Glyndwr, 1 Stryd y Castell, Caernarfon LL55 1SE. Facebook: of event name

Chester CND Our bi-monthly meeting, all welcome, free. 7.30 - 9pm. Quaker Meeting House, Frodsham St., Chester. Contact: chestercnd@gmail.com

8th FRIDAY

Wildflower Habitat Days! Cynall a Chadw Cynefinoedd! See 1st

Luke Jackson Folk singer, 7.30pm, £12. Village Hall, Gwaenygor, nr Rhyl LL18 6LG. Contact Kelda Manley 07464 195336, keldamanley@live.co.uk

The Sisters Brothers (15) Film. This gritty western is a wildly chaotic ride from start to finish. 7 for 7.30pm start. Denbigh Film Society, Theatr Twm o'r Nant, Denbigh LL16 3DA. Lillian Jones 01745 813426, denbighfilmclub.co.uk

Restorative Yoga Workshop Need two hours to unwind and let go of the week? Join Claire Mace for a once-a-month yoga session where the focus is on relaxing. Slow flow is used to unwind and release tension, followed by deeply relaxing restorative poses to settle and downregulate the nervous system. 7pm-9pm. £16 (concessions available). Held at The Old Rectory, Llanfachraeth, Ynys Môn LL65 4YA. Bookings: Claire 07970 409724, inspiratrix.co.uk

NWWT: Aliens and Invaders Joan Prime will reveal how and why over half the species of wild flowers in the UK were introduced by humans from elsewhere, and then consider their effect on biodiversity. 2 - 4pm, £2. St David's Church Hall, Llandudno, LL30 3NT. John Underwood 07783 773225, john.underwood100@gmail.com

Ragmarag Ragtime Country Blues. 7 for 8pm gig, £12. Bar only. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

Spoken Word - Music - Poetry with Martin Daws, Teleri and Silvia Rose. 8pm, £6 door. Oriol Caffi Croesor, Hen Bryn Gelynen Croesor LL48 6SS.

Lleu Llaw Gyffes 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. Welsh language production. 7.30pm, £13, £11 concs., Pontio, Bangor 01248 382828, pontio.co.uk Also 9th 7pm.

8th FRIDAY & 9th SATURDAY

This Time A show about time, age and personal stories from the award winning circus theatre company Ockham's Razor. A series of aerial frames which are raised from floor to ceiling. The four performers lift, push and cradle each other through a world of windows, thresholds and ledges. 7pm, £15, £13 concs., Pontio, Bangor 01248 382828, pontio.co.uk *Workshop on 9th for 8+ yrs.*

8th FRIDAY - 10th SUNDAY

Yoga & Relaxation Weekend The essence of this weekend is taking some time out to relax before the hectic festive season. The weekend is tailored to be in sync with the slower rhythms of nature that this time of year presents. £385 - £530. Plas Cadnant, Menai Bridge. Laura Bell, 07989 512859, thezestlife.co.uk

Recharge Retreat The weekend combines energetic empowerment, uplifting mindfulness and time to relax. Firewalk, drumming, group games, laughter and plenty of time to chill out. £253 - £274. Holyhead LL65 2LP. Bookings: eventbrite.co.uk

Mindfulness & Gentle Yoga Dipping into Winter. Beginners and regular practitioners of mindfulness and yoga are welcome. Both mindfulness and yoga allow us to become more aware of our physical body and emotions, while cultivating attitudes that nurture our growth, and to connect with the environment we find ourselves in. The nature that encompasses Noddfa, allows us to develop a deeper appreciation of the natural environment and its rhythm. Winter is a time for nature to let go of the old and make way for the new, and so the 'theme' of this retreat will align with this. £250. Noddfa, Penmaenmawr. Contact: 07411 018541, 01524 791126, inessentia.co.uk

Yoga Dance Retreat Drawing inspiration and moves from the Dru Yoga tradition, as well as Indian and Western cultural influences, Dru Yoga dance offers a rich and varied opportunity to express yourself through body language. You will learn a dynamic Dru Dance sequence choreographed to music, which you can use anytime to energise and empower yourself. A reasonable level of fitness is required. £395 shared, £465 single. Dru Yoga, Snowdon Mountain Lodge, Bethesda LL57 3LX 01248 602900, druyoga.com

About Welsh This course will explore some quirks of Welsh language and literature in a fun and accessible way. It is suitable for people with no previous knowledge of Welsh, but also aims to give new insights to Welsh speakers of all levels. £239. Plas Tan y Bwlch, Maentwrog LL41 3YU. 01766 772600, eryri.llyw.cymru

Hillforts & Welsh Castles Led by Catrin Roberts participants will hear some of the history and folklore of the castles and hillforts of the area. Visit castles built by warring princes during the 13th century, an Iron Age Celtic fort and the Roman period. We will consider why these strategic areas were chosen for construction and how they came to an end. £229 - £249. Plas Tan y Bwlch, Maentwrog LL41 3YU. 01766 772600, eryri.llyw.cymru

Formby Yoga Yogging - yoga and jogging - combines the whole body exercise of yoga which increases flexibility, strength and balance with the cardiovascular benefits of jogging. The short jogging bursts create enough heat to keep the body's muscles warm enough to enjoy yoga outdoors with all of the wonderful benefits of bathing in nature. Trigonos, Nantlle LL54 6BW. 01286 882388, trigonos.org

NW Choral Festival Men's Choral, Women's Choral Youth Choral, Festival Celebration Concert, Just For Fun Sessions. Something for everyone! Various tickets and various times. Held in Venue Cymru, Llandudno. More from northwaleschoralfestival.com

8th FRIDAY - 14th THURSDAY

The Day Shall Come (15) Film. An impoverished preacher who brings hope to the Miami projects is offered cash to save his family from eviction. He has no idea his sponsor works for the FBI, and the FBI plans on turning him into a criminal terrorist by fuelling his revolutionary dreams. Various times. £7.50; £6.50 over 60, £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, pontio.co.uk



9th SATURDAY

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

Build a Lapsteel Guitar During this one-day practical course you will build a simple guitar to take away with you, based mainly on reclaimed materials. £85, 10am - 4pm, all materials and lunch included. CAT, Machynlleth, 01654 704966, cat.org.uk

Walking and Yoga Day Retreat Yoga warm ups, a guided hillwalk, meditation sessions, plus full yoga class; warm drinks and cake. 9am - 5.30pm, £45. Y Festri, Goodman St., Llanberis LL55 4JB. Contact Ella from Nalini Yoga: naliniyogaclass@gmail.com or Facebook: of event name

Mindful Walk A gentle 3 hour walk, some uphills. which will be taken gently as part of the mindful practice. Walking on the southern edge of the Clwydian range. 10am - 1pm, £17.50. Llandegla Community Shop & Cafe, Allt Yr Efail LL11 3AW. Book through: eventbrite.co.uk

Anglesey Mōntage Writing Festival The festival will be of interest to you whatever your level of writing experience in English or Welsh. Come and enjoy a day full of stimulation and inspiration. Bring writing materials. 9am - 5pm, £30. 16+. Ysgol David Hughes, Menai Bridge LL59 5SS. montagewriters@gmail.com

Walk: Cors Ddyga Walk around RSPB Cors Ddyga, formerly known as Mallaeth Marsh. Followed by visit to artist Philip Snow's studio at Mallaeth. 10am, free. Cors Ddyga, Mallaeth, Anglesey OS Ref: SH 465725. RSPB Conwy 01492 592247, or email colwynbooks@waitrose.com

Mindset Mojo Resilience and Wellbeing Learn all about the Mind-Body connection and reboot your systems during this informative and interactive day! You will be able to learn some fascinating Neuroscience facts about how your brain and body connect, the impact of thoughts, emotions and modern day stresses on your body and general health, and some great take home strategies and techniques. 10am - 4pm, £65. Cambrian Aquatic Sports Centre, Wepre Lane, Connah's Quay CH5 4HA. Bookings: eventbrite.co.uk

Reducing Stress & Anxiety This course will include guided meditations and explain how integrating these meditations into our life can enable us to develop a calm and peaceful mind. With Gen Kelsang Leksang. 10.30am - 1pm, £15, veggie lunch available for £4. Kalpa Bhadra Buddhist Centre, Craig y Don, Llandudno LL30 1YY. 01492 878778, meditatennorthwales.com

The Divine Names of God in Arabic, a Sufi-Christian Encounter "Different faiths have more things in common than differences". A love of singing & chanting 10.30am - 3.30pm, bring lunch to share. Led by Karen Markham, contemplative composer and pianist. £15, limited to 20. St Hywyn's Church, Aberdaron. Register 01758 703039, susanafogarty@gmail.com

Jackie Wyddfyd Exhibition opening at 2pm. All welcome! Oriel Caffi Croesor, Hen Bryn Gelynen, Croesor, LL48 6SS. See Exhibitions

Introduction to Pickling in Brine When seasonal supply is plentiful, consider preserving your cabbages, beetroots and carrots through fermenting them in salt water. Turning your humble cabbage into a powerful pro-biotic food: one of the best things you can eat to promote healthy digestion. We'll also prepare some Sauerkraut and Kimchi. Led by Claire Mace. Light lunch provided. Free, funded by Social Farms and Gardens / Ffermydd a Gerddi Cymdeithasol. 12.30pm - 4pm. Tyddyn Teg, Caernarfon LL55 3PS. Please book your place on Eventbrite.

Anonwt Chapter 3 Featuring Gareth Wild with Theo Nasa - a unique electronic artist surrounded by the raw elements of south London. Gareth is the label owner of EarToGround Records and highly respected music producer. Techno night at Hendre! 9pm - 4am, 18+, £12.50. Iard Hendre, Bangor LL57 3YP. Tickets: residentadvisor.net or on door.

Fast Track Adventure Pro Open Day Designed to get you up to scratch in all areas of outdoor adventure; an intense programme of climbing, hiking, paddling and biking courses for the aspiring professional instructor or outdoors addict. 9am, free. Plas y Brenin Capel Curig 01690 720214, pyb.co.uk

Yoga Ritual Relaxation You'll love stretching out tight muscles and strengthening your back and stomach. Smooth away tension, take a mental break from your 'to do's'. Doors open for 'Breathing Space' 3.15pm for 20-minute dedicated meditation, then 4 - 6pm. £18 before 31/10; then £23. Source Yoga, Nutrition and Health, Conwy. Tickets: bit.ly See Facebook: of event name

Reclaim the Night Marches/walks demand that women be able to move safely throughout public spaces at night. Meet in The Kitchen at 5pm to help make banners and placards, entertainment at 6.30pm and then set off on the march at 7.30pm. The Kitchen, Storyhouse, Chester 01244 409113, storyhouse.com

Screen Printing Taster Session In this workshop with Jen from Peris + Corr you will get the opportunity to experiment with tools, techniques, and create your own screen-printed design. You will learn the basic process of setting up a hoop screen, repeat print pattern and print onto fabric. 11am, £50, held in English. 16 yrs+. Galerica, Caernarfon 01286 685222, galericaernarfon.com

Electric Swing Circus + DJ Code-13 Live music and swing! 7.30pm, £12 adv, £14 door. Neuadd Ogwen, Bethesda. neuaddogwen.com

Die Mauer / The Wall (12A) A film with Pyslynce '89:Berlin. A tremendous portrait of transition, a document of the final days of the Berlin Wall that divided East and West Germany by painter-filmmaker Jürgen Böttcher. Plus live musical performance by Geraint Ffrancon. 7.30pm, £7.50; £6.50 over 60, £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, pontio.co.uk

Huw Warren Jazz World Jazz Night with Huw and special guests Steve Berry and Maria Lamburn. 7 for 8pm gig, £12. Bar only. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

Songs of Rebellion and Piracy ~ The Corrigan Consort on Tour From arrangements of Canadian pirate songs to Norwegian folk songs to folk-inspired sacred songs, we'll be sharing some of our favourite pieces from the past year. 7.15pm, £10, £5 u26. St. Cynbryd's Church, Abergelge. Contact 07375 404638.

9th SATURDAY & 10th SUNDAY

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 of her students. £150 class fee, accommodation is available £30 per night. Tregarth, Bangor. Viv 01248 601388, 07771 280824, vivreiki@hotmail.com

9th SATURDAY - 30th SATURDAY

Chester Literary Festival Featuring major authors, storytellers, broadcasters and poets with performance and discussion. Authors Armistead Maupin and Michael Morpurgo, poets Imtiaz Dharker, Benjamin Zephaniah and Lemn Sissay and writer and TV presenter Nadiya Hussain top the bill alongside a raft of writers, storytellers, musicians and spoken word artists. Held at Storyhouse, Chester. Full programme and information from: storyhouse.com

10th SUNDAY

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

Yoga Teacher Training Taster Day Thinking of becoming a Yoga Teacher, or taking Yoga Teacher training to explore yoga more deeply? Join Claire Mace for a day experiencing what that would be like. Enjoy a long yoga sequence in the morning and then an afternoon introducing some aspects of teaching, finishing with time for your questions on any aspect of yoga teacher training. 10am - 5pm. £35 (concessions available). Held at The Old Rectory, Llanfachraeth, Ynys Môn LL65 4YA. Bookings: Claire 07970 409724, www.inspiratrix.co.uk

Childless A day of events to explore living as a non-parent in a family-centric world. Keynote speaker: Jody Day, plus stories from Chester Gateway Women, and a collection of 10 minute talks including Men Ageing Without a Family. Also, music and stories performed during the day. 11am, £15 for the day. Storyhouse, Chester 01244 409113, storyhouse.com

Move Your Butt! A Yoga Workshop Exploring Inversions You will get the opportunity to explore some smart yoga practices, techniques and meditations that will help you work towards inversions and piking. The workshop is suitable both for those new to inversions and those already exploring being upside down, with Claire's direct approach giving you the building blocks to take your inversion practice to the next level. 10am - 1pm, £25, (concessions available); with Claire Mace. Held at The Old Rectory, Llanfachraeth, Anglesey LL65 4YA. Tickets: inspiratrix.co.uk

Estyneto Join us for regular dance/movement sessions aimed specifically for those over the age of 60. The sessions are led by inspirational dancers/choreographers (Cai Tomos & Angharad Price Jones) and open to anyone who has the desire to stay active, fit and healthy. No previous experience or dance skills required. 1.30pm, £4. Galeri, Caernarfon 01286 685222, galericarnarfon.com

Cainc A more intense dance/movement class suitable for beginners over the age of 60. All sessions are led by Cai Tomos who will guide participants to explore new ways of moving the body. No previous experience or dance skills required to participate. 3pm, £8. Galeri, Caernarfon 01286 685222, galericarnarfon.com

Cyngerrdd Codi Arian Gwyl Bianco Join Canolfan Gerdd William Mathias' piano tutors on a musical journey as they visit the four corners of the globe to perform a programme of popular piano duets and trios from the classical, jazz and popular repertoire. 3pm, £10, £5 children. Galeri, Caernarfon 01286 685222, galericarnarfon.com

NW Vegans Meet up for a vegan lunch with a great selection of pizzas, pastas and desserts. 12.30pm. All welcome! Con Amici Restaurant, Denbigh. See Facebook: North Wales Vegans

11th 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. Books selected by vote and alternate between contemporary and classic fiction. Gladstone's Library, Hawarden. Contact Louisa Yates louisa.yates@gladlib.org

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

Watch Africa: Another Day of Life (15) An extraordinary powerful and poetic animated film version of legendary war reporter Ryszard Kapuściński classic memoir of the bloody Angolan conflicts of 1975. A gripping story of a three-month-long kaleidoscopic journey into darkness. 5.30pm, £7.50; £6.50 over 60, £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, pontio.co.uk

Gong Bath Close your eyes and relax while you are bathed in powerful sound waves created from gongs, Himalayan singing bowls and grounding instruments. 7pm, £13. Llanfairfechan Community Centre, Village Rd LL33 0NH. Steph Healy 07534 118899, puresound.org.uk

Angelshark Project: Wales Safeguarding one of the world's rarest sharks. Following decades of decline across Europe, a population remains in Welsh waters providing hope; they are not a threat to humans and glide along the seabed with their elongated fins. 8pm, Plas y Brenin, Capel Curig 01690 720214, pyb.co.uk

The Day Shall Come See 8th - 14th

An Evening with author Armistead Maupin Maupin has been blazing a trail through US popular culture since the 1970's, with his iconic and ground-breaking series *Tales of the City*. 7.30pm, £18.50 - £27. Storyhouse, Chester 01244 409113, storyhouse.com

James Ketchell: Chasing Extremes The only person on the planet to have summited Everest, rowed the Atlantic and cycled the world! James delivers his tales of adventure, endeavour and determination, in an evening experience that will undoubtedly leave young and old feeling motivated and inspired with life lessons learned by the adventurer himself. 7.30pm, £15. Galeri, Caernarfon 01286 685222, galericarnarfon.com

11th MONDAY - 14th THURSDAY

Mayfly - Mindfulness for Care Workers Our work shows us that tiny regular moments of stopping and being mindful resources staff to build resilience and empathy, and find ways of enjoying life more. Trigonos, Nantlle LL54 6BW. 01286 882388, trigonos.org More info on the work from: mayfly.org.uk

11th MONDAY - 15th FRIDAY

Mountain Leader Assessment The assessment course will follow the MT Mountain Leader Training syllabus. In particular, it will look at practical skills and techniques required when leading and supervising groups in UK mountain areas in summer conditions. Max ratios 1:6. Field Studies Council, Rhyd-y-Creiau, Draper's Field, Betws-y-Coed, Conwy LL24 0HB. 01690 710494, enquiries.rc@field-studies-council.org

Writing Short Stories Together we'll explore the fundamentals of great story writing: finding ideas, plotting, narrative structure, dialogue, three-dimensional characters and how to edit. The course will be composed of morning workshops, both practical and creative, and one-to-one sessions. £425 - £550. Tŷ Newydd Writing Centre, Llanystumdwy, nr Criccieth LL52 0LW. 01766 522881, tynewydd.wales

12th TUESDAY

Full Moon in Scorpio 1.34pm

Dementia Awareness Community Business Breakfast Come along and meet other community businesses to discuss how to be more inclusive. 8.30am - 10.30am. South Denbigh Community Partnership, London Rd., Corwen LL21 0DP. Visit: dvsc.co.uk

A Catch Up on Reincarnation Tim Wyatt talks about his latest research into this topic. A national speaker, sponsored by Charity no 1167737. An evening with Bangor Theosophical Society, 7.30pm, £5, TS members £3. Hiraal Hall, Ambrose St., Bangor. Toddy alcock: 01248 600267, toddyalc@gmail.com

Watch Africa: The Last Tree (15) Film. Shola Amoo's unflinching and unsentimental semi-auto biographical feature is about Femi, a Nigerian-British boy torn between competing identities. 5.30pm, £7.50; £6.50 over 60, £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, pontio.co.uk

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.

How Do We Create a Globally Responsible Wales? Free discussion and talks; subjects include: adding value to each other's work; incorporating aspects of global responsibility; the players involved. 6 - 8pm, free. Bangor University LL57 2DG. eventbrite.co.uk

Cylch Gitar Gogledd Cymru/ North Wales Guitar Circle 2nd Tues/month. All styles of acoustic guitarists - from non players to professional (non vocal). 7.45pm, £1 per person. Anglesey Arms Hotel, Menai Bridge. Jane and Dave Sinnett 01407 831480, jane.sinnett@btinternet.com ~ Facebook: northwalesguitarcircle

Burlesque Dance Sensual, beautiful, cheeky and fun. Easy to follow for all levels of fitness and experience. Wear whatever you are most comfortable in, all women welcome. Just turn up, 6 - 7pm, £6. Academi, Deiniol Rd., Bangor LL57 2UW. Helen McCreary 07755 017157, or Facebook: Burlesque North Wales

Drudwen by Cimerá A dark modern fairytale, a magical story of transformation, choice and consequence. Circus, movement and music tell the twisting story of the enchantress Drudwen, and the twins she finds in the forest who are not all that they appear to be. 11am - 7.30pm, Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

Adventures in Research: Mussolini's Island An evening with Writer in Residence, Sarah Day. Sarah will offer fascinating tales of her travels, as well as tips for your own travels - and your own travel writing. 8pm, £15, or £29.95 includes dinner. Gladstone's Library, Hawarden, Chester CH5 3DF. 01244 532350, gladstoneslibrary.org

13th 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

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.

Wholeness, Holons & Healing A talk by Peter Scarisbrick, with Chester Theosophy Society. 7 for 7.30pm start, £5.50, £3.50 concs., Quaker Meeting House, Frodsham St., Chester CH1 3LF. 01244 377170, chestertheosophy.org

Woodland Footpath Maintenance Come and learn some footpath maintenance techniques and to enjoy Parc Mawr, Conwy valley. 10am, booking essential, contact Dan, Snowdonia Society 01286 685498, snowdonia-society.co.uk

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

Minera Quarry Short Walk Explore the stunning Minera Quarry, recently opened to the public by the North Wales Wildlife Trust. 10am - 12pm, meet quarry c.p. SJ25 9520. 01824 712757, loggerheads.countrypark@denighshire.gov.uk

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

Strangers on a Train A theatre performance. Challenging a youth to turn down his music on the train, Irene Sparrow, finds herself under suspicion of murder after the train emerges from a tunnel with the young man dead. 7.30pm, £14, £12 concs., Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

Young Musicians Concert Exceptional talent in North Wales, from a couple of returning YMC players, Ynyr Pritchard and Gwydion Rhys and two newcomers from N.E.Wales. 7.30 - 9.30pm, Rhyl Music Club, Rhyl Town Hall LL18 1BA. Elizabeth Parry-Jones 01745 561006, rhyllmusic.com

Everybody Knows (15) Film with Occasional Cinema. A dark psychological study of people under extreme pressure which examines what can happen when intense pressure causes long-buried secrets to rise to the surface. Film starts approx 7.30pm, membership is available on the door for a cost of £5; the first film is free; after this entrance for the film is £3. Mill Bistro, Seiont, Caernarfon 01286 676549, occasionalcinema.org

Watch Africa: Another Day of Life See 11th

Llandudno & District Writers Group Meets 2nd Weds/month. Today: *Sian Northey: Using Fact as a Basis for Fiction*. 2 - 4pm, meets at Llandudno Library, Mostyn St. Contact: llandudno.writers@aol.co.uk

Watch Africa: The Last Tree See 12th

Shakira in Concert: El Dorado World Tour (PG) Film of concert. The larger-than-life show on the big screen plus documentary footage and Shakira's own words. 7.30pm, £10, £8 concs., Galeri, Caernarfon 01286 685222, galericaernarfon.com

Twelfth Night Students from Bangor University's drama society ROSTRA presents Shakespeare's comedy about mistaken identity, unrequited love and hideous yellow stockings. 7pm, £7, £6 concs. Pontio, Bangor 01248 382828, pontio.co.uk

Cacao Ceremonies Celebrating the Full Moon. We will experience stillness, silence, meditation, a sharing circle, and of course the cacao itself. The intention is to connect with the cacao and the ritual of consuming and drinking the cacao in all its magical medicinal glory. £15. The Goddess Collective, 50 Elizabeth Crescent, Chester CH4 7AZ. thegoddesscollective.co.uk

14th THURSDAY

Cycles of Life This talk by Eric McGough, explores the history of human progress on the Earth including previous civilisations such as Atlantis. Organised by Colwyn Bay Theosophical Society. 2pm, £5; TS members £3, free refreshments. New enquirers are always welcome. Held at Parkway Community Centre, off Rhos Rd., Rhos-on-sea. LL28 4SE. Enquiries: theosophywales@yahoo.co.uk

Christmas Flowers / Blodau Nadolig An inspirational floristry demonstration by SAC's Sioned Rowlands. Sioned will use seasonal flowers, berries and foliage, to create inspiring floral arrangements. Held at Dinorben Arms, Bodfari, Denbighshire LL16 4DA. Tickets available to purchase from the Hospice shop in Denbigh and the hospice Fundraising Team on 01745 775425.

The Day Shall Come See 8th - 14th

Olwyn Lliw ~ Colour Wheel This week is Photomontage & Collage. Artist and tutor Jwls Williams will be leading and supporting the monthly sessions. These sessions are ideal for beginners and creatives who wish to gain new skills and experiment with new materials and techniques. 10.30am - 12.30pm, £10. Galeri, Caernarfon 01286 685222, galericaernarfon.com

North East Wales Wellbeing Network Bringing together third sector organisations (local, regional and national) operating in Flintshire and Wrexham who have an interest in health, social care and wellbeing. The Network is also open to statutory partners and is free to join. 9.30am - 12.30pm. Coleg Cambria Business School, Holywell Road, Northop CH7 6AA. Contact Fran Hughes: fran.hughes@flvc.org.uk

Jonathan Brier Oil Painting Workshop An introduction to oil painting. Using both still life and photographs you will cover colour theory, colour mixing, under painting, grounds, sketching with oil, paint application, working with a limited palette, and a standard palette. All materials provided. No prior experience needed. £60 - booking essential, Royal Cambrian Academy, Crown Lane, Conwy, LL32 8AN. 01492 593413, rcaconwy.org

Wellbeing Workshop - Coping with Anxiety See 6th

Wisdom Circle for Conscious Eldering 2nd Thurs/month. 2 - 3.30pm, Gladstone's Library Chapel, Hawarden. Helen: soul-life.co.uk

Sing A Long Calamity Jane (U) Dementia Friendly Screening. Welcome to all those living with dementia and their carers. Low lights and all welcome to walk around and join in. 1.30pm, £4 including cuppa! Storyhouse, Chester 01244 409113, storyhouse.com

Shakespeare's Schools Festival A series of unique abridged Shakespeare productions by local schools. 7pm, £9.95, £8 children. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Blade Runner: Final Cut (15) Film. In a future of high-tech possibility soured by urban and social decay (in fact- November 2019!), Rick Deckard hunts for fugitive, murderous replicants - and is drawn to a mystery woman whose secrets may undermine his soul. 8.15pm, £7.50; £6.50 over 60, £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, pontio.co.uk

14th THURSDAY - 16th SATURDAY

Ucheldre Rep: Deathtrap Sidney is a renowned Playwright, but following a series of disastrous flops, he is desperate to come up with a winning script. Is it just possible that the script he now holds in his hand is the very one that will finally put him on top again? 7.30pm, £6, £5 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

14th THURSDAY - 17th SUNDAY

Circle Dance and Sound Healing Circle dancing promotes a sense of community within a group of individuals. It helps expand a person's range of movement through the exploration of a variety of rhythms and dance forms and it is intrinsically enjoyable; with Ana da Costa & John Hofton. For more information please contact Ana da Costa: analubc@aol.com / 07979 296 057. Held at Trigonos, Nantlle LL54 6BW. 01286 882388, trigonos.org

15th FRIDAY

Nature Connection, Poetry & Mindfulness Held in Llanfrothen. To express your interest/find out more or to reserve a place email Anna at annabrindeley@tanyrhiw.com

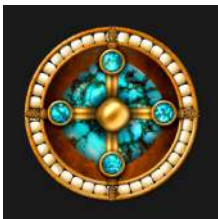
Wildflower Habitat Days! Cynall a Chadw Cynefinoedd! See 1st

My Mountain Life An evening with Simon Yates. Simon brings stories of life changing events covering 30 years as an exploratory climber and guide. 7.30pm, £16, £14. Galeri, Caernarfon 01286 685222, galericarnarfon.com

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.

Medicine Dance - Autumn's Abundance Arrive at 7 to start the opening circle and meditation at 7.15.

Dancing 7.30 - 9.30pm with the 4 elements, earth, fire, water, air; the 5th (ether) is delivered through a soundbath so bring a blanket. Herbal teas and catching up to close. 7 - 10pm. £10 on door. Mynydd Llandegai Village Hall, Bangor LL57 4LQ. Facebook: of event name



Snow and Avalanche Matters Practical workshops on a range of associated topics and plenty of opportunity to network and share knowledge and experience. Ideal for those interested in winter mountaineering, snowsports and winter safety. 9am, Plas y Brenin, Capel Curig 01690 720214, pyb.co.uk

Live Shamanic Sound Healing An opportunity to receive a shamanic healing without any prior training within shamanism. Guided throughout a deep and healing sound journey from the sincerity of silence into sacred sound. Pete Bengry is an internationally known musician and shamanic sound healer. 7 - 9pm, £15. Caerwys Town Hall, Mold CH7 5AL. Bookings: eventbrite.co.uk

Yin Yoga and Gong Bath The evening will consist of 65 minutes of yin yoga followed by a short comfort break and then an hour's Gong Bath. 7.30pm, £23. Source Yoga Studio, 294 Conway Rd, Mochdre, Colwyn Bay LL28 5DS. To book please visit: bookwhen.com/sourceyoga

Kizzy Crawford Fusing bilingual soul-folk jazz; Kizzy is a Welsh speaker from Bajan heritage. 7 for 8pm gig, £12. Bar only. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

Capernaum with New Dot Cinema (15) A tribute to the resilience of the human spirit - a battle cry for the forgotten, the unwanted and the lost that offers hope in the most unexpected of places. 7pm, £8, £6 concs., New Dot Cinema, Upstairs in Llangollen Town Hall. newdotcinema.org

Mountain Film, 8 - 10pm. More from Neuadd Ogwen, Bethesda - neuaddogwen.com

15th FRIDAY - 17th SUNDAY

Liquid Faith: Spirituality of Water Water plays a central role in all the world's religions - it has often been taken as a metaphor for faith - flowing and yet still, yielding and yet in full spate. Ian Bradley is Emeritus Professor of Cultural and Spiritual History in the University of St Andrews and well known as a preacher, retreat leader, writer and broadcaster. £235, £160 non-res. Gladstone's Library, Hawarden, Chester CH5 3DF. 01244 532350, gladstoneslibrary.org

15th FRIDAY - 21st THURSDAY

Sorry We Missed You (15) Film. Ken Loach's latest is a fierce, angry and truthful film centred around Ricky and his family as they struggle against debt. This is the world of zero hours contracts, sanctions and the perils of the gig economy. Various times; £7.50; £6.50 over 60, £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, pontio.co.uk

16th SATURDAY

Tours of Bangor University Art & Ceramic Collections Starts 11am, Main Arts Building, College Rd., Bangor. Bookings: 01248 353368, storiel@gwynedd.llyw.cymru

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

Letting Go of Self-Criticism On this course learn more about this habit, how we can reduce and eventually abandon it. We will explore 3 special methods to be able to accept that we have faults and develop genuine confidence in our ability to become free from them. 10.30am - 1pm, £15, veggie lunch available for £4. Kalpa Bhadra Buddhist Centre, Craig y Don, Llandudno LL30 1YY. 01492 878778, meditatenorthwales.com

Adeiladu Heddwch ~ Building Peace All welcome - Peace groups and organisations, those of faith and of none. Stalls, children's activities, refreshments. Demonstrating what peace means to us and how we can build it; plus Canwyr Stryd Bangor Street Singers. The Vigil is interspersed with vocal and visual contributions. 10.30am - 2pm. Bangor Cathedral.

Gong Bath Close your eyes and relax while you are bathed in powerful sound waves created from gongs, Himalayan singing bowls and grounding instruments. 7pm, £10. Neuadd Goffa, Mynydd Llandegai, LL57 4LQ. Steph Healy 07534 118899, puresound.org.uk

Two Imaginations - Ekphrastic Writing for Wellbeing A writing day with Jill Teague. Ekphrastic writing is the "conversation" between the imaginations of the artist and the writer whereby the writer observes a work of visual art - painting, photograph, sculpture or other artistic creation - and then creates a piece of writing in response. 10am - 4pm, Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Lettering & Calligraphy Artist A talk & demonstration with Ieuan Rees. 1.30 - 4.30pm, Q & A session after with tutor. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Compassionate and Nonviolent Communication A day to learn and practice. Be empowered to express clearly and concisely what you want in challenging situations in a way that supports others to feel safe and trustful in you, and to hear empathically even when perceiving attack, criticism or judgment. Rik Midgley is an internationally certified NVC trainer and will run this event with the energy of gift culture, trusting that this work will be sustainable. 10am - 5pm, in Bethesda. Contact Rik@LiveNonviolence.uk for more details.

The Pilgrim's Progress (PG) Animated film. The epic tale of a pilgrim and his burden. *Until 23rd Nov.* £7.50; £6.50 over 60, £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, pontio.co.uk

Conifer Clearance - Llanuwchllyn The site we will be working in is an old Conifer Woodland which has been felled to promote a more native marshland. Our work will go a long way to help advance the project and make the marshland a reality. 10am, booking essential, contact Dan, Snowdonia Society 01286 685498, snowdonia-society.co.uk

Dark Sky Planterium Show A fascinating astronomy talk by experts from Techniquist in a planetarium. Find out about the constellations and discover the myths behind them. Three sittings available. Be quick to book - sessions are popular. 11am - 4pm. Loggerheads, Denbighshire CH7 5LH, 01824 712757, loggerheads.countrypark@denbighshire.gov.uk

Ffair Nadolig Glynllifon Local handmade gifts, plus Good Life Therapies. 10am - 5pm, Parc Glynllifon, Caernarfon LL54 5DY. Facebook: of event name

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

Golau Gaeaf / Winter Light Processional Parade: fire will light the action as we encounter mythical monsters and those who try to catch and tame them. Stories that have lurked in the darkness for centuries are now coming to life. See them unfold in this captivating event for all the family. 7pm, performances in Mostyn St., Llandudno.

It's A Wonderful Life (A live radio play) With the help of an ensemble of six actors and a live Foley artist creating the sound effects, the story of idealistic George Bailey unfolds as he considers ending his life one fateful Christmas Eve. It will take help from a lovable angel, Clarence, for George to have a change of heart and understand the true spirit of the Christmas. 7.30pm, £10, £7 children/student. Galeri, Caernarfon 01286 685222, galericarnarfon.com

Singing For Larks An exciting approach based on the simple, traditional pleasure of learning by ear. There is no individual singing; instead the whole group will learn and sing together, free from the pressure of learning vocal techniques or of working towards public performance. 10.30am - 4pm. £36. Held at Canolfan Penrallt Centre, Upper Bangor, LL57 2EU. Bookings: 0161 881 0855, faith@singingforlarks.co.uk

Winter Fayre / Ffair Aeaf Refreshments, games, live musical entertainment and stalls of new, handmade and pre-loved goods. Stalls to hire on a 'first come, first served basis'. Held at Ysgol Glan Clwyd, Upper Denbigh Rd, St Asaph, LL17 0RP. Trefor Lloyd Roberts for more information on 01745 775425

The Boss Baby (U) Film. A suit-wearing baby turns up at a company with his 7 year old brother to stop a dastardly plot. 6 for 6.30pm, £5, £2 children, includes tea and cake. Rowen Memorial Hall, Conwy. Contact: beccacrane@phonecoop.coop

17th SUNDAY

Quaker Meeting 3rd Sun/month, 10am, Memorial Hall, Market St., Llangollen. Maria Haines 01978 860349, northwalesquakers.org

Artist Talk: Sian Rees Astley In connection with the artist exchange project 'Making Marks : Creating Connections from Britain to Kuwait', an international project enabled by the Arab British Centre and supported by the British Council. 2pm, free, booking advised. Mostyn, Llandudno LL30 1AB. 01492 879201, mostyn.org

Anglesey Artisans Môn Local fayre with local stalls, homemade gifts and produce. 12 - 5pm. Treaddur Bay Hotel, Holyhead LL65 2UN. See Facebook of event name

Gong Bath Close your eyes and relax while you are bathed in powerful sound waves created from gongs, Himalayan singing bowls and grounding instruments. 8pm, £13. Rhoscolyn Village Hall, Rhoscolyn, Holyhead LL65 2NQ. Steph Healy 07534 118899, puresound.org.uk

Bolshoi Ballet: Le Corsaire Screening. The Pacha tries to buy a young woman, but she's not for sale. 3pm, £13, £10. Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

It's A Wonderful Life (A live radio play) See 16th for details. 7.30pm, £10, £8 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

18th 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. Contact Alan 01244 679185/ Facebook for more info, amnesty.org

Talk: Rethinking Rewilding 'Rewilding' has become a buzzword in conservation; a veritable cure-all for the decline of plant and animal species. Join Director of the Snowdonia Society John Harold as he asks whether it's really that simple. 8pm, Plas Y Brenin. Snowdonia Society 01286 685498, snowdonia-society.co.uk See article on page 6

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 able to meet with others who share their interest. 7 - 9.15pm, 1815 Café, Bangor. Mary Ward - merielward75@gmail.com

Cottage Garden Society Talk With Ted Brabin - "In the Footsteps of George Forrest in Yunnan". 7.15 for 7.30pm start. Eirianfa Community Centre, Denbigh LL16 3TS. Trish Morris 01745 550121, thecottagegardensociety.org.uk

Granny's Attic! A folk trio who play the tradition with verve, energy and their own inimitable style. 7.30 - 10.30pm, £4 members, £6 non-members. Clwb Gwerin Conwy Folk Club. Conwy Comrades Social Club, 8 Church St., LL32 8AF. conwyfolkclub.org.uk

Community Miles Route Guided Walk of 5 miles exploring the limestone outcrops and River Alun between Llandegla and Llanarmon. Meet: Outside Community Shop Llandegla GR196524.

19th TUESDAY

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

First Reformed (15) Film. A protestant New York minister becomes involved with an eco-activist and his pregnant wife. Thriller. 7.30pm, with Chester Film Society. St Mary's Creative Space, Chester. Contact: chesterfilmfans.co.uk

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, chester.humanist.org.uk

Burlesque Dance See 12th

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

Lengthsman Work Party Working on a new fence on Pencychnant's Iron-Age Scheduled Ancient Monument. Wear work clothes and gloves. Bring lunch. 10am onwards, 7.30pm, £1. Pencychnant Centre, Conwy. Julian 01492 592595, pencychnant.co.uk

Amphibian and Reptile Conservation Volunteering Day Habitat management for amphibians and reptiles. 10am - 3.30pm. Field Farm, Buckley, nr Mold. Mandy Cartwright: mandy.cartwright@arc-trust.org

Riley Baugus Banjos, Ballads, Stories and Songs. The very best of old time American banjo and song. 8pm, £12. The Vic, Menai Bridge LL59 5DR. 01248 712309, vicmenai.com

20th WEDNESDAY

Climate Change - Hope from Despair? A talk with Kevin Anderson, Prof. of Energy and Climate Change, University of Manchester. The mitigation challenge posed by the Paris Agreement now demands a rapid and profound re-shaping of contemporary society. Does the rapid emergence of the new and vociferous groups and the heightened profile of climate change suggest the prospect of new hope? Held in conjunction with UNA. 5.30pm, Eric Sunderland Lecture Theatre, Main Arts Building, Bangor University. Info: public.lecture@bangor.ac.uk



Mags Theatre performance. From North Wales to London and back again, *Mags* is the story of one woman's search for 'home', the geographical and emotional landmarks, the people she meets and their impact on her life. Bilingual, with live music, movement and text. 7.30pm, £12, £10 children/student. Galeri, Caernarfon 01286 685222, galericarnarfon.com

Health & Well-Being Event Celebrating Self-Care Week and helping you to make choices to improve your life. Therapy demonstrations and meet the therapists. 7 - 9pm, Unit 1, Lonn Parcwr Industrial Estate, Ruthin LL15 1NJ. 01824 702119, thelifestylespa.co.uk

Thrift & Thread Bring your clothes for mending and alterations; sewing kit, items from your repair pile; letting your clothes read the story of you and letting go of perfect as beautiful. 12 - 4pm, Black Cat Café, Parc Glynllifon, nr Caernarfon. Facebook: of event name

Be Pure. Be Vigilant. Behave / Manic Street Preachers Propelled along by an astonishing live mix by longtime Manics collaborator Dave Eringa, *Be Pure-Be Vigilant-Behave* is a brutal, exhausting and transcendent testament to, and of, the band, their history, the bond they share with their fan-base, and where they are now. Plus Q & A after. 8.15pm, £7.50; £6.50 over 60, £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, pontio.co.uk

21st THURSDAY

Reel Rock World Tour (12A) Film. A brand-new collection of cutting-edge climbing and adventure films from the world's best adventure filmmakers. 7.30pm, £14, £12.50 children/student. Galeri, Caernarfon 01286 685222, galericarnarfon.com

Native Tree Planting Grab a spade and make a lasting impression on the landscape for many years to come as we join the National Trust to plant native broadleaf trees. Booking essential. 10am - 4pm, location tbc. Snowdonia Society 01286 685498, snowdonia-society.co.uk

Gwynedd 2030 ... what next? Following on from the summer event in Caernarfon, we will share, discuss and build on the ideas suggested and look at ways of turning them into actions. Also a networking opportunity to meet with like minded people. Lunch provided. 10am - 1.30pm, free. Held at Neuadd Ogwen, Bethesda LL57 3AN. Book a place via renewwales.org.uk or via tocyn.cymru

Jungle Book (U) Dementia friendly screening; with the original classic Walt Disney animation. This is a screening for people with dementia, memory loss and their family, friends and carers but is open to the general public. 2pm, £4.50, carer goes free. Theatr Colwyn, Colwyn Bay 01492 556677, theatrcolwyn.co.uk

Goat Roper Rodeo Band Cosmic country blues band. 7 for 8pm gig, £12. Bar only. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

British Mountaineering Council Winter Lecture For anybody who wants to learn more about winter mountaineering skills. 7 - 9.30pm, £4.75 - £9. Plas Y Brenin, Capel Curig LL24 0ET. Bookings: eventbrite.co.uk

NW Dementia Strategy / Strategaeth Dementia

Gogledd Cymru This event is open to everyone affected by dementia in North Wales. We'll share what we've found out about the need for services, including research and statistics, what people have told us so far and how services work at the moment. Then we'll work together to agree what should happen next. Free, 9.30am - 3pm. Lunch included. Held in Theatr Clwyd, Mold. Bookings: eventbrite.co.uk or northwalescollaborative.wales

Volunteering Fair / Ffair Gwirfoddoli An opportunity to attract new volunteers, raise the profile of your organisation for Bangor University students. 10am - 1pm. Stallholders are welcome to arrive at 9.30am to set up their stalls. Pontio, Bangor 01248 382828, pontio.co.uk

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

Mental Health First Aid Course See 6th, except held in *Llandudno*.

Tonic: Elin Fflur The singer who delivered some of the Welsh pop classics of the last two decades. In Welsh. 2.30pm, £6.50, £5.50 children, senior citizen. Galeri, Caernarfon 01286 685222, galericarnarfon.com

22nd FRIDAY

Mugenkyo Taiko Drummers: Tribe 25 Captivating performance of sharp synchronisation, dramatic choreography and powerful rhythms on huge Taiko drums. 7.30pm, £20, £18 student, £12 children. Galeri, Caernarfon 01286 685222, galericarnarfon.com

Wildflower Habitat Days! Cynall a Chadw Cynefinoedd! See 1st

Blodeuwedd Untold Unearth the unwritten Blodeuwedd, the Frankenstein of flowers. Captured in the pages of a medieval book, the ancient myth of Blodeuwedd describes a woman made out of flowers who was turned into an owl as punishment for adultery. Who was she before being confined to the page? Jo Blake irradiates this figure of Celtic myth through word, movement and ritual. 8.30pm, £12.50. Storyhouse, Chester 01244 409113, storyhouse.com

Stargazing Join Snowdonia's Dark Sky Officer Dani Robertson for an enchanting evening under the Milky Way in the grounds of Yr Ysgwrn, former home of the poet Hedd Wyn. 6-9pm, Yr Ysgwrn, Trawsfynydd, Blaenau Ffestiniog. Snowdonia Society 01286 685498, snowdonia-society.co.uk

NWWT: Anglesey's Amazing Arachnids Our very own 'spiderman', Richard Gallon, covers some of Anglesey's regional rarities and relates them to the value of habitats that we have on the island. 7.30 - 9.30pm, £2. St Cyngar's Church Hall, Llangefni, LL77 7EA. Penny Radford 01248 713022, radfords713@btinternet.com

Talisk Scottish firebrands Talisk have stacked up several major awards for their explosively energetic yet artfully woven sound, including 2017's Folk Band of the Year. 8pm, £11, £14. Pontio, Bangor 01248 382828, pontio.co.uk

It's A Wonderful Life Radio Play with Lighthouse Theatre. Performed as a 1940s live radio broadcast in front of a studio audience. 7.30pm, £12, £10. Neuadd Dwyfor, Pwllheli 01758 704088, neuaddwyfor.com

Old Friends & New Beginnings: BBC Now With music by Brahms and Dvorak. 7.30pm, £15, £13 concs., Pontio, Bangor 01248 382828, pontio.co.uk

22nd FRIDAY - 24th SUNDAY

Yoga & Relaxation Weekend As 8th - 10th. Plas Cadnant, Menai Bridge. Laura Bell, 07989 512859, thezestlife.co.uk

Debbie Radcliffe Yoga "I feel yoga is there to help transform our emotional/mental disturbances and in balanced energy into more centred, grounded spiritual energy for a deeper sense of peace and harmony within ourselves and a deeper relationship with God." Held at Trigonos, Nantlle LL54 6BW. 01286 882388, trigonos.org ~ More from debbieradcliffeyoga.co.uk

Creative Learning for Welsh Learners This is a course for intermediate and advanced-level Welsh learners who want to develop their craft in creative writing, whether in the form of short stories, dialogue, descriptions, radio drama or others. £240 - £325. Tŷ Newydd Writing Centre, Llanystumdwy, nr Criccieth LL52 0LW. 01766 522881, tynewydd.wales

Discovery of Wales, the Discovery of Britain A site visit will take us to some of the places that show how Wales formed part of this new world. £229 - £249. Plas Tan y Bwlch, Maentwrog LL41 3YU. 01766 772600, eryri.llyw.cymru

22nd FRIDAY - 25th MONDAY

Exploring with Mixed Media & Collage Working on paper and canvas and by combining paint, craft papers, tissue papers, inks, acrylics, textured materials and organic materials, interesting and exciting results can be achieved. Landscapes, flowers and still life are subjects that will be covered. £343 - £373. Plas Tan y Bwlch, Maentwrog LL41 3YU. 01766 772600, eryri.llyw.cymru

23rd SATURDAY

Beaded Pendant or Brooch Spend the morning creating a beautiful brooch or pendant with clusters of colourful glass beads. Afterwards, enjoy an afternoon tea provided by pop up expert Sian Beca of Siwgr Lump. Freshly made sandwiches, scones and mouthwatering cakes served with pots of tea or coffee; dietary requirements catered for. Book by 15th Nov - please e-mail laura@iard.co.uk 10am - 4pm, £55. Held at Siop Iard, Caernarfon 01286 672472, siopiard.com

Compost Toilets Understanding the biology behind humanure. Get a foundational understanding of the principles, benefits and limitations of compost toilets. 10am - 4.30pm, £70, includes lunch. (*not a building course*) CAT, Machynlleth, 01654 704966, cat.org.uk

Christmas Decorations Taster Session In this workshop you will get the opportunity to use jewellery pliers, design your own unique decoration and create your own wire and bead decoration. 11am - 1pm, 16 yrs+, led by jewellery maker Lora Wyn. £25 includes all materials. Galeri, Caernarfon 01286 685222, galericarnarfon.com

Carnivores of the Serengeti A look at the big cats and hyenas found around the Ndutu and Seronera regions of Tanzania's Serengeti ecosystem. Bob Johnson ARPS is a wildlife photographer. 7.45pm, Plas y Brenin, Capel Curig 01690 720214, pyb.co.uk

Parent Pop-Up: Learning about Dyslexia This event is aimed at parents and carers of young people with dyslexia and those who have a general interest in finding out more about this learning difference. Free, 1 - 4pm, with British Dyslexia Assoc. St David's College, Llandudno LL30 1RD. Contact: bdadyslexia.org.uk

Creative Write for Growth For anyone wanting to explore the potential of personal writing. Activities are designed to stimulate creativity and enhance well-being. 10am - 1pm, £27.24. Gladstone's Library, Hawarden CH5 3DF. Bookings: eventbrite.co.uk

Ffair Naolig Nant Gwrtheyrn Christmas Fair A selection of arts and crafts stalls. 10am - 4pm. Nant Gwrtheyrn, Llithfaen LL53 6NL, 01758 750334, post@nantgwrtheyrn.org

Pop Up Vinyl Record/CD Shop Every 1st Thurs/month. 3000+ records, 60's, 70's, 80's, 90's, rock, pop, prog rock, indie, Cymraeg, blues, metal, punk, new wave, soul, folk, jazz, reggae, electronic, goth, hip hop and more. Records from 50p. Plus selection of CD's. Split Willow, Penmaenmawr Road, Llanfairfechan LL33. Facebook: Gwynedd Record Collector

Meet the Maker: John Neilson, Lettercarver & Lettering Designer Why not come along and see John at work, carving lettering in stone. An opportunity to ask questions about the process, techniques and anything else in relation to lettering. 10.30am - 12.30pm, free. Followed by: **Exploring Letters** Venturing within the gallery and Ruthin town with John Neilson & Fiona Gale. Looking at the writings which are rooted within the walls, grounds, plaques of Ruthin, encountering the heritage and stories behind the inscriptions and the technique/skills required to engrave. 1.30 - 4.30pm, free, call to book a place. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Pontio and BBC NOW - Celebrating 50 Years of Sain Come together to mark the 50th anniversary of seminal Welsh record label Recordiau Sain - renowned for its unique contribution to Welsh popular music. 8pm, £16, £14. Pontio, Bangor 01248 382828, pontio.co.uk

Slate Trail Survey For this volunteer day we will be surveying and maintaining a section between Capel Curig and Ogwen Cottage. 10am, booking essential, contact Dan, Snowdonia Society 01286 685498, snowdonia-society.co.uk

Sustainable Chester Winter Fair Organised by Friends of the Earth Chester & District. We welcome stalls selling eco, Ethical, Sustainable goods. Charities and causes. Interactive stalls where people want to share crafts and skills to make a more eco, low carbon footprint and sustainable world. 11am - 5pm, free entry. Held in St Mary's Creative Space, St Mary's Hill, Chester CH1 2DW. Info and bookings: chesterfoe.wordpress.com *Stall bookings/creative sessions activities welcome.*

The Young Storytellers Festival of Wales '19 Writer and storyteller Gillian Brownson, Community Theatre Practitioner & Writer, is bringing Wales' Storytelling talent together to share stories with both experienced young storytellers and those who would just like to have a go! For all ages. 11am - 5pm, Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

Lecture: by Prof. E. Wynn James To mark the death of Richard Hughes 400 years ago (c.1565-1619), was the son of Hugh ap Rhisiart ap Dafydd from Cefn Llanfair in the parish of Llanbedrog and was a notable poet. 2pm, £5. Plas Glyn y Weddw, Llanbedrog, Pwllheli 01758 740763, oriel.org.uk

From Slavery to Freedom With UK Jewish Film. Telling the story of this movement and the person who has become its symbol, Natan Sharansky, found guilty of high treason in 1977. It is his bravery and that of his wife Avital that finally brought him, and so many of his fellow Russian Jews, home. 8.15pm, £7.50; £6.50 over 60, £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, pontio.co.uk

Christmas Wreath Making Each wreath making session lasts 45 minutes and will help you learn how to create a Christmas wreath - you can even take your wreath and materials home to finish at the end of the session. Starts 11 - 11.45am, £6. Grand Hall, Penrhyn Castle, Bangor LL54 4HT. nationaltrust.org

Benjamin Zephaniah Unable to read and write at school but became one of Britain's most remarkable poets, met Nelson Mandela, fought in the 1980s race riots and recorded radical reggae music with Bob Marley's former band. In a compelling and inspiring show, Zephaniah will explain how he fought injustice and discrimination to lead a remarkable life, while sharing a selection of favourite stories and poems. 7.30pm, £23.50. Storyhouse, Chester 01244 409113, storyhouse.com

Lacey Lecture - Averting the Insect Apocalypse Dave Goulson specialising in bee ecology, and author of the Sunday Times bestseller 'A Sting in the Tale', alerts us to the crisis affecting insects, the potential impact on the planet and what we can do about it. We are in the middle of the 6th mass extinction event; bio-abundance is in decline. 6.30 - 9pm, £10. Venue Cymru, Llandudno LL30 1BB. Bleddyn Williams, 01248 351541, info@northwaleswildlifetrust.org.uk



Gainsbourg (A Heroic Life) (15) Part of UK Jewish Film. Biopic gives a glimpse of the Jewish-French singer and national treasure Serge Gainsbourg's life from 1940s Nazi-occupied Paris to his 1968 chart-topping success with lover Jane Birkin to his death aged 62. 5.30pm, £7.50; £6.50 over 60, £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, pontio.co.uk

20th Anniversary Concert with Catrin Finch Celebrating St David's Hospice's providing end-of-life care in the communities of North Wales. Multi-award-winning harpist Catrin Finch, with Côr Glanaethwy and Côr Meibion Colwyn. 7.30 - 10.30pm, £20, £10 children. Holy Trinity Church, Llandudno LL30 2PY. Tickets: 01492 873664, stdavidshospice.org.uk

AKA Trio Coming from three different continents - Europe, Africa and South America - Antonio, Seckou and Adriano grew up in three different landscapes, speaking three different languages, and were formed by three different cultures and musical traditions to play life-affirming musical collaboration. 7.30pm, £18, £16 concs. Galerï, Caernarfon 01286 685222, galericarnarfon.com

23rd SATURDAY & 24th SUNDAY

Make a Traditional Shave Horse A shave-horse is a simple but effective traditional tool to hold a piece of green wood while it is shaped with a draw-knife. You will be provided with all the materials you need and you will make your own traditional pattern shave-horse to take home. £130, £65 deposit. Woodland Skills Centre, Bodfari, Denbigh. 01745 710626, woodlandskillscentre.uk

24th SUNDAY

Moving Forward by Going Back ~ Feldenkrais

Method Looking back at our early movement development can help us to move forward from places where we habitually get stuck. 10am - 1pm, £30. Verve Health, Fitness & Wellbeing, 2-4 George St., Llangollen. Veronica Rock 07790 825783, vhrack@feldenkrais.co.uk

Reedbeds & Waste Water Management Off-grid sewage and water treatment systems. Our water and waste system is entirely off the mains supply, and this day course gives you the chance to learn from our 40 years of experience in this area. 10am - 4pm, £70 includes materials and lunch. CAT, Machynlleth 01654 704966, cat.org.uk

Merry Vegan Midwinter Join best-selling authors, Gillian Monks (*Merry Midwinter*) and Lee Watson (*Peace and Parsnips*) to celebrate an alternative Festive season with a delicious, 3 course plant-based lunch and cooking demonstration

with Lee. Gillian will be sharing her passion for this season and introducing you to an alternative festive approach, re-introducing ourselves to activities and customs which better reflect the nature of this time of year. Candle lit afternoon tea, storytelling, carols and all by the blazing fire! 10am - 5pm, £79. Held at Trigonos, Nantlle LL54 6BW. 01286 882388, trigonos.org See article page 36



Marchnad Nadolig 2019 Christmas Market Local produce and crafts; art workshops, musical performances and film screenings. 10.30am - 4pm, free admission. Galeri, Caernarfon 01286 685222, galericaernarfon.com

24th SUNDAY - 27th WEDNESDAY

The Mindfulness Network More info from Trigonos, Nantlle LL54 6BW. 01286 882388, trigonos.org or go to teach-mindfulness.org

25th MONDAY

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, Denbighshire LL18 5BT, 01745 772150, homeinstead.co.uk

26th TUESDAY

New Moon Sagittarius 3.05pm

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

Transformation - The Driving Force of Spiritual Evolution

A talk with Ted Capstick. We examine how we can creatively manage change and tension in our lives, but only by seeing the causal realities behind the temporal effects in those lives. Ted is a National Speaker, sponsored by Charity no 1167737. An evening with Bangor Theosophical Society, 7.30pm, £5, TS members £3. Hiraal Hall, Ambrose St., Bangor. Toddy Alcock: 01248 600267, toddyalc@gmail.com

Roots Four short pieces of dance and discussion from Wales. *Rygi: Dear to me* by Fearghus Ó Conchúir celebrates rugby in Wales; *Écrit* by Nikita Goile was inspired by a letter from artist Frida Kahlo to her partner Diego; *Why Are People Clapping!?* by Ed Myhill - a dynamic dance where movement and clapping create the soundtrack; *Codiis* by Anthony Matsena tells the story of Welsh people who come together to tackle depression during troubled times. 7.30pm, £14, £10 concs., Galeri, Caernarfon 01286 685222, galericaernarfon.com

Llandyrnog Astronomical Society

Last Tues/month. Observing sessions, talks, presentations, trips. 7.15pm, Balcony room, Llandyrnog Village Hall, Denbigh. Contact Chris Jones 01824 790023/ 07811 117059, chris.jones-20_05@tiscali.co.uk

Burlesque Dance See 12th

27th WEDNESDAY

NWWT: Bees with Backpacks Bangor University's Dr Paul Cross will tell us about his work tracking bees in the environment. Neonicotinoids might also get a mention! 7.30 - 9.30pm, £2 non-members. Room 101, Management Centre, Bangor University, LL57 2DG. Sue Carter 01248 371769, sue@gorad.co.uk

Roots See 26th for details. 7.30pm, £14, £12. Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

Yentl (PG) Part of UK Jewish Film event. The tale of a young Jewish woman who has to disguise herself as a boy in order to receive an education. 8.15pm, £7.50; £6.50 over 60, £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, pontio.co.uk

Alicja Fiderkiewicz - Piano An experimental evening exploring the life of Chopin. 7.30 - 9.30pm. Rhyl Music Club, Rhyl Town Hall LL18 1BA. Elizabeth Parry-Jones 01745 561006, rhylmusic.com

Sensation and Sound Yoga Flow & Gong Bath

Pranayama, cleansing and yoga session; followed by a gong bath and sound healing. 7 - 9pm. Y Festri, Goodman St, Llanberis, Caernarfon LL55 4HL. Steph Healy 07534 118899, puresound.org.uk

House of Vestra ~ Red Tent At 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. £8, £12. Max of 12 women. The Goddess Collective, 50 Elizabeth Crescent, Chester CH4 7AZ. thegoddesscollective.co.uk

27th WEDNESDAY & 28th THURSDAY

Shook by Samuel Bailey. The winner of UK's biggest competition for new plays tells the story about 3 teenagers in a young offenders institution getting ready to become parents. 7.45pm, £10, 12+. Theatr Clwyd, Mold. 01352 344101, theatrclwyd.com

28th THURSDAY

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, Rhosmor 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

The Tao is Now: The Teachings of Alan Watts A talk by Terence Taylor. Alan Watts (6/1/1915 – 16/11/1973) was a British philosopher best known as an interpreter and populariser of Eastern philosophy for a western audience; an author, poet, radical thinker, experientist, mystic, teacher and a critic of society. Organised by Colwyn Bay Theosophical Society. 2pm, £5; TS members £3, free refreshments. New enquirers are always welcome. Held at Parkway Community Centre, off Rhos Rd., Rhos-on-sea. LL28 4SE. Enquiries: theosophywales@yahoo.co.uk



A Festive Afternoon Tea Afternoon tea with entertainment from Nigel Fabb; cards and gift stalls, Prize Draw. 1 - 3pm, £15. All funds go to Pedal Power charity which helps adults and children in poor health with the benefits of cycling. Held at Alyn Waters Country Park, nr Wrexham. Contact/tickets: 01978 757524, groundworknorthwales.org.uk

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.

Dry Stone Walling Join us, and learn the basics through helping to construct one of these beautiful structures; we team up with the National Trust rangers at Gantllwyd. 10am, booking essential, contact Dan, Snowdonia Society 01286 685498, snowdonia-society.co.uk

Occasional Cinema: The Kindergarten Teacher (15) Film. A chilling, wonderfully made and well acted character study. 6.30pm, £5 membership; £3 per film after. Food booking essential. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

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

NT Live: Present Laughter (12) Screening of live performance. Actor Garry Essendine's colourful life is spiralling out of control; a modern reflection on fame, desire and loneliness. 7pm, £12, £11, £8 concs., Galeri, Caernarfon 01286 685222, galericarnarfon.com

29th FRIDAY

Buy Nothing Day A day to challenge yourself, your family and friends to switch off from shopping and tune into life. The rules are simple, for 24 hours you will detox from buying stuff - anyone can take part provided they spend a day without spending! Instead of shopping, people around the world will take part in a 24 hour moratorium on consuming, either as a personal experiment or public statement. More from: buynothingday.co.uk



Wildflower Habitat Days! Cynall a Chadw Cynefinoedd! See 1st

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

Nutkin Ventured - Nutkin Gained Holly Peek from Anglesey Red Squirrel Project will give an illustrated talk about Red Squirrels. 7.30pm, £1. Pencychnant Centre, Conwy. Julian 01492 592595, pencychnant.co.uk

Tom Blackwell Live music. Bar only. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

Astrophotography Join experienced astrophotographers Gareth Mon and Elgan Jones for this workshop where you'll learn all the tips and techniques to take astounding night sky images! Event offers guidance and tuition on how to take night-time photographs using a camera and tripod or using a telescope in place of a camera lens. 6.30 - 9pm. Plas Tan y Bwlch, Maentwrog LL41 3YU. Bookings email Dani.Robertson@eryi.llyw.cymru for all enquiries. Visit: gostargazing.co.uk

New Moon Gong Bath Align with the Divine energy of the Moon and embrace your inner power. 7 - 8.15pm, £13 in advance. Canolfan Y Fron, Caernarfon. Contact Cat 07816 103064, trudruiyoga.co.uk

Earth (15) Film with New Dot Cinema. Several billion tons of earth are moved annually by humans - with shovels, excavators or dynamite. Director Nikolaus Geyrhalter observes people in mines, quarries, large construction sites in a constant struggle to transform the planet. 7pm, £8, £6 concs. Austrian with English subtitles. Llangollen Town Hall. Tickets via: skiddle.com, or from Llangollen Oggie Shop and Fine Foods, or on the door.



Snow White with Vienna Festival ballet 7.30pm, £20.20 - £15.20. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

Ballet Cymru: Triple Bill Three extraordinary new works, featuring some of the most exciting female artists working in dance. Includes a tribute to Catrin Finch, harpist. 7.30pm, £14, £12. Pontio, Bangor 01248 382828, pontio.co.uk

29th FRIDAY - 1st DECEMBER, SUNDAY

Croesor Christmas Market / Marchnad Nadolig

Croesor Local artisans and produce at this first Christmas market in Caffi Croesor. 29th 4 - 6.30pm; 30th & 1st 10 - 6.30pm. Oriel Caffi Croesor at Cnicht, Hen Bryngelynnen, Penrhyndeudreath LL48 6SS. Facebook of event name. Contact 01766 771433, info@orielcafficroesoratnicht.co.uk

Tiffany Stained Glass Making It is an informal and relaxed course, which is suitable for all ages and abilities; you will learn the basic skills of glass cutting, glass grinding, copper foiling, soldering and finishing techniques. £244 - £264. Plas Tan y Bwlch, Maentwrog LL41 3YU. 01766 772600, eryri.llyw.cymru

30th SATURDAY

Mixed Media Festive Stars & Angels Use easily accessible recycled materials to design and make colourful festive angels and stars for hanging on your wall, tree or giving as gifts. Over the day, you will be creating with collage and decorative surface relief patterns, which you will then embellish with beads and sequins, and assemble to make your own festive decoration. All materials provided, but please bring along any resources you wish to use. For adults. 10.30am - 4pm, £45, £40 student. Mostyn, Llandudno LL30 1AB. 01492 879201, mostyn.org

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

Christmas Fair Local produce, crafts, refreshments and food. Support your local groups! 10am - 2pm. Canolfan Ceiriog, New Road, Llansantffraid, Glyn Ceiriog LL20 7HE. If you would like a stall contact 01691 718200, admin@canolfanceiriog.org

Tree Planting - Trawsfynydd We join the National Park Authority to plant a new native woodland that will not only help mitigate climate change but will also greatly benefit wildlife in the area. 10am, booking essential, contact Dan, Snowdonia Society 01286 685498, snowdonia-society.co.uk



Textured Set of Bangles With Ann Catrin Evans. Learn some cold hammering techniques to create a beautiful set of textured bangles: 2x copper, 2x brass and 2x silver bangles. 10am - 4pm, £95. Held at Siop Iard, Caernarfon 01286 672472, siopiard.com

Portfolio: Working Metal Shape copper metal into handmade jewellery with Karen Williams, who will share her knowledge on working metal and shaping it into intricate pieces of art. 11am - 4pm, £10, bring packed lunch. Mostyn, Llandudno LL30 1AB. 01492 879201, mostyn.org

Craft and Christmas Fair Jewellery, fashion accessories, candles, paintings, handmade cards, toiletries, pet gifts and more! 10am, Alyn Waters Country Park, Wrexham. Facebook: of event name

Mishra A global folk outfit with intricate, Indian-influenced original music. 7 - 10.30pm, Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

Fun Funky Forrest Yoga Workshop A special afternoon of yoga with guest teacher Kate Harrington, assisted by Claire Mace. By combining yoga with funky metal music, this workshop will strengthen and nurture your whole being, and to get you feeling grounded and well-resourced to go into the festive season. Expect to sweat! Suitable for beginners, improvers and advanced practitioners. 2 - 4pm. £25 (concessions available). Held at The Old Rectory, Llanfachraeth, Ynys Môn LL65 4YA. Bookings: Claire 07970 409724, inspiratrix.co.uk

Bangor Uni Symphony Orchestra Play music by Tchaikovsky, Swedish composer Maier and Bartók. 7.30pm, £12, £10 over 60s, £5 u18s/students. Held at Bangor Uni, Prichard-Jones Hall. Tickets from Pontio, Bangor 01248 382828, pontio.co.uk

Transglobal Underground The original global fusionists. DJs Flyfilyflybyl and Skank Marvin. 7.30 - 11.30pm, £12 adv; £15 door. Neuadd Ogwen, Bethesda; neuaddogwen.com

Opera on Tap with Pocket Opera. Based on Pergolesi's one act comedy. 7.30pm, £10, £8 concs., Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

30th SATURDAY & 1st DECEMBER, SUNDAY

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 of her students. £150 class fee, accommodation is available £30 per night. Tregarth, Bangor. Viv 01248 601388, 07771 280824, vivreiki@hotmail.com

Christmas Crafts 2 of our craftspeople show card making, tree decorations, table decorations, wreaths, candle holders, Gypsy baskets, reindeers. Come in the morning or the afternoon and will be able to try 2 different crafts and take away what you make. All materials and refreshments are provided. Christmas trees available to buy. When booking please make sure you book either the morning or the afternoon session. Half Day - £20 adult; £15 accompanied child. £10 deposit. Woodland Skills Centre, Bodfari, Denbigh. 01745 710626, woodlandskillscentre.uk

Copydate for December issue:

November 18th

Are you feeling stuck in your life?

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Whether emotional, physical or life style issues,

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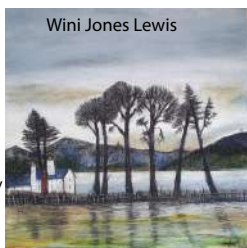
Exhibitions



Jamie Barnes ~ Sea Structures Until 26th January. Inspired by his explorations of coastal paths around Wales, Anglesey, Northumberland, Cumbria and Scotland. A curious set of accompanying sea structures started to appear in Jamie's work, not only the obvious structures such as lighthouses, but also more unusual, such as orientation beacons, transmitters and glowering power stations. Open Tues - Sun 10.30am - 4pm; Mostyn, Llandudno LL30 1AB. 01492 879201, mostyn.org

Llonau-U / U-Boat Until 5th January. 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. Oriel Ynys Mon, Anglesey 01248 724444, kyffinwilliams.info

In-sight 18 ~ Helfa Gelf artists in the Cafe. Until 26th January. A new collection of work by artists from North Wales upstairs at MOSTYN, in partnership with Helfa Gelf Art Trail. Artists are: Deborah Albrow / Mark Albrow / Louise Edwards / Helen Howlett / Wini Jones Lewis / Verity Pulford. Open Tues - Sun 10.30am - 4pm; Mostyn, Llandudno LL30 1AB. 01492 879201, mostyn.org



Neil Bottle ~ All That Remains Until 12th January. 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

Anj Smith 9th November - 1st March. Working primarily with painting, Anj Smith is interested in reflecting on the very possibilities and limitations of the medium itself. Her work excavates often-overlooked art histories, which she combines with her lived experiences, to form the layers of her work. Exploring the very edges of representation, Smith's intricately rendered paintings explore issues of identity, eroticism, mortality and fragility. Mostyn, Llandudno LL30 1AB. 01492 879201, mostyn.org

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

Brink ~ Ar Drothwy Until 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, Oriel Gelf, Llangefni LL77 7TQ. 01248 724444, oriel@ynysmon.gov.uk

Nobuko Tsuchiya: 30 Ways to Go to the Moon 9th November - 1st March. Working primarily with sculpture, Tsuchiya's practice uses a wide range of materials, often including household objects, collected over time, which she assembles and casts to create amorphous, hybrid minimalist mechanical objects. Mostyn, Llandudno LL30 1AB. 01492 879201, mostyn.org



Lettering: Art & Illusion Until 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

Autumn Season Exhibition Until 24th December. 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

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."* Storiel, Bangor 01248 353368, storiel.cymru

Chiara Camoni 9th November - 1st March. Working primarily across drawing, sculpture and installation, Camoni creates spaces imbued with poetic sensibility. Mostyn, Llandudno LL30 1AB. 01492 879201, mostyn.org

NW Potters ~ Maker of the Month in November is Ceramicist Pea Restall. 1 High St., Conwy LL32 8DB, 01492 593590, northwalespotters.org

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





Creative Textiles Exhibition 1st & 2nd November. NW Embroiderers' Guild members will be showcasing over 200 items highlighting a diverse range of techniques. These items will not have been in any of our previous exhibitions. 10.30am - 5pm on 1st; until 4pm on 2nd, £2. United Reformed Church, Colwyn Avenue, Rhos on Sea, Conwy, LL28 4RA. 01492 585310, Facebook of same name

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

Folklore & Fairytales of North Wales Until 5th January. 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

As It Is: Man's Footprint on the Welsh Landscape Until 26th January. Celebrated Magnum photographer David Hurn is one of Britain's most influential reportage photographers. Of Welsh descent, Hurn gained his early reputation with his reportage of the 1956 Hungarian revolution. He eventually turned away from coverage of current affairs, preferring to take a more personal approach to visual narration. Mostyn, Llandudno LL30 1AB. 01492 879201, mostyn.org

Elemental Connections: Liz Ellis November. An exhibition in two parts but similarly connected:-

Walking the Littoral (a celebration of the wonderful diversity of life and of the commonality and connectivity of all living things) & In the Company of Ravens - **The Gathering** (Ravens gather to socialise and grow strong. They, like the other beachcombers, are foraging for food along the shoreline before flying off to continue their search in the adjoining countryside). Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk



Chloe Holt Until 6th November. A day on Ynys Llanddwyn, an island off an island off an island... The end of the line. A place of escape, and rest, and secrets! Ffin y Parc, Llanrwst LL26 OPT, 01492 642070, welshart.net

The Welsh Group at 70/ Y Grwp Cymreig yn 70 Until 16th November. an artists' collective, with the purpose of exhibiting and "giving a voice" to the visual arts in Wales. Open 11am - 5pm. RCA Conwy, LL32 8AN. 01492 593413, rcaconwy.org

Chris Neale Until 6th November. His economical palette, clean simple lines and stylized shapes may suggest his background and training as a graphic artist, but he uses them to great effect. His selective, observant eye is able to capture the rhythm of the landscape, and the way our buildings and roads fit and fold into it. Ffin y Parc, Llanrwst LL26 OPT, 01492 642070, welshart.net

Robert Pitwell Until 6th November. Often inspired by a poem or phrase, a picture or event, the landscape sliding into dusk or a brief moment of weather and light, they are at once instinctive and refined. Here is revealed the sudden flash of inspiration and the slow flow of the journey. Ffin y Parc, Llanrwst LL26 OPT, 01492 642070, welshart.net

Wil Rowlands ~ Erosion Until 4th January. Wil explores the erosion of things we see and things we feel, and considers the consequence of that change. At the heart of his way of working lies experimentation



that often leads the artist and viewer to the unexpected. Open Tues - Sat, 11am - 5pm. Storiell, Bangor LL57 1DT, 01248 353368, storiell.org

Ann Catrin Evans Until 16th November. An internationally renowned sculptor and jeweller, a black, silver and goldsmith. Ann Catrin's work enhances the narratives of our everyday lives and landscapes. Open 11am - 5pm. RCA Conwy, LL32 8AN. 01492 593413, rcaconwy.org

William Selwyn 1st November - 1st December. Oriell Môn, Rhosmeirch LL77 7TQ. 01248 724444, oriel@ynysmon.gov.uk

Jackie Wyddfyd 8th - 24th November. Oriell Caffi Croesor, Hen Bryn Gelynen, Croesor, LL48 6SS. Exhibition Opening on 9th @ 2pm.

The Art Hut Contemporary art on Llandudno Pier LL30 2LP. Contact 07729 337868.



Tell us about your exhibition and we'll list it here!
07777 688440
info@network-news.org

Workshops in December & January

DECEMBER

- 1 **Journey to Self Love** Prestatyn. Sue Beesley 07739 342935, suebeesleycoaching@gmail.com
- 2 **Christmas Lantern Workshop** Eryrys, Mold. Verity Pulford Glass 07452 840331, verity_pulford@hotmail.com
- 4 **Volunteer Hedge Laying Competition** Denbigh Countryside. Contact 01824 712757.
- 5- 9 **Bhagavad Gita & Meditation Retreat** Dru Yoga, Snowdonia Mountain Lodge, Bethesda 01248 602900, druyoga.com
- 7 **Portfolio: Animating** Mostyn, Llandudno LL30 1AB. 01492 879201, mostyn.org
- 7 **Christmas Crafts** Woodland Skills Centre, Bodfari, Denbigh 01745 710626, woodlandskillscentre.uk
- 10 **Christmas Wreath Making** 2 sessions; Siop Iard, Caernarfon LL55 1RR. 01286 672472, siopiard.com
- 12 **Reset, Recentre and Rest Day Retreat** NW Retreats, Llanfachraeth, Anglesey 07970 409724, northwalesretreats.com
- 13 - 15 **Christmas Winter Warmer** Menai Bridge. Laura Bell, 07989 512859, thezestlife.co.uk
- 14 **Portfolio: Hands-On Graffiti** Mostyn, Llandudno LL30 1AB. 01492 879201, mostyn.org
- 15 **Yoga Day with Tracey Joscelyne** Portmeirion. Tracey 07809 485323, traceyyogamassage.co.uk
- 20 - 22 **Woodland Winter Solstice (3 evening sessions)** Erddig, Wrexham, led by Woodland Classroom. Bookings: woodlandclassroom.com

JANUARY

- 6 - 10 **Jane Austen in a Week** Gladstone's Library, Hawarden CH5 3DF, 01244 532350, enquiries@gladlib.org or literaturewales.org
- 10 - 12 **Foundation Course in Crystal Therapy** Eglwysbach, LL28 5SF. Hope College of Crystal Healing 01244 532051, hope-college.co.uk
- 10 - 14 **New Year Walking** Plas Tan y Bwlch, Maentwrog 01766 772600, eryri.lylw.cymru
- 25 **Root and Flow: A Day of Yoga and Dance** Pantymwyn Village Hall, nr Mold. Bookings: rachel@rachelsbellydance.wales
- TBA **Mindfulness for Stress 8 week Course** Introduction Day on 11th January. Wrexham. Details from Alan 07816 988124, newmindfulness.net

The Theosophical Society presents

A Catch-up on Reincarnation

A Talk by Tim Wyatt

Tim talks about his latest research into this topic

12th November at 7.30pm

All Welcome

Admission £5 ~ Members £3

Refreshments ~ Book Sale

Hirael Community Hall

Ambrose St

Bangor LL57 1DF

Enquiries: 01248 600267

toddyalc@gmail.com



One Leaf

One leaf left on a branch
and not a sound of sadness
or despair. One leaf left
on a branch and no unhappiness.

One leaf left all by itself
in the air and it does not speak
of loneliness or death.

One leaf and it spends itself
in swaying mildly in the breeze.

David Ignatow: Selected Poems

Centres in North Wales: Workshops in December & January

Centre for Alternative Technology (CAT)

Machynlleth,
01654 704966, cat.org.uk

DECEMBER

4 & 5 **Zero Carbon Britain** *(no accomm.)*

JANUARY

6 - 10 **Low Energy Buildings - Part B**

13 - 17 **Food Production & Consumption**

Siop Iard

7b Palace St, Caernarfon
01286 672472, siopiard.com

DECEMBER

10 **Christmas Wreath Making**

JANUARY

11 **Chunky Silver Ring**

18 **Blacksmithing: Hooks, Handles and Pendant**

18 **Traditional Scrimshaw**

Kalpa Bhadra Buddhist Centre

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

DECEMBER

7 & 8 **Letting Go of The Past**
14 **Dissolving Painful Feelings** *Half day*

JANUARY

30 **Reducing Anxiety & Worry**

Trigonos Environment Centre

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

DECEMBER

see ad page 32

1 - 7 **Mindful Movement Retreat**

13 - 15 **Pre-Christmas Retreat**

20 - 22 **Yogasmiths**

JANUARY

4 - 11 **Mindfulness Network**

13 - 17 **Mindfulness Network**

17 - 20 **Integrated Mindfulness (option till 24th)**

25/1 - 1/2 **Mindfulness Network**

*More info available about the Mindfulness Courses from :
mindfulness-network.org*

Ruthin Craft Centre

Park Road, Ruthin
LL15 1BB
01824 704774,
ruthincraftcentre.org.uk

DECEMBER

7 **House and Home Workshop**
7 & 8 **How to Create a Mixed Media Collage**

JANUARY

11 & 12 **Printing and Calligraphy**

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**

JANUARY

10 - 19 **The Brahmaviharas**

24 - 31 **Embodying Love**

The Healing Centre

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

JANUARY

4 & 5 **Reiki, 1st Degree Course**

25 & 26 **Reiki, 2nd Degree Course**

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.co.uk

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

www.helenahawley.co.uk



Do you want to celebrate the festive season differently?

TRIGONOS is offering a range of alternative options!

** CHRISTMAS MEALS **

Choose either lunch or evening meal, 2 or 3 courses

Groups of 20 or more will have exclusive use

Our festive meal offer runs Monday 9th to Friday 19th December and includes space to meet before or after your meal, cosy log fires, sumptuous festive menus and additional activities by request (i.e. storytelling, music, crafts)

We are also holding the following events:

* Sunday 24th November *

MERRY VEGAN MIDWINTER - with Gillian Monks and Lee Watson

Lee will be creating a plant-based 3 course Christmas lunch, using local produce that everyone can enjoy! During Gillian's workshop you will design and create your own decorations and eco-friendly gift-wrapping. The day will be complete with carols by the fire

* Friday 13th - Sunday 15th December *

PRE-CHRISTMAS RETREAT

An opportunity for quiet time, reflect and refresh with an (optional) lightly structured programme, nourishing plant-based meals in warm and welcoming surroundings.

Trigonos, Plas Baladeulyn, Nantlle LL54 6BW

01286 882388 ~ trigonos.org

On Pleasing Yourself

Christopher Alexander

Perhaps ten years ago I was invited, by a fellow professor of architecture to be a critic in the final review of his master's class. His students were in their last year, and they had spent the year working on a project for an office building.

As I studied the buildings, I began to think - then came to something near a conviction - that there had been very little love or affection for these buildings in the students' hearts while they were working on the project. So, I cleared my throat, and said that I wanted to make an observation. I felt, I said, that the students did not really like their buildings.

There was a minor stunned silence when I said this. One of the students asked me, in an acid voice, what I meant by it. So I went on to say this. "I realise that you have done your best, done work that on some level you like; but it is not *real* liking, you do not really *like* what you have done in the same ordinary sense that you like a good meal, or a rose. That is what I mean. I am convinced," I said more emphatically, "that you do not genuinely like your own work, which is hanging on the walls here, in this ordinary sense."

Something like pandemonium broke out. The students were angry with me, they were up in arms, how dare I make such a statement; they had been working on these projects all year, they said, what did I know about it, how could I come in from the outside and suggest they didn't like what they had been doing.

I explained, then, that I felt the conditions of contemporary architecture were such that one was supposed to follow certain norms, but that none of this

had anything to do with pleasing oneself.

My discussion with the students lasted about half an hour. Gradually, by the end, I had led them to admit that, in the sense that I meant it, in the ordinary sense, they really did *not* like what they had done, or what they had been doing - that indeed, the conditions of their work had never emphasised this point at all, had made no provision for it, and that it had never been suggested to them, while students, that they *should* like, or might like, what they were doing. That was just not part of the professional discipline being taught to them.

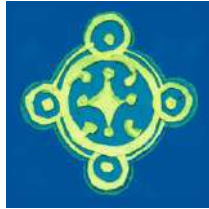
And yet, I said to them, "How terrible! This means you can expect to live your life making buildings that you do not really like." And, even worse, that the others in society, who live with the buildings, made in this loveless spirit, will spend hours, days, years, living with these products of an unliked and unlikable architecture, done only because it was the thing to do, the way to get jobs, the way to impress one's fellow architects.

I think, by the end of that afternoon, some of the students had begun to wonder very deeply about what they were doing. One or two, perhaps, had resolved that they must find a way of making buildings where they could, afterwards, stand up and say, honestly, "I like what I did. I truly like what I have done. It pleases me."

Christopher Alexander is a British-American architect and design theorist, now retired.

His many works include A Pattern Language, The Nature Of Order and The Battle for the Life and Beauty of the Earth

buildingbeauty.org



Completing The Picture

How the Circular Economy tackles Climate Change
Ellen MacArthur Foundation

The Ellen MacArthur Foundation works with business, government and academia to build a framework for an economy that is restorative and regenerative by design.

OUR MISSION IS TO ACCELERATE THE TRANSITION TO A CIRCULAR ECONOMY

Below we present the Executive Summary of our new Paper “Completing The Picture”; the whole Paper can be downloaded from our website: ellenmacarthurfoundation.org

The current response to the global climate crisis represents an incomplete picture. This paper argues that putting in place a circular economy is a fundamental step towards achieving climate targets.

Such a shift moves us beyond efforts to minimise emissions in our extractive linear system. It offers a systematic response to the crisis by both reducing emissions and increasing resilience to its effects. The benefits encompass meeting other goals such as creating more liveable cities, distributing value more widely in the economy, and spurring innovation. These attributes make the circular economy a potent contributor to achieving zero-carbon prosperity.

The world has woken up to the climate crisis, the effects of which are already being felt. The greenhouse gas emissions causing climate change are a product of our ‘take-make-waste’ extractive economy, which relies on fossil fuels and does not manage resources for the long-term. A step-change is needed to put the world on track to achieve zero emissions by 2050 to meet the 1.5C target set out in the Paris Agreement. Even if this target is met, costs to the global economy relating to climate change are projected to reach USD 54 trillion by 2100 and rise steeply with every further temperature increase. The incentive to meet the challenge is

unquestionable.

To date, efforts to tackle the crisis have focused on a transition to renewable energy, complemented by energy efficiency. Though crucial and wholly

consistent with a circular economy, these measures can only address 55% of emissions. The remaining 45% comes from producing the cars, clothes, food, and other products we use every day. These cannot be overlooked. The circular economy can contribute to completing the picture of emissions reduction by

transforming the way we make and use products.

To illustrate this potential, this paper demonstrates how applying circular economy strategies in just five key areas (cement, aluminium, steel, plastics, and food) can eliminate almost half of the remaining emissions from the production of goods – 9.3 billion tonnes of CO₂e in 2050 – equivalent to cutting current emissions from all transport to zero.

In industry, this transformation can be achieved by substantially increasing the use rates of assets, such as buildings and vehicles, and recycling the materials used to make them. This reduces the demand for virgin steel, aluminium, cement, and plastics, and the emissions associated with their production. In the food system, using regenerative agriculture practices and



designing out waste along the whole value chain serve to sequester carbon in the soil and avoid emissions related to uneaten food and unused by-products.

This paper further finds that the circular economy has the potential to increase resilience to the physical effects of climate change. For example, in keeping materials in use, businesses can decouple economic activity from the consumption of raw materials vulnerable to climate risks, and therefore build greater flexibility. In the food system, regenerative agriculture improves the health of soil leading, for instance, to its greater capacity to absorb and retain water, increasing resilience against both intense rainfall and drought. More research on the size and nature of the opportunities in this area could reveal even greater potential.

As well as tackling both the causes and effects of climate change, the circular economy can help meet other UN Sustainable Development Goals, chief among them SDG12 (responsible consumption and production). It has been shown that the circular economy framework can improve air quality, reduce water contamination, and protect biodiversity. Its principles offer businesses

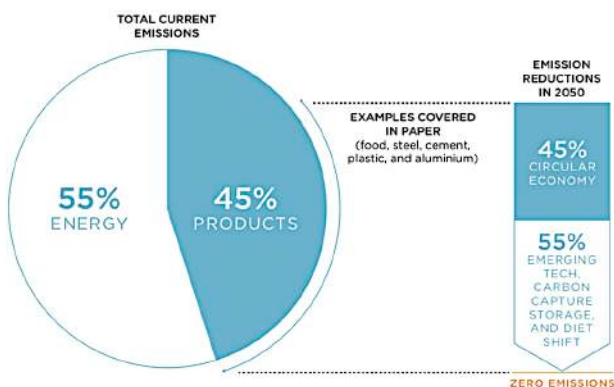
a raft of innovation opportunities that reduce materials costs, increase asset utilisation, and respond to changing customer demands. Together, these attributes make a compelling case for seeing the circular economy not just as one option to consider in the quest to meet climate targets, but as a powerful solutions framework for a prosperous future.

Achieving the transformation will require concerted effort: no organisation can go about it alone. International institutions can put the circular economy squarely on the climate agenda, and give it the prominence afforded other important emissions-reduction activities such as energy efficiency and reforestation. Governments and cities can weave circular economy principles into their climate strategies. Businesses can scale opportunities that simultaneously create value in new ways and respond to climate change. Investors can mobilise capital towards businesses that actively reduce climate risk in their portfolios.

A complete picture of a thriving, zero-emissions economy is coming into focus: the mission now is to make it a reality.

ellenmacarthurfoundation.org

COMPLETING THE PICTURE: TACKLING THE OVERLOOKED EMISSIONS



Today's efforts to combat climate change have focused mainly on the critical role of renewable energy and energy-efficiency measures. However, meeting climate targets will also require tackling the remaining 45% of emissions associated with making products. A circular economy offers a systemic and cost effective approach to tackling this challenge. This paper shows that when applied to four key industrial materials (cement, steel, plastic and aluminium) circular economy strategies could help reduce emissions by 40% in 2050. When applied to the food system the reduction could amount to 49% in the same year. Overall such reductions could bring emissions from these areas 45% closer to their net-zero emission targets.

Advent ~ A Time To Prepare

Gillian Monks

What, and when, is Advent?

Today, it is the period of time covered by the last four Sundays before Christmas Day, which means that it begins around the end of November or very beginning of December. (This year the first Sunday of Advent actually falls on the 1st December.) However, originally there was no particular connection between Advent and Christmas. It was simply another forty-day period (similar to Lent before Easter) of fasting and repentance during which Christian converts studied in preparation for being baptized.

The observation of Advent taking place directly before Christmas seems to have begun in Gaul (modern-day France) in the Fourth Century A.D. This Gallic fast began at sundown after the Feast of Martin of Tours on the 11th November. Interestingly, this was also the date when herds of animals were traditionally culled before the worst of the winter weather set in and there might not be enough grazing or fodder to feed them all. In pre-Christian times, this would have signalled the start of a protracted period of feasting, rather than fasting, while there was abundant fresh food.

Even more interestingly, if we count forty days from the 11th November, it brings us, not to the 24th December and Christmas Eve, but to the 20th December and the eve of the Winter Solstice, a solar

event which has been celebrated as a sacred festival of prime importance within the cycle of the year all around the globe for many thousands of years. Rome eventually realised its mistake and later began their forty-day period of Advent at sunset on the 14th November so that it by-passed the solar celebration and did

indeed end on Christmas Eve.

All this is very well, but it still doesn't tell us what it might mean to us now? The meaning of the word 'advent' comes from the Latin word *adventus* which means 'coming' or 'arrival', and it is now more commonly associated with the anticipation of the anniversary of Jesus' birth on the 25th December – and as such it should be a time of spiritual reflection and preparation, a



*"The Alternative Advent Calendar"
Published by Herbarry Books, £7.99 at your
local bookshop and online*

season of waiting.

But this, again, only reflects the more ancient beliefs that from the end of October until the symbolic rebirth of the Sun at the Winter Solstice, we should take this time to rest after all the heightened activity of the long spring and summer days and all the hard work of bringing in the harvest. These weeks were once devoted to recuperation and assessment of what had just gone before and a time for dreaming and planning what we might wish to bring about next in the coming new year.

Our Twenty-first Century Advent couldn't be more different. As we attempt to prepare for 'The Big Day', we also insist on simultaneously holding all our festivities! By the time Christmas Day rolls around, we have held all our parties, carol services, nativity plays and festive parties, dances, lunches, dinners and general seasonal get-togethers. By Boxing Day – no, sadly, often by Christmas Day afternoon, there is nothing left to look forward to and we are, (not surprisingly), resentfully disappointed, wondering what it was all about, and already turning our attention to the transient psychological quick-fix of Boxing Day sales and even *more* inappropriate and unnecessary retail therapy.

This year, why not return to a more traditional way of keeping Advent? Make your Advent wreath from fresh evergreens yourself and light one candle each week to represent the promise of the return of the Light. Open the doors on your Advent calendar and feel the true joy of anticipation. Leave the festivities and celebrations of the Midwinter season to much nearer the 21st – 25th December and those now forgotten days between Christmas Day and New Year, and use our now much shorter Advent to truly prepare.

If we want to get away from all the glitz and razamataz of a commercial Christmas, we need time to think, to plan, to make and get ready. In this age of hyper-abundance, we need to choose quality over quantity. To create a celebration which is authentically satisfying we need to do more ourselves so that decorations, activities, gifts and food are more personal and individual. Some of our time should be occupied in coming together and making our celebrations ourselves... as a family or group; not maxing out on the credit cards,

paying for mass-produced (and largely inferior and unsatisfactory goods) and then sitting back wondering why we are bored, dissatisfied and stressed.

This year, take a different approach and discover just how different your Midwinter celebrations can be... A very happy Advent to you all!

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

www.gillianmonks.com

Merry Vegan Midwinter

On Sunday November 24th Join best-selling authors, **Gillian Monks** (*Merry Midwinter*) and **Lee Watson** (*Peace and Parsnips*) to celebrate an alternative Festive season with a delicious, 3 course plant-based lunch and cooking demonstration. Gillian will be sharing her passion for this season and introducing you to an alternative festive approach, re-introducing ourselves to activities and customs which better reflect the nature of this time of year. Candle lit afternoon tea, storytelling, carols and all by the blazing fire! 10am - 5pm, £79. Held at Trigonos, Nantlle LL54 6BW.

01286 882388 ~ trigonos.org

Full Moon Meditation Network

Scorpio: October 23rd ~ November 21st
Full Moon: November 12th 1:34pm

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



“Some of my most precious sculptures have been to respect and celebrate people who have passed on. Headstones, grave marker stones, and in this case, a funeral urn for a much loved grandmother. The carving has a chamber to hold the ashes. It is carved from a Yew tree, suitably the ancient memorial tree of the druids. She is now on her way to Paris and then all the way to a family shrine Madagascar.” Peter Boyd

www.peterboydsculpture.co.uk

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A Network of Goodwill

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

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

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

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

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

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

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

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

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

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