

# network news

a guide to inspiring events in north wales



election to sortition ~ remembering your way to happiness ~ five questions  
nuclear reaction ~ the timeless teaching of a.t.still ~ dogs against loneliness  
exhibitions ~ workshops ~ festivals ~ groups

## Network News

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in North Wales

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# February 2019

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[www.femkevangent.nl](http://www.femkevangent.nl)

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Welcome to the February Network News. Buckminster Fuller, pioneering world citizen, suggested the best way to transform humans was to transform the spaces in which they exist and relate. In a wisely designed environment, it is natural for people to be good-natured and cooperative. Whereas in a badly-designed environment people become unhappy, unwell - even violent.

The House of Commons is a vivid example. Increasing the number of women, and even introducing more greens and independents, can do little to change the toxic “yah boo” atmosphere. The space itself is *designed* as an adversarial chamber. Even the distance between Government and Opposition was apparently measured to be “two swords plus a few inches apart” to limit actual bloodshed!!

“First past the post”, “Winner takes all” and “Divide and rule” are all outdated ideas that are reinforced by the architecture. It is a design for conflict, and the result of this is evident in the prevailing chaos.

It is becoming clear that *any* group of randomly selected people could do better. The Citizens’ Assembly which is transforming Ireland had two-thirds of its members selected at random. Ancient Athens used a “kleroterion” - a lottery machine. Aristotle said, *“It is accepted as democratic when public offices are allocated by lot; and as oligarchic when they are filled by election.”* One holy relic of this is the jury system - in which citizens are chosen at random, engage with the issues, and are given privacy to reach a consensus. [See Page 4](#)

Every day, juries quietly achieve degrees of agreement that career politicians can only dream of. If the relationship of Britain with Europe is resolved by some form of citizens’ assembly, it is likely to produce at least 80% acceptance instead of a 50:50 virtual civil war.

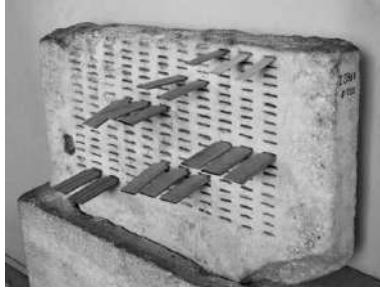
Blessings to all beings



## From Election To Sortition

James Bridle

In the central marketplace of ancient Athens, around 350BC, there stood a machine called the *kleroterion*. This was a six-foot-high slab of stone that had a series of slots on the front, and a long tube bored down from the top to the base. Those up for selection for the various offices of state would insert metal ID tags, called *pinakia*, into the slots, and a functionary would pour a bucket of coloured balls, suitably shaken, into the top of the tube. The order in which the balls emerged would determine who took which role, some for the day, some for a year.



The method of governance embodied in the *kleroterion*, which dates back to the very establishment of democracy, is called *sortition*, meaning selection by lot, as opposed to election by vote.

Sortition in ancient Athens had a number of important qualities. First, those eligible for selection included the entire suffrage (which, it must be noted, was at the time limited to adult male citizens). Second, it applied to much more than jury selection, which is the only form in which sortition survives in most places today, and included magistrates, legislators and the main governing councils of the city – all the important posts, in fact, bar the military. And third, and perhaps most significantly, it both embodied and enabled transparent and participatory governance: that is, anybody could come down to the agora and not merely see but understand how the machine worked – and anyone could be selected by it.

Sortition has received an increasing

amount of attention in recent years, as we seek alternatives to our creaking, gerrymandered and short-sighted electoral processes. The kind of citizens’

assembly called for recently by a number of public figures in the service of breaking the Brexit deadlock has its roots in sortition, involving members of the public, selected at random. This form of assembly has been

employed in a number of other countries, most notably in Ireland, which created a citizens’ assembly in 2016 to consider a number of questions. The Irish version consists of 99 complete strangers, selected at random from the electoral roll, who meet over a series of weekends to learn about, debate and vote on contentious issues, such as abortion rights and climate change. And already, the results have been surprising: the citizens’ assembly has been credited with providing the momentum for the legalisation of abortion, and recently voted overwhelmingly for a series of measures to cut greenhouse emissions that politicians had dismissed as unworkable.

Some fascinating psychological research underlies the subversive possibilities of sortition, which is best summed up by the phrase “diversity trumps ability”.

It has been found in multiple studies that random selection from a large group produces better answers to complex problems than the appointment of a narrow group of experts, making sortition a quite revolutionary idea if we choose to take it seriously.

Citizens' assemblies do away with elections, lessening the pressure to vote a particular way, and thus improving the quality of decisions made, particularly when it comes to difficult questions such as addressing the long-term effects of climate change – or leaving the European Union. They also provide a rare opportunity these days: for the citizenry to hear directly from experts in the field, to educate themselves properly about real issues, and then to take on the responsibility of decision-making for themselves.

The 99 strangers who proposed radical alternatives to existing political positions in Ireland did not start out as a homogeneous group. The assembly – randomly selected from the entire population, and thus truly representative of it – included those who were anti-abortion, pro-abortion and undecided; those who were fierce advocates for climate-change legislation, and those who rejected the scientific consensus. Yet through a careful and deliberate process of education and debate, it was possible not merely to reach consensus, but also to change minds: to progress, together, towards workable and even radical solutions. Citizens' assemblies carry the whiff of populism, but they are the opposite of strongman politics. By providing transparency and participation, they are an opportunity for people to actually engage with the messy business of politics, rather than shout and wave flags from the sidelines.

In this, they have something of the kleroterion about them.

We spend our days hoping that somebody, anybody, will come up with solutions to the issues we face; but nobody is coming to save us. There is no appeal to a higher power here. We have to build our

own alternatives – and that really does mean all of us, from those on opposing sides to those who have had little or no political voice or representation until now. (In ancient Athens, as previously noted, the suffrage was limited to adult male citizens, and looking at the current make-up of parliament and corporate boards it doesn't feel like we've actually improved that much. Real change will look very different; the optics are just a start.)

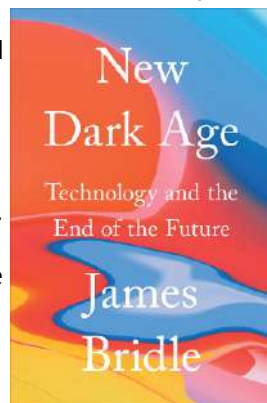
It's clear that the blunt instrument of referendums and the sclerotic, corrupt framework of party and electoral politics have contributed greatly to the mess that we find ourselves in today. It is equally evident that viable alternatives exist, and their signal qualities are clear: diversity of

representation (produced effectively by sortition), collective education and true participation in the democratic process, which involves not merely having one's voice heard, but listening to others too. After all, the word "idiot" derives ultimately from the ancient Greek for "private citizen" – that is, one who has no interest in politics, and fails to engage meaningfully with their fellow citizens. We cannot continue to pretend we do not have the means to do better.

*James Bridle is an artist and writer working across technologies and disciplines. His work can be found at*

**[jamesbridle.com](http://jamesbridle.com)**

A longer version of this article entitled "How can we break the Brexit deadlock? Ask ancient Athens" was recently published in *The Guardian*.



## Remembering Your Way To Happiness

*Adam May*

**A few weeks ago**, I returned to Dundee, the city where I was a student over thirty years ago. The weather was grey with a brisk wind clipping up into the town from the River Tay. For all that, the place has been smartened up since I was there; for all the interest of the new V&A Museum on the river front; and for all the cheer the local red sandstone gave the older buildings, the first time visitor would have found little cause to linger in the cold streets that weekend.



But for me, memories of Dundee in the early 1980s swirled and eddied around the shop and tenement doorways like autumn leaves. Recollections of so many enjoyable performances lay jumbled around the ticket office of the Dundee Rep Theatre. As we walked up Union Street and my eyes took in the sparkling facade of the refurbished Overgate Shopping Centre, the ghost of the old centre seemed to be imprinted in the air.

And Airlie Place still had the commanding presence of the student union building where the ghost of Nick, an old college friend, lingered at the corner, waiting to remind me of the sad but very meaningful conversation he and I once had at that spot. Further down the Perth Road, the ghost of another friend stood at the door of the old Catholic Chaplaincy ready to invite me in for a cup of the original, fair trade coffee I used to sell him.

Across town, at the completely remodelled railway station I was flooded with memories of the many trips I made from there to Edinburgh and Glasgow: the art galleries, the radical bookshops, the political demonstrations. Each visual

memory brought with it a handful of remembered stories, and each story, spiralled off towards a multitude of related memories.

I had a great time in the four years I lived in and around Dundee.

It was a period in

my life when I was very open to new experiences, and to meeting people. Although I've been back on a handful of occasions, the visits have been brief, so the town is associated with that time in my life and no other, and I guess that's why it offered me a portal into a far more vivid remembered world than the memories occasionally stirred by locations around North Wales where I have lived for so much longer.

It's also probably significant that we'd met up with a friend whom I'd first met in Dundee, although she now lives in Teeside. No doubt our reminiscences in the hotel the night before primed me to recall more than I might otherwise have done. I was taken aback by how much I remembered, and how moved I was by what I remembered. New memories continued to come into my mind several days after returning home to Anglesey.

Of course, the scientist in me knows that I didn't really find any memories in Dundee. What actually happened was that the visual triggers of the city, potentiated by Caroline's company, facilitated my accessing remembered material some of which I hadn't thought of in all the intervening time. I didn't so much find memories as unpack memories I had been carrying with me, largely unawares, over thirty years.

We cognitive-behavioural therapists spend our professional lives telling people that it's important to monitor and manage their thoughts.

My Dundee experience reminds me how important it is to focus on memories as well. Mood states tend to cue memories with similar mood content. Depressed people remember their more depressing memories, and anxious people their anxious ones.

The process works in the opposite direction too. Happy memories generate happy feelings. Memories of times when we felt strong and resourceful can help us feel strong and resourceful now, so don't be surprised if you come to see me and we end up talking about some of those happy memories you had forgotten you had.

*Adam May is a CBT Psychotherapist in Llanddaniel, on Anglesey.*

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

## Healing For Wellbeing

2nd Wed/month 6 - 9.30pm

Hands on Healing provided by Christine and Larry. Healing is a relaxing form of complementary therapy which can be helpful for chronic pain, back pain, stress and much more.

Healing is used in the NHS. No fee, donations welcome, could travel.

Llaingoch Village Hall, South Stack Rd., Holyhead LL65 1NF. 07831 389904, [mamahlaryea2003@yahoo.co.uk](mailto:mamahlaryea2003@yahoo.co.uk)

## MINI-RETREAT DAY

**Saturday 9th February 10am-5pm**

Experience deep and nourishing self-care through yoga, essential oils, seasonal living, mindfulness and sound, with yoga teacher Claire Mace and friends in Holyhead. Includes a delicious wild-crafted plant-based lunch, £70.

**SPECIAL OFFER** for Network News readers: get £10 off with the couponcode **SELFCARE**

## COMING UP

**Saturday 6th April**

**Igniting the Core Flame:** a day of bellydance and yoga, Llanfachraeth, £50 (£40 earlybird)

**Saturday 4th-Sunday 5th May**

**Introduction to the Medicine Wheel** exploring shamanic journeying and the 'four directions', Llanfachraeth, £120

For more info call **07970 409 724** or visit [www.inspiratrix.co.uk/workshops](http://www.inspiratrix.co.uk/workshops)



# Nuclear Reaction

Robat Idris

## PAWB (People Against Wylfa B)

welcomes the announcement that Hitachi will freeze their project to build a nuclear power station at Wylfa. The news is a relief for all of us who worry about the future of our Island, our country, our language, our environment and renewable energy.

PAWB has warned for years that the costs associated with the Wylfa project would be likely to prove fatal to the project, but we were ignored. Consequently millions of taxpayers' money from the Island, Wales and the UK was invested to back Wylfa B. In addition, huge political capital has been invested, and there has been a failure to have a mature public discussion about the project other than in terms of cash and jobs.

The legacy of this is that over a decade has been wasted on Wylfa, with very little alternative economic planning in evidence. Our young people have been promised jobs on very shaky foundations. Good land has been destroyed to create infrastructure to back the project.

It is time for politicians and officials from the UK Government, the Welsh Government and Anglesey to admit that they were wrong. Wales is rich in natural resources which can be used to create a vibrant and sustainable energy future, and above all else create more jobs in less time than Wylfa would have done.

It is evident that all the economic planning in Ynys Môn, Gwynedd and across north Wales has been based on the assumption that Wylfa B is going to happen. Those involved in the past decade

should not be taking part in forming a credible economic plan for our people and communities. It is very obvious that we should not look to large multinational corporations who don't appreciate the nature of our communities to secure a sustainable future for our people.



PAWB calls on Ynys Môn and Gwynedd County Councils to suspend their Joint Local Development Plan which was based and adopted on the assumption that Wylfa B would go ahead.

*We call on them to form a completely new plan without any support to additional nuclear developments in*

*north west Wales.* It is also obvious that there is the same lack of interest shown by the private sector in the Small Modular Reactor technology, therefore it would be foolish to waste taxpayers money and yet more years in pursuing that dream.

Similarly, the North Wales Growth Deal which all 6 county councils in North Wales have signed up to looks equally flawed because of the same assumption. That initiative also need to be scrapped and the councils involved should start again.

PAWB also calls for the Planning Inspectorate's ongoing assessment of Horizon's application for a Development Consent Order for their twin ABWRs at Wylfa to be halted.

Not a penny more of public money should be spent on this longwinded process of assessing these huge white elephants.

*Robat Idris is a member of the executive committee of People Against Wylfa B*

**stop-wylfa.org**



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a guide to inspiring events in north wales

**KALPA BHADRA BUDDHIST CENTRE** Are holding 15 minute meditations - just come along! 12.30 - 12.45pm & 1.15 - 1.30pm, Thursdays, Llandudno Library, And 12.30 - 12.45pm, Thursdays & Fridays at the Centre, 34 Mostyn Ave, Craig y Don, Llandudno. More classes and 6 week courses available from March onwards. Contact KBBC 01492 878778, meditatenaorthwales.com

## FEBRUARY NOTICEBOARD

**\*\* JANUARY 29th** Talk on International Relations focus on peace and human rights. Bangor Uni. with Quaker Council for European Affairs

Prayers for World Peace  
10.30 - 11.45am, Sundays,  
with Tea/Coffee  
Kalpa Bhadra Buddhist Centre  
34 Mostyn Ave,  
Llandudno LL30 1YY

**BANGOR MUSIC FESTIVAL** Theme: *Acoustic* 8th & 9th February, mostly in Pontio, Bangor. See *Calendar*

**FLIGHT PATHS** Theatre production telling the story of 3 visually impaired performers who tell contemporary tales of migration in the UK, Mold, see *Calendar 15 & 16*.

**FILM: HUMAN RIGHTS ACTIVIST and 2018 NOBEL PEACE PRIZE WINNER NADIA MURAD** This film follows Nadia as she comes to terms with freedom of a kind and the strength required to speak. Theatr Clwyd, Mold 27th & 28th February. See *Calendar*



**KENDAL MOUNTAIN FESTIVAL TOUR** Films celebrating the wildest places on Earth. Caernarfon. 15th - see *Calendar*.

**FREE ENTRY TO C.A.T** Machynlleth; ends 25th March.

**THE GARTH HILLSIDE ORGANIC GARDEN - GARDY NATURE Y GARTH** is a not-for-profit organisation. Using Organic Permaculture principles, this community garden in the beautiful Ceiriog Valley is a physical, spiritual and emotional response to climate change and problems facing the natural world. The garden is situated at 1000ft and has been terraced with the contours of the hillside forming a natural amphitheatre around our social area. An edible forest garden is now underway and we provide a home to native honey bees. We are open to volunteers and visitors every week on Thursday. Our produce is available at the Spar shop in Glyn Ceiriog, and Zingiber Wholefoods in Llangollen. We also have a local veggie box scheme. Your support will help us in continuing to develop our educational and conservation work. Sustainable food production is what we are passionate about! For more details about our produce or volunteering please contact us at garthorganic@gmail.com or call 01691 718127.

**YEAR OF THE SEA LECTURES** Now available online. Presented by leading marine scientists, all internationally recognised experts in their respective fields, the lectures examined the diversity of life in our oceans and showed how research is addressing areas of current concern. Go to [mostyn.org](http://mostyn.org) for links. **DEMENTIA CARE** 3 free sessions on how to care best for those with dementia run by Denbighshire Voluntary Services Council, Ruthin, 4th, 11th, 18th February. Bookings: [eventbrite.co.uk](http://eventbrite.co.uk)

**SOUND JOURNEY ~ DIDGERIDOO AND HAND PAN RELAXATION** Session, 6th, Colwyn Bay. See *Calendar*.

**INFORMATION EVENING ON DALAI LAMA TREK 2020** Come along to The Plough Inn, St Asaph and join St Kentigern's Hospice to discover more. See *Calendar 6th*.



**THE CARRIAGEWORKS IN DENBIGH** A space to go and find friendship and local artisan talent - need funds! [gofundme.com/help-the-cariageworks-cic](http://gofundme.com/help-the-cariageworks-cic)

**SAVING THE PLANET & PORTHMADOG** A talk with UNA Menai Branch asking "What Can We Do?" See 21st *Calendar*.

**GRAYSON PERRY'S WORK** Is coming to Tŷ Pawb in February - date TBC.

The title is "Julie Cope's Grand Tour: The Story of a Life by Grayson Perry". Julie Cope is a fictional character created by Grayson Perry: "the trials, tribulations, celebrations and mistakes of an average everywoman whose story he has told through two large scale tapestries and an extended ballad presented in the exhibition. Tŷ Pawb, Wrexham. Contact 01978 292093.



Photo courtesy The Leader *life*". An Essex everywoman whose story he has told through two large scale tapestries and an extended ballad presented in the exhibition. Tŷ Pawb, Wrexham. Contact 01978 292093.

**PINE MARTEN RECOVERY PROJECT** A free talk about how the Vincent Wildlife Project are aiming to restore pine marten numbers in Wales. Open to all, Capel Curig. See *Calendar 11th*

## February Calendar

IMBOLC ~ CANDLEMASS  
1st February ~ Welcome Spring!

1st FRIDAY

**NWWT: Riparian Mammals in North Wales** Dave Thorpe from Natural Resources Wales talks about mammals of the waterside: otters, water voles, mink – and beavers. No dogs. 7 - 9pm, £2 to include refreshments. Maes Esgob Community Centre, Dyserth, LL18 6HB. Mark Hughes, 07800 771570, mjd Hughes1108@gmail.com

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

**Baby/Toddler Gong Bath** Sound has the capability to affect how we feel and function, so in this sound bath, you and your children can relax, move about, play or just be. 11.30am, £13. Source Yoga Studio, 294 Conway Rd, Mochdre, Colwyn Bay LL28 5DS. Steph Healy 07534 118899, puresound.org.uk

**Bardd** Unique bilingual global music fusion; featuring Spoken Word Poetry of Martin Daws and multi-instrumentalist Neil Yates, plus Henry Horrell - guitar, keys and harp. 8pm, £14, £13. Pontio, Bangor 01248 382828, pontio.co.uk

**The Launch of Wrexham Town of Sanctuary** A celebration event, with music from a Syrian refugee choir and stories from people who have sought sanctuary in Wrexham. Arrival from 2pm for a 2.30pm start. Light refreshments and drinks reception afterwards. A Town of Sanctuary is a welcoming place of safety for all, where people are proud to offer sanctuary to those fleeing violence and persecution. We hope to bring together local businesses, schools, faith groups, organisations, communities, and individuals to commit to welcoming refugees and asylum seekers, so that Wrexham can achieve Town of Sanctuary status. Free but booking essential: [eventbrite.co.uk/e/wrexham-town-of-sanctuary-launch-tickets-53539223258](http://eventbrite.co.uk/e/wrexham-town-of-sanctuary-launch-tickets-53539223258). Contact 01978 262588, [info@wrexham.cityofsanctuary.org](mailto:info@wrexham.cityofsanctuary.org).

**Volunteering Fencing** 10am. Come and join us for the day as we help maintain the fences at Pencychnant, everyone is welcome. Pencychnant Centre, Conwy. Bookings: Owain 01286 685498, [owain@snowdonia-society.org.uk](mailto:owain@snowdonia-society.org.uk)

**Romey's Annual Aspire Charity Brunch** A celebration and lunch, with speaker Paul Parrish, director of Aspire. All contributions welcome; let us know dietary requirements. 10am - 2pm, 8 Benton Drive, Chester CH2 2RD. Romey 01244 370461, 07719 786364, [romey@romeys.co.uk](mailto:romey@romeys.co.uk) *Aspire supports people with a spinal cord injury.*

**Sean Taylor** Singer songwriter, 7pm, £10. No food served, bar only, 7pm for gig 8pm. Blue Sky Café, High St., Bangor, 01248 355444, [blueskybangor.co.uk](http://blueskybangor.co.uk)

**Colette** (15) Film. Colette is pushed by her husband to write novels under his name. Upon their success, she fights to make her talents known, challenging gender norms. 5.30pm, £6.25, £5.25 concs., Neuadd Dwyfor, Pwllheli LL53 5DE, 01758 704088, [neuadddwyfor.com](http://neuadddwyfor.com) *Also 4th - 7th.*

**Rare Aware** If you or someone you care for is affected by a rare disease, please come along to meet up with others, share information, support one another or simply have tea/coffee, cake and pamper. 11am - 12pm, Northop Hall Country House, Hotel. Flintshire. To reserve a place contact Gill 07971 983028, [gill@samebutdifferentcic.org.uk](mailto:gill@samebutdifferentcic.org.uk)

**The Favourite** (15) Film. Queen Anne occupies the throne, and a new servant arrives. 8pm & 5.30pm, £4, £3.25 concs., Ucheldre Centre, Holyhead 01407 763361, [ucheldre.org](http://ucheldre.org)

**Free Solo** (12A) Film. A stunning, intimate and unflinching portrait of free soloist climber Alex Honnold, as he prepares to achieve his lifelong dream: climbing the face of the world's most famous rock, the 3,200-foot El Capitan in Yosemite National Park without a rope. 7pm, £7.50, £6.50. Galeri, Caernarfon 01286 685222, [galericarnarfon.com](http://galericarnarfon.com)

1st FRIDAY - 3rd SUNDAY

**Pure Yoga: Yoga Immersion Weekend** In-depth yoga sessions, informal workshops, exploring practice, relaxing and restoring yoga nidra sessions, gong bath, light hearted yoga philosophy, guided meditations. £430 - £570, Plas Cadnant, Menai Bridge LL59 5NH. Laura Bell 07989 512859, [thezestlife.co.uk](http://thezestlife.co.uk) *Also 15th & 17th*



1st FRIDAY - 7th THURSDAY

**Beautiful Boy** (15) The story of a father's attempt to help his drug addicted son. Various times & prices. Storyhouse, Chester 01244 409113, [storyhouse.com](http://storyhouse.com)

1st FRIDAY - 10th SUNDAY

**Simply Being** Subtle yet accessible qualities of our ordinary mind and being can act as gateways to the five wisdoms or 'undivided awarenesses' which are the essence of the five Buddhas. The mandala of the five Buddhas and their wisdom offers a very practical map of our immediate experience, pointing to what has simply been here all along, unnoticed. £405, £369 concs, £70 deposit. Vajraloka Buddhist Centre, Corwen LL21 0EN. 01490 460406, [vajraloka.org](http://vajraloka.org)

2nd SATURDAY

**Hearth Literary Festival** This intimate literary festival offers keen writers the opportunity to pick up hints and tips, and ask questions of published authors about their experiences. It also encourages anyone interested in the world of books to find out more about the writing and publishing process. Includes talks, workshops and dinner. All day tickets and meals £60, various prices for events. Gladstone's Library, Hawarden, Chester CH5 3DF. 01244 532350, [gladstoneslibrary.org](http://gladstoneslibrary.org)

**Copper-foil Glass Coasters Workshop** Participants will make a set of 4 glass coasters which will include hand-cut copper foil designs. Skills include drawing and design, using a craft knife to cut the foil and glass cutting. 10am - 1pm, £47.75. Llanerch, Vilage Rd., Eryrys, Mold. Bookings, info and directions from Verity: [verity\\_pulford@hotmail.com](mailto:verity_pulford@hotmail.com)

**Compost Toilets** This course will cover the main component parts of a DIY compost toilet in order to maximise the composting process. 10am - 4.30pm, £65 includes lunch. CAT, Machynlleth, 01654 704966, cat.org.uk

**Gig: Tim Burgess & The Anytime Minutes** + dj set. 7.30pm, £12. Neuadd Ogwen, Bethesda LL57 3AN, post@neuaddogwen.com

**Winter Bop ~ Banda Bacana** Sweet Rhythms and Hypnotic Harmonies. 8pm, free! Moel Siabod, Capel Curig. bandabacana.co.uk

**Iwan Llewelyn-Jones** Plays music by Chopin, Mozart, Rachmaninov and Liebermann. 7.30pm, £12, £10 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

**NY Met: Carmen** Live screening satellite broadcast. Bizet's masterpiece of the Gypsy seductress who lives by her own rules has had an impact far beyond the opera house. 5.55pm, £14, £10 student, child. Galeri, Caernarfon 01286 685222, galericaernarfon.com

### 3rd SUNDAY

**Walk: North Wales Wildlife Trust** Discover the amazing wildlife hotspots in and around Bangor, including Nantporth and Eithinog NWWT nature reserves, the Menai Strait and Roman Camp. Booking essential. Please wear good walking shoes (walk is c.8 miles) and all-weather gear. Be prepared for rough ground and steep slopes. Assistance dogs only. 10.30am - 3.30pm, £2 includes refreshments. Meet at NWWT HQ, Garth Rd, Bangor, LL57 2RT. Caroline Bateson 07725 174087, 01248 351541, caroline.bateson@northwaleswildlifetrust.org.uk

**Women's Gathering** An informal, supportive, friendly monthly gathering. You are welcome to bring your books, knitting, writing, ideas and words and join in. 12 - 4pm. Food and drink is bought at the café and we have a specific space to meet. There will be a large red carnation on the table! All welcome! Held at Black Cat Café, Parc Glynllifon, A499. Facebook: of event name or for 2019 dates visit: redtentgwynedd.wixsite.com

**Met Opera Encore: Carmen** Bizet's masterpiece of the Gypsy seductress who lives by her own rules has had an impact far beyond the opera house. 5.55pm, £10, £8 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

**Photography Workshop** To coincide with photographer Kristina Banholzer's exhibition in the Art Space, here is a workshop to develop your portraits photography. Under the guidance of Kristina, learn how to light, edit and frame the shot. This session is aimed at participants (ages 16+) who are at an intermediate level with their photography skills. 1pm, £25. Galeri, Caernarfon 01286 685222, galericaernarfon.com

**Makefest** A family day of digital and making activities, from 11am. This includes coding, 3D printing, micro:bit, Minecraft, augmented reality. Storyhouse, Chester 01244 409113, storyhouse.com

**Gong Bath** Breathe and relax... Then observe the mind beginning to slow and your whole being is gently returned to harmonic balance. 8pm, £13. Rhoscolyn Village Hall, Holyhead LL65 2NQ. Steph Healy 07534 118899, puresound.org.uk

**Reedbeds and Water Waste Management** This course explores the technicalities, design and implementation of reedbeds and alternative waste water treatment systems at a domestic level. There will be a session on water efficient devices. 10am - 4pm, £65 includes lunch. CAT, Machynlleth, 01654 704966, cat.org.uk

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

**Mindfulness Follow Up Group - Rowen** 1st Sun/month, 6.30 - 8pm. For 8 week course graduates. It is fine to come along as and when. The teacher will lead a practice and there will be some space for conversation about practice. Rowen Village Memorial Hall, nr Conwy. Rebecca Crane: r.crane@bangor.ac.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

**Green Woodworking** 1st Sun/month. Everyone welcome to join Bill and his woodworking skills. From 10am - 4pm. Eternal Forest, Boduan, Pwllheli. 01758 612006, 07968 167204, eternalforest.org

**Dear Etranger** (12) Film, Japanese with subtitles. A father, in a second marriage, struggles to keep a relationship going with his eldest daughter from his first marriage. 3.15pm, £8.50, u26 £6. Storyhouse, Chester 01244 409113, storyhouse.com

### 4th MONDAY

#### New Moon in Aquarius 9.03pm

**Living Dangerously** An evening with Sir Ranulph Fiennes spanning his childhood and school misdemeanours, army life and early expeditions, right through the Transglobe Expedition to his current Global Reach Challenge - his goal to become the first person in the world to cross both polar ice caps and climb the highest mountain on each of the seven continents. 7.30pm, £30, £27. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk



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

**Wildlife Gardening** Whether you are completely new to gardening or have years of experience, whether you can spare one day each month or one day every week, we need you! 10am, Snowdonia Society 01286 685498, tyhyll@snowdonia-society.org.uk

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

**Gong Bath** Breathe and relax... Then observe the mind beginning to slow and your whole being is gently returned to harmonic balance. 7.30pm, £13. Canolfan Thomas Telford Centre, Mona Rd, Menai Bridge LL59 5EA. (opp Waitrose). Steph Healy 07534 118899, puresound.org.uk

4th MONDAY - 7th FRIDAY

**Colette** (15) Film. 10.30am, Neuadd Dwyfor, Pwllheli LL53 5DE, 01758 704088, neuadddwyfor.com See 1st

4th MONDAY - 9th SUNDAY

**The Lady Vanishes** Theatre. A quick witted and devilishly fun thriller by Hitchcock. 7.30pm daily & 2.30pm 7th & 9th. £10. Theatr Clwyd, Mold, 01352 701521, theatrclwyd.com

5th TUESDAY

**Chinese New Year ~ The Year of The Pig / Zhu** See 9th for Gala in Bangor

**Tibetan New Year / Losar 2019** Join us for our Tibetan New Year Celebrations. Everyone is welcome. We will continue the tradition of gathering, making prayers and offerings, performing a fire puja and enjoying each other's company! You are welcome to attend as much of the day as you wish. There is no charge for attending, although donations are always welcome to support the Hermitage. 10am - 5pm, bring lunch to share. 9am: Mantras and purification of the area. 10.30am - 12pm: Meditation, sitting and walking. The Hermitage, Ynys Graianiog, nr Crccieth LL52 0NT, 01766 530839, ahs.org.uk

**Celebrating Africa in Gwynedd: Sustainability Across Continents** We will be learning about the work of Hub Cymru Affrica, The Gwynedd Africa Society, The Bangor - Makerere Partnership. Plus plenty of delicious food from Maggie's Exotic Foods, Sarah's Caring Coffee, plus African music; light refreshments available. 12 - 2pm, free, Pontio, Bangor LL57 2TQ. 01248 382828, pontio.co.uk

**Grassland Management Day** 10am. Come along and help with the grassland and scrub clearance. At Eithinog, on outskirts of Bangor. Bookings: Owain 01286 685498, owain@snowdonia-society.org.uk

**Blasu Crefft/Creative Textile Workshop** with Diana Williams. In this workshop you will have the opportunity to experiment with various techniques in textiles such as using Angelina fibres and hand stitching. All materials and tools provided. 6.30pm, £25. 16+. Galerï, Caernarfon 01286 685222, galericaernarfon.com

**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, lynnalexander@talktalk.net

**Gong Bath** Breathe and relax... then observe the mind beginning to slow and your whole being is gently returned to harmonic balance. 7pm, £13. Memorial Hall, Penmorfa, Porthmadog LL49 9RY. Steph Healy 07534 118899, puresound.org.uk

**WNO Youth Opera** Music from an award-winning training programme for young people who love to sing. The group is open to anyone, aged 8 - 14, who would like to develop singing skills - you don't need any previous experience to join there are no auditions. 5pm, £5 per session. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

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

**Free Solo** (12A) Film. Follow the first person to ever free solo climb Yosemite's 3,000ft high El Capitan Wall. No ropes, no safety gear! 8pm, £6, Theatr Clwyd, Mold 01352 701521, theatrclwyd.com. Also 19th

**Geordie Trentrees & Jackson Haldane** Songwriters and multi-instrumentalists; Americana country music. No food, bar only, 7pm for gig 8pm. Blue Sky Café, High St., Bangor, 01248 355444, blueskybangor.co.uk

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

**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

**Film, Cake and Song Afternoon** A special screening of *Some Like It Hot* (12A); live music by Welsh National Opera singers and Annette Bryn-Parri. 2pm, £4. Pontio, Bangor 01248 382828, pontio.co.uk

**Tree Planting** 10am. Planting a native broadleaved woodland full of oak, rowan, hawthorn, willow and alder. Bookings: Owain 01286 685498, owain@snowdonia-society.org.uk

**Sound Journey - Didgeeridoo and Hand Pan Relaxation** Sound for the Soul. You are invited to this beautiful journey through sound. Using a range of instruments, including Didgeeridoo, Native American Flute and Hand-Pan; a journey, to relax and nourish your soul. This beautiful performance will leave you feeling totally rejuvenated. 7.30 for 8pm start, finish 9pm, £10. Bring any mat, blanket, cushion, water you may need. Held at Source Yoga, Nutrition and Health, 294 Conwy Road, Mochdre, LL28 5DS Colwyn Bay. Facebook: of event name

**Sirenian Singers** A warm welcome to the Wrexham based international class mixed choir to sing their mostly a cappella repertoire. 7.30 - 9.30pm, Rhyl Town Hall, Wellington Rd., LL18 1BA. Contact rhylnmusic.com

**OrchestrAdventure** The Royal Welsh College Symphony Orchestra and presenter Tom Redmond introduce the instruments and inner workings of an orchestra' whilst vividly bringing to life some of the greatest stories ever told, inspired by landscapes, contrasting environments and fantasy. For all members of the family. 11am - 12pm. Free. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

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

**Bangor Bird Group Sky dwellers - the amazing life of Swifts.** A talk with Ben Stammers, NWWT. 7.30pm prompt, £2 non-members. Brambell Building, Bangor University. Contact: birdsin.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, ellaspier@hotmail.com

**Dalai Lama Trek 2020 Information Evening** In 2020, St Kentigern Hospice will be celebrating their 25th anniversary of care for the community they serve. The invitation is to join them as they embark on a great overseas challenge - The Dalai Lama Trek. The trek will take place in October 2020. 6.30 - 8pm. Meeting held at The Plough Inn, The Roe, St. Asaph, LL17 0LU. Please let us know if you will be joining us on the evening by registering for free. Lindsey 01745 775423, l.thomas@stkentigernhospice.org.uk

**My Medium Life** Join award-winning PJ Roscoe to hear a few of her many experiences as a medium. PJ works with angels and spirit guides, to help the spirit move on. Q & A about supernatural follows. 1 - 2pm, free. Wrexham Library 01978 292090, library@wrexham.gov.uk

**Three Identical Strangers** (12A) Film. Three strangers meet and uncover a bizarre mystery that they are identical triplets who were separated at birth. 8pm, £6. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

**Sam Lewis** Singer, songwriter and great musician from Tennessee; soulful vocals & roots-country music. No food, bar only, 7pm for gig 8pm. Blue Sky Café, High St., Bangor, 01248 355444, blueskybangor.co.uk

6th WEDNESDAY - 15th FRIDAY

**Quiltfest** Open daily 10am - 4pm (till 1pm on 15th). £2 entry, free parking. Trading Day on 10th; £3.50 entry, light refreshments. Held at Llangollen Pavilion, Abbey Rd. Exhibition at the Museum and Gallery, Parade St., Llangollen LL20 8PW, open 10.30am - 4pm daily. More info from quiltfest.org.uk. (See Exhibitions).

6th WEDNESDAY - 27th WEDNESDAY

**Machine Sewing for Beginners** 4 week course to learn how to get the most out of your sewing machine. 4 - 6pm, £40. Held at Crafty Rhino, Colwyn Bay. Tickets: billetto.co.uk Facebook: of event name

7th THURSDAY

**Life Drawing** A full day of life drawing classes, with Nick Elphick, Claire Halliday and Jonathan Brier. All abilities welcome and catered for; hot drinks and cake available. 11am - 4pm, 3 block session £150, booking essential. Held at Pencychnant Centre, Conwy. Bookings: 01492 593413, education@rcaconwy.org Also 14th & 21st

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

**Gwynedd Astronomy Society** 1st Thurs/month, 7.30pm. Arts and Drama Rehearsal Room, Bangor University. Parking is available directly outside the main entrance. Davyth Fear 01286 672882.

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

**Tonic: Sian James** An afternoon concert in the company of the singer-songwriter and accomplished harpist, Sian James. The concert will feature some original music and Sian's arrangements of traditional Welsh folk songs and hymns. A free cup of tea/coffee with ticket to follow. 2.30pm, £6, £5. Galeri, Caernarfon 01286 685222, galericaernarfon.com

**Thunder and Rain** Colorado based five piece with their roots in traditional Bluegrass and Folk. No food, bar only, 7pm for gig 8pm. £10. Blue Sky Café, High St., Bangor, 01248 355444, blueskybangor.co.uk

**Lisa Eurgain Taylor and Alys Williams** Discover more about the artists; music and discussion held in Welsh. 7 - 9pm, Storiell, Ffordd Gwynedd, Bangor LL57 1DT. £8 - £12. More: Eventbrite.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.

**The Inner Dance Meditation** 'Inner Dance' is a shamanic form of meditation intended to allow participants to Trust, Surrender and Flow. Depending on the participants ability to let go, they enter a deep meditative trance enabling a profound sense of expanded awareness to allow deep healing and energy flow. 7 - 9pm, Parkfields Community Centre, Mold. Contact: rachelsbellydance.wales

**NWWT: Anglesey Fens Living Landscape** Chris Wynne, NWWT Senior Reserves Manager, pulls together the various strands of management and project work that are contributing to the vision for better integration of conservation with other land-use interests. 2 - 4.30pm, £2, to include refreshments. St Cyngar's Church Hall, Llangefni, LL77 7EA. Penny Radford 01248 713022, radfords713@btinternet.com

**West Side Story** (PG) Film. A Dementia friendly screening. All are welcome, especially carers of those with dementia; low lights, walk-a-round and sing-along participation welcome; 2pm, £4.50. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

**Three Identical Strangers** See 6th

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

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

8th FRIDAY

**NWWT: A Year in the Wild** Ian Fraser, a naturalist in North Wales, guides us through the year with his presentation of some wonderful regional wildlife. Assistance dogs only. 2 - 4pm, £2, to include refreshments. St David's Church Hall, Llandudno, LL30 3NT. John Underwood 01492 533459, 07783 773225, john.underwood100@gmail.com

**Gong Bath** Breathe and relax... then observe the mind beginning to slow and your whole being is gently returned to harmonic balance. 7pm, £13. Rhuddlan Community Centre, Parliament St, LL18 5AW. Steph Healy 07534 118899, puresound.org.uk

**E Motion** A factual documentary that explores how human emotions affect the physiology of the human body. 6.30pm with Tapas, set price £10. Follow Your Bliss Café, 307 - 309 High St., Bangor. FYB 01248 345495.

**My Week with Marilyn** (15) Film. About Marilyn Monroe and Colin Clark, the third assistant director on the film, who got to spend a week with her. 7 for 7.30pm, Denbigh Film Club, Theatr Twm o'r Nant, Denbigh LL16 3DA. Lilian Jones 01745 813426, denbighfilmclub.co.uk

**NT - The Tragedy of King Richard II** Broadcast live theatre screening. The ambitious Bolingbroke challenges the vain and foolish king for power. 4pm, £15, £13 concs., Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

**The Miseducation of Cameron Post** (15) As Cameron is subjected to questionable gay conversion therapies, she bonds with some fellow residents. 7.30 - 10.30pm, New Dot Cinema, Llangollen Town Hall, Castle St., LL20 8NU. Tickets: skiddle.com

8th FRIDAY & 9th SATURDAY

### Bangor Music Festival ~ Gŵyl Gerdd Bangor

**Theme: Acoustics.** Over two days the Bangor Music

Festival will give you a unique opportunity to explore the acoustics of Pontio, to learn more about science in relation to music and to experience the latest in contemporary and experimental music. Artists include: Richard Craig, Bangor University Fusion Ensemble, Bangor New Music Ensemble, Uproar Wales, Swansea Laptop Orchestra, Electroacoustic Wales. Most events are held in Pontio, Bangor. Info & bookings: bangormusicfestival.org.uk

8th FRIDAY - 10th SUNDAY

**Yoga Retreat** Join me for this special yoga weekend at the magical location of Portmeirion - explore the village with its wonderful gardens and beaches. From £295, includes: yoga tuition and use of yoga equipment, luxury accommodation, all meals including a 3 course meal in Castell Deudraeth, Portmeirion. Bookings: Tracey Jocelyn, 07809 485323, traceyyogamassage.co.uk

**Drop Spindle Spinning for Beginners** Learn the art of spindle spinning and other techniques. Suitable for beginners and those wanting a more portable form of spinning. Teaching spindles can be provided and purchased. £5 charge for fibres. £219 - £238, led by Chris Jukes. Plas Tan y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri.llyw.cymru

**Folklore (in Welsh)** Names early please to ensure a place on this highly popular convention run jointly with Cymdeithas Llafar Gwlad. £219 - £238, led by Twm Elias. Plas Tan y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri.llyw.cymru

8th FRIDAY - 11th MONDAY

**Yoga Long Weekend** 10 sessions of Mindful Yoga, relaxation, chi-gung, mantra and meditation. From £175 for 2 nights half board and £195 for 3 nights half board. Held at The Hydro Hotel, Llandudno. Book: Elaine Powell 01248 430147, yoganorthwales.co.uk Also April 12 - 15.

8th FRIDAY - 13th WEDNESDAY (not 10th)

**Stan & Ollie** (PG) Film. Laurel and Hardy, the world's most famous comedy duo, attempt to reignite their film careers. 8pm - 8th, 9th & 12th; 2pm - 9th, 11th, 13th; 5pm - 9th. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com Also 8th & 12th - 8.15pm, 11th 7.30pm; 13th 2.30pm, £6.25, £5.25 concs., Neuadd Dwyfor, Pwllheli LL53 5DE, 01758 704088, neuadddwyfor.com

**Mary Queen of Scots** (15) Film. Mary Stuart's attempt to overthrow her cousin Elizabeth I, finds her condemned to years of imprisonment before facing execution. Various times, Neuadd Dwyfor, Pwllheli LL53 5DE, 01758 704088, neuadddwyfor.com

9th SATURDAY

**The Confucius Institute** is holding its annual Dragon Parade and Chinese Gala to welcome the Chinese Lunar New Year, the Year of the Earth Pig. The dragon parade will leave Bangor Cathedral at 12pm and make its way along to the Clock and back again. There will be a Gala inside the Cathedral from 12.30 - 2pm, free of charge! Confucius Institute, Bangor Uni 01248 388555, confuciusinstitute@bangor.ac.uk



**Sacred Song** 2nd Sat/month. Songs from various spiritual traditions and none, including Taizé, 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

**Mini-Retreat: Self Care Saturday** This is a day that's all about nurturing you. Enjoy yoga in the morning with Claire Mace, a healthy and inspiring lunch made by wild plant expert Jules Cooper, then explore mindfulness, blissful sound and essential oils in the afternoon. Held at St Mary's Church Hall, Longford Road, Holyhead LL65 1TR. Bookings: Claire 07970 409724, inspiratrix.co.uk

**Dry Stone Walling** 10am. Learn the basics through helping to construct one of these beautiful structures at Ganllwyd. Booking essential, steel toe capped boots required (limited spares available). Bookings: Owain 01286 685498, owain@snowdonia-society.org.uk

**Artist in Conversation: Wanda Zyborska** "My practice and the women artists who have inspired me". Wanda works in a wide variety of media, mainly in 3D and performance and often drawing on textile methods to construct work that challenges gender and identity stereotypes. She is interested in political art and public interventions. 2.30pm, £3. Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org

**Wildlife Photography Workshop** Join professional wildlife photographer Gary Jones at this workshop for beginners and enthusiastic amateurs who would like to start photographing wildlife or improve on existing skills. A workshop of tuition from Gary and some practical photography with him, out on the nature reserve. 10am - 4pm, £50. RSPB Conwy Nature Reserve LL31 9XZ, 07467 540355, gjwildlifephotography@outlook.com

**Freedom from Anxiety and Depression:** Workshop for Young People 12 - 18+yrs. We will learn yoga, breathing, meditation, mindfulness, relaxation and Emotional Freedom Technique. 9am - 12.30pm, £35 per young person, £25 for accompanying parent, refreshments provided. Held at Oddfellows Hall, Saltney, Chester. Bookings: Teresa Keast 07876 254518, teresa@teresa4yoga.co.uk

**Hollie McNish: Plum Book Tour** Hollie will be joining us to perform poems from her new collection, PLUM. Expect strong language as she talks fruit and flesh, sex, politics, transformers and a lot of friendship. Doors open 8pm, plus poet Sophie McKeand 8.15 - 8.45pm; Hollie from 9pm - 10pm, £10. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

**Turn Your World Upside Down - Yoga Inversion Workshop** Working towards 3 inversions; headstand, handstand and pincha mayuransana. This will be a mixed ability workshop as all the postures can be modified to suit ability; there will be no pressure to do anything that you aren't comfortable with. 2 - 4.30pm, 294 Conway Rd., Mochdre, Colwyn Bay LL28 5DS. Facebook: of event name

**Cracked** A moving, thought-provoking play about vulnerability, mental well-being and the universal need for love. 14+, 7.30pm, £10, £8 concs., £5 young person. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

**NWWT: Green Woodworking Craft Event** Learn how to make everyday products sustainably from coppicing woodland, in partnership with The Woodland Skills Centre. Families welcome! Booking recommended. 10am - 3pm. Meeting point: old Aberduna Quarry offices on the Maeshafn Road, half a mile from Gwernymynydd. (GR: SJ 205 616). Mike Klymko 07880 033562, mikelklymko@northwaleswildlifetrust.org.uk

**Gong Bath** Breathe and relax... Then observe the mind beginning to slow and your whole being is gently returned to harmonic balance. 7pm, £10. Neuadd Goffa, Mynydd Llandegai, LL57 4LQ. Steph Healy 07534 118899, puresound.org.uk

9th SATURDAY & 10th SUNDAY

**Make A Three-Legged Stool** Day 1 - learn the basic techniques; Day 2 - cut and prepare a solid wood seat and assemble the stool. £125, dep £65. Woodland Skills Centre, Bodfari, Denbigh. 01745 710626, woodlandskillscentre.uk

**Welsh Winter Scrambles** This course will help you to become a winter mountaineer; includes accommodation, cooked meals, pick-ups arranged. List of what's needed on website. £395, Plas Y Brenin, Capel Curig 01690 720241, pyb.co.uk Also 18th/19th & 23rd/24th)

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. Opportunities for car sharing. More details from bangorforestgarden@gmail.com, thebfg.org.uk Facebook; bangorforestgarden

**Estyneto** Dance/movement sessions specifically for those over 60, led by two dancers/choreographers - Cai Tomos and Angharad Price Jones. No previous experience or dance skills required - only the desire to stay active, fit and healthy. 1.30pm, Galeri, Caernarfon 01286 685222, galericarnarfon.com

**Nuts and Bolts of Sacred Ceremony Workshop** A taster/starter day suitable for all; whether an experienced ceremonialist or an interested beginner. There are 4 workshops covering different topics. They will include theory and practice, skills and confidence building. Each can be taken as a stand alone or combined with others. £25 per workshop; £90 for all 4. Other dates: 16th Feb (2) and 17th Feb. Places limited to 12. Held in Upstairs Room, Follow Your Bliss Café, Bangor. Led by Alexandra Wilson; contact via Facebook: Sacred Ceremony Workshop

**One Day Mountain Navigation Course** Open to all, covers the basics of navigation, aimed at building confidence and introducing beginners to a map and compass. 7 - 10pm, £48.56. Led by Exploring Snowdonia-Eryri. Based at Moel Siabod Cafe, Capel Curig LL24 0EN. Bookings: eventbrite.co.uk

**Cainc** A more intense dance/movement class suitable for beginners over 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

**Thicker Than Water** (15) Film with Japanese Foundation Touring Film Programme. Drama exposing the relationships siblings. Japanese, with subtitles. 1.15pm, £8.50, U26 £6. Storyhouse, Chester 01244 409113, storyhouse.com

**Let Yourself Be Love ~ Nurturing The Heart** Join us on a magical journey combining dance, meditation, art and storytelling. 10am - 5pm, £45, £35 concs. Parkfields Community Centre, Mold. Bookings: rachelsbellydance.wales

11th MONDAY

**Talk: Pine Marten Recovery Project** Join us in another free environmental talk; tonight with Josephine Bridges of the Vincent Wildlife Trust. Their aim is to restore viable populations of Pine Martens to England and Wales. 8pm, Plas Y Brenin, Capel Curig LL24 0ET. Contact 01690 720214, pyb.co.uk



**Seriously Books** Meets 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.

**Gong Bath** Breathe and relax... Then observe the mind beginning to slow and your whole being is gently returned to harmonic balance. 7pm, £13. Llanfairfechan Community Centre, Village Rd, Llanfairfechan LL33. Steph Healy 07534 118899, puresound.org.uk

11th MONDAY - 16th SATURDAY

### **Sustainability and Adaption for Cities and Communities**

This course will help develop an overview comprehension of current research and discourse. It covers adaptation planning and sustainability of cities and communities, and places this understanding into current and future environmental contexts. You will gain a thorough understanding of key elements, infrastructures, maintenance issues, energy budgets, material flows, waste disposal, transportation, social dynamics that underlie the development and management of communities and cities. £700, £625 concs., CAT, Machynlleth, 01654 704966, cat.org.uk

12th TUESDAY

**Mindfulness Taster Session** Once a month gathering. This session could be a helpful taster for someone thinking of signing up for an 8 week course. The sessions will be on a donation basis. 6 - 7pm, led by Tara. Held in the log cabin in the Hermitage Garden, Criccieth. Tara: tara.anne.dew@gmail.com

### **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

### **Introduction to Homeopathy with Wendy Scrase**

6.30 - 8.30pm, £10. Follow Your Bliss Café, 307 - 309 High St., Bangor. FYB 01248 345495.

**The Healing Well** Hands on Healing, two sessions, 7 - 9pm, open to all, donations welcome. Canolfan Pentrefelin. Mayamara 01766 770874. *Also 26th*

**Utopias & Dystopias** We love speculative fiction; but why are we so drawn to it? What does speculative fiction help us come to terms with? Join Sophie Mackintosh as she suggests answers to these questions, complete with a reading of her Booker-longlisted novel *The Water Cure*. 8pm, £15 or £29.95 with dinner. Gladstone's Library, Hawarden, Chester CH5 3DF. 01244 532350, gladstoneslibrary.org

13th WEDNESDAY

**Conscious Dance** 1st & 2nd Weds/month. *See 6th*

**Healing For Wellbeing** 2nd Wed/month, 6 - 9.30pm. Hands on Healing provided by Christine and Larry. Healing is a relaxing form of complementary therapy which can be helpful for chronic pain, back pain, stress and much more. Healing is used in the NHS. No fee, donations welcome. Llaingoch Village Hall, South Stack Rd., Holyhead LL65 1NF. 07831 389904, mamahlyrea2003@yahoo.co.uk

**Friends of the Earth Conwy** Meet 2nd Weds/month. 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. Held in the rear room of the Albion Ale House, Upper Gate St., Conwy LL32 8RF. Contact Kay 07918 663640, kaypitt40@gmail.com

**Bangor Bird Group** Cyprus and bird migration, a presentation by Julian Hughes, RSPB. 7.30pm prompt, £2 non-members. Brambell Building, Bangor University. Contact: birdsin.wales

**An Introduction to Vision Quest** Vision Quest is an ancient ceremony in modern times. It marks the move from one life transition to another; allowing the past, placing ourselves in the present and creating our ceremony with the tools and teachings from our own lives. We will be watching a DVD of a youth Rites of Passage, exploring the history and cross-cultural roots. 1.30 - 4.30pm, £30. Machynlleth. Details from Pippa Bondy 07814 959613, pippa@ancienthealingways.co.uk

**Footpath Maintenance** 10am. Come join us for our second instalment of footpath maintenance days on the Mawddach trail. Bookings: Dan 01286 685498, dan@snowdonia-society.org.uk

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

**The Three Dimensional Nature of Time** Talk with Chester Theosophical Society and Matthew Sutton. 7 for 7.30pm, £5.50, £3.50 concs., Quaker Meeting House, Frodsham St., Chester CH1 3LF, 01244 377170, chestertheosophy.org

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

**An Impossible Love** (15) Film. A chronicle of the love between mother and daughter, endangered by a manipulative father. French with subtitles. 8pm, £6. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

**Colette** (15) Film. Colette is pushed by her husband to write novels under his name. Upon their success, she fights to make her talents known, challenging gender norms. 5.30pm, 8pm, £4, £3.25 concs., Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

14th THURSDAY

**Theosophical Society: Universal Laws** 2nd & 4th Thursdays/month. An introduction to the Ageless Wisdom and the Laws of Nature. Theosophy teaches that the Cosmos is created with Spirit and Intelligence and is divinely guided from within. Human beings are both earthly and divine and have a vast potential still to be unfolded throughout many lifetimes in which to grow toward spiritual maturity. This is the first in a series of 8 talks leading to the Diploma in Theosophy arranged by the English Theosophical Society. Course Leader Eric McGough. 2pm, £5; TS members £3, free refreshments. New enquirers are always welcome. Held at Parkway Community Centre, off Rhos Rd., Rhos-on-Sea. Jenny 07510 160737, 01492 339245, theosophywales@yahoo.co.uk *See ad page 23*

**Caffi Llaeth Mam / Breastfeeding Mums** Meets 2nd & 4th Thurs/month. Come and join Caernarfon breastfeeding group and meet other Mums in an informal and comfortable environment. 10.30 - 12noon. Drinks are reduced in price to £1. Copa, Y Maes (next to P.O.) Led by Gwynedd and Anglesey Breastfeeding Friends

**Olwyn Llwiw** Adult art session, with Jwls Williams; ideal for beginners to experiment with new materials. £10 per session or £32 for 4, 16+. 10.30am. Galeri, Caernarfon 01286 685222, galericarnarfon.com



**Stan & Ollie** See 8th; except at 5.30pm, Neuadd Dwyfor, Pwllheli LL53 5DE, 01758 704088, neuadddwyfor.com

14th THURSDAY - 25th MONDAY

**If Beale Street Could Talk** (15) Film. Adapted James Baldwin drama about love, family and injustice in 1970's Harlem. Various times and prices. Pontio, Bangor 01248 382828, pontio.co.uk

**Building Bridges: Spirituality as the Heart of Our Community** Part of a series of talks or "mind art" which examine our relationship to place, space and belonging and how that affects our health and wellbeing, led by Rev Alexandra Wilson. 7 - 8.30pm, £5. Follow Your Bliss Café, 307 - 309 High Street Bangor, LL57 1UL. Facebook: of same name

**An Impossible Love** See 13th

15th FRIDAY

**NWWT: Red Squirrel Update** Craig Shuttleworth of Red Squirrel Trust Wales brings us up to date with squirrel fortunes in north-west Wales - and touches on those of pine martens. 7.30 - 9.30, £2, to include refreshments. St Andrew's Church Hall, Benllech, LL74 8TF. Penny Radford 01248 713022, radford5713@btinternet.com

**Kendal Mountain Festival UK Tour** An evening packed full of films and awe-inspiring talks from some of the world's most impressive adventurers. Enjoy the spirit and inspiration of the Festival, and celebrate the exploration of some of the wildest places on earth. 7.30pm, £18, £10 u25s. Galeri, Caernarfon 01286 685222, galericaernarfon.com

**An Evening with Steven Holbrook** Spiritualist Medium. 7 - 1pm, £15. Canolfan Beaumaris, Rating Row, Beaumaris LL58 8AL. Contact 01248 811200, canolfanbeaumaris.org.uk

**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.

**Eddie** (12A) Film. After her controlling husband dies, a determined woman in her 80's embarks on a trip to fulfil her long-time dream of climbing a mountain in the Scottish Highlands. 7.30pm. Theatr y Ddraig, Barmouth LL42 1EF, dragontheatre.co.uk

15th FRIDAY & 16th SATURDAY

**Flight Paths** The Biwa Hōshi were blind storytellers who travelled the length and breadth of medieval Japan making a living from their epic tales. In this new production, three visually impaired performers from Japan, Nigeria and the US follow their example to tell contemporary stories of migration to the UK. 7.45pm, £10. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

15th FRIDAY - 17th SUNDAY

**Chamber Music** Practice and teaching sessions in the relaxed atmosphere of the Plas. Tuition is given by highly experienced string musicians. To book, contact organiser Dr Julia Johnson. Plas Tan y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri.llyw.cymru

**Ariel Yoga Weekend Retreat** We're delighted to welcome Ariel Yoga specialist Ceri Poppins for the weekend who will lead a variety of yoga throughout the weekend (including Ariel Yoga). Between yoga classes there will be guided mindful walks or a chance to relax. £400 - £500. The Outbuildings, Llangaffo LL60 6NH. Book: wildwalesretreats.com

**Pure Yoga: Yoga Immersion Weekend** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk See 1st - 3rd February

**Chamber Music** Enjoy the opportunity for both practice and teaching sessions in the relaxed atmosphere of the Plas. Tuition is given by highly experienced string musicians. To book, contact organiser Dr Julia Johnson. Plas Tan y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri.llyw.cymru

**Snowdonia Weekend Climbing** A chance to experience the summits without the crowds. The aim of this weekend is to reach the summit of Snowdon and the summit of the atmospheric Glyder Fawr. A reasonable state of fitness required. £112.52. Contact SVL Adventures -info@svladventures

15th FRIDAY - 21st THURSDAY (not 17th)

**Can You Ever Forgive Me?** (15) Film. The true story of best-selling biographer Lee Israel, who falls out of step with current tastes and turns her art form to deception. Various times. Neuadd Dwyfor, Pwllheli LL53 5DE, 01758 704088, neuadddwyfor.com

16th SATURDAY

**Mind Body Spirit Festival** A large, regular event with a lovely atmosphere. Lots of stalls with healers, therapists, Tarot & Angel card readers, ethical gifts, crystals, candles, witchy wares, festival clothing and much more. Free workshops and free parking. Delicious vegan and vegetarian food available. 10am - 1pm. Held at Llangollen Pavilion, Abbey Rd. Facebook: Llangollen Mind Body Spirit Festival

**Monthly Mindfulness for Anxiety** Learn tips and techniques that aid anxiety and stress relief. You can join in the discussion or simply observe with no obligation. We then finish with a mindful meditation. 11am - 12.30pm, £10, £5 for reference tool. Beehive Healthcare, Chester. Tickets: inspireandrewire.com

**Woodland Wellbeing** Join us at our Caerwys site for a Wellbeing and Hygge session. We will take a gentle walk through the woodland and then get comfortable around the campfire where you can read, explore your artistic side or just relax in one of our hammocks. Hot chocolate and comforting treats. 10am - 1pm, 18+, Plas Derw-Forest School, Holywell Rd, Northop CH7 6AA. plasderwforestschoo.co.uk

**Sacred Ceremony Workshops** 1. Morning: Basics of Ceremony for Birth and Baby. Whether you wish to create ceremony for yourself and your children, for others or to heal your own birth story, this workshop is for you. 2. Afternoon: Basics of Ceremony for Adolescent Rites of Passage. By the end of this session you will understand how to structure a ceremony according to your intention for it. 12 places. Suitable for all; whether an experienced ceremonialist or an interested beginner. See 10th for more details. Held in Upstairs Room, Follow Your Bliss Café, Bangor. Led by Alexandra Wilson; contact via Facebook: Sacred Ceremony Workshop

**Potato Day** There will be a wide variety of seed potatoes and vegetable seeds for sale, plus onion sets, garlic bulbs, rhubarb crowns, fruit trees, strawberry plants and other soft fruits. 9am - 2pm, free entry, refreshments available. The Daniel Owen Centre, Earl Road, Mold, Flintshire CH7 1AP. Contact 01352 751306 or 07940 227742.

**Bach Comes Back to Town** Chester Bach Singers sing JS Bach's motets. 1.15pm, £10, St Werburgh's Church, Chester. Nicola 01244 470890, info@chesterbachsingers.org.uk

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

**Y Brain/Kargala Wales Tour** After years of repression and censorship, writer Meltem Arikan moved to Wales where she feels a deep sense of belonging. In a state of personal crisis, her Turkish-speaking, repressed, rigid self Mel meets her Welsh-speaking, adventurous, nature-loving self Tem for the first time. Written by Meltem Arikan, with Welsh-language parts by Sharon Morgan. Accessible for English speakers. 7.30pm, £8, £7 concs, and £3 16-18 years. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

**Llangollen Adventure Lectures** All profits go into the kitty for speakers and possible grants. 7.30 - 10.30pm, £5. Bridge End Hotel, Llangollen LL20 8UE. Speakers for tonight TBC. Visit eventbrite.co.uk

**Frozen** (PG) Animated film. The story of a fearless princess who sets off on a journey to find her estranged sister. 6 for 6.30pm showing. £5, children £2, includes tea and cake. A regular monthly event with different films. We will also have a DVD swap table; bring one in and take another away! Held at Rowen Village Hall. Enquiries 01492 650762. All cake offers to Mark Crane: markcrane@phonecoop.coop.

16th SATURDAY & 17th SUNDAY

**Upholstery Weekender** This two day workshop with artist/designer Sophia Ingham is for beginners and will take you through the entire upholstery process, from furniture stripping, through re-strapping, re-upholstery and finishing techniques. Bring along a small simple project to work on such as a stool or dining chair and upholstery fabric (if you're after something specific), otherwise all basic materials and equipment are provided. 10am - 4pm, £90. Canolfan Glasinfryn, Bangor LL57 4UP. Sophia 07391 930719, phiaeco@gmail.com

**Coppice Crafts** Learn about woodland management; undertake some coppice work and harvest materials. Make a besom broom and small hazel hurdle to take home. £100. Woodland Skills Centre, Bodfari, Denbigh. 01745 710626, woodlandskillscentre.uk

17th SUNDAY

**Sacred Ceremony Workshops** Basics of Sacred Ceremony for Healing. See 10th for details.

**Crystals and Labyrinths Workshop** £50, held at The Dragon Theatre, Jubilee Road, Barmouth, LL42 1EF. More: Sandra Hope-Maskell, hope-college.co.uk

**Foundation in Crystal Healing** 1st session of five full days over the coming months. Fully accredited by the Affiliation of Crystal Healing Organisations. Whether you join us for fun, or for a future as a crystal therapist, you'll meet like-minded people, learn about the power and energy of crystals, as well as begin to understand your own unique talents in a profound way. 10am - 5pm, £350 for the course. £50 deposit. Cariad Academy of Crystal Healing, Hightown, Wrexham LL13 7BS. Bookings: 07561 320239, cariadcrystals@yahoo.com

**Red Tent Gwynedd: Living a Rich Life on Small Budget** A sharing of ideas and strategies for living an abundant life, whatever your income. Bring some examples if you like - food, home made things, bargain finds, ideas for outings. 2 - 6pm, held at 8 Fron Ogwen, Tregarth LL57 4NP. Facebook: to Join Tent meetings, or visit redtentgwynedd.wixsite.com

**Colette** See 1st for details 3.30pm, £3, £2 children, Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

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

17th SUNDAY - 22nd FRIDAY

**Slate: Yet More Diversity** Together with visits to familiar slate quarries, the course will also call on non-familiar stone quarries and metal mines. £495 - £542.50, led by Richard Williams. Average fitness is required. Plas Tan y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri.llyw.cymru

18th MONDAY

**Snowdrop Planting Days** Help us 'grow' our Snowdrop display into one of the best in the area by joining us for one of Penrhyn's annual Snowdrop planting days. 11am - 3pm. Normal entry charges apply. Penrhyn Castle, Bangor. Visit: nationaltrust.org.uk Also 21st, 25th & 28th.

**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 details, amnesty.org

**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

18th MONDAY & 19th TUESDAY

**Welsh Winter Scrambles** See 9th & 10th

**Frogman** Performance. A coming-of-age thriller exploring the fragility of the childhood imagination. 18th - 7.45pm; 19th - 6.45 & 8.45pm, tickets from £10. Theatr Clwyd, Mold, 01352 701521, theatrclwyd.com



## 18th MONDAY - 22nd FRIDAY

**Winter Birds** By now, the winter bird population will still be at its maximum. From Plas Tan y Bwlch we have easy access to several good estuaries, other coastal habitats and inland lakes, all set against the impressive backdrop of the mountains of Eryri. £396 - £434, led by Twm Elias. Plas Tan y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri.ilyw.cymru

## 19th TUESDAY

**Full Moon in Pisces 3.53pm** This February full moon ushers in the second in a series of 3 full moon supermoons occurring on January 21, February 19 and March 21. All of these full moons are less than 362,000 km (225,000 miles) distant as measured from the centres of the Earth and moon and appear bigger than usual. earthsky.org

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

**Fencing** See 1st

**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 166567, Richard 07530 225268, chester.humanist.org.uk

**Free Solo** See 5th

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

**Writing Animals - an Evening with Susanna Forrest** In what promises to be a unique hour, Susanna will show how her own particular field – equine culture and history – has much to teach us about history, literature, anthropology, philosophy, and even food. 8pm, £15 or for food too £29.95. Gladstone's Library, Hawarden, Chester CH5 3DF. 01244 532350, gladstoneslibrary.org

**Don Quixote ~ ROH Live** Satellite Screening. Cervantes's famous story of the bumbling knight from La Mancha and his faithful squire Sancho Panza is transformed into a sparkling ballet. 7.15pm, £15, £12.50, £10 u18s. Pontio, Bangor 01248 382828, pontio.co.uk. **Also** Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

## 19th TUESDAY - 22nd FRIDAY

**Anweledig** Theatre performance. A powerful and harrowing Welsh language production that follows the journey of Glenda, played by Ffion Dafis, as she battles to live with severe depression. 7.30pm, except 20th - 12.30pm. £15, £12 concs., Pontio, Bangor 01248 382828, pontio.co.uk

**Noughts & Crosses** Performance with Pilot Theatre; addressing issues of mixed race relationships. 7.30pm daily, 1pm 21st; 2.30pm 23rd. £10, Theatr Clwyd, Mold, 01352 701521, theatrclwyd.com

## 20th WEDNESDAY

**Brigadoon** (U) Film from 1954. Two Americans on a hunting trip in Scotland discover a small mysterious village that seems to be lost in the past. A dementia friendly screening; low lights and people are welcome to walk around. 1pm, £4. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

**Love Craft** A one-woman-science-comedy-music-show created by Welsh actress and singer Carys Eleri. 7.30pm, £10. Galeri, Caernarfon 01286 685222, galericarnarfon.com

**Bangor Bird Group** "Birding the Eastern United States", presentation by Alex Jones, local birder. 7.30pm prompt, £2 non-members. Brambell Building, Bangor University. Contact: birdsin.wales

**'Don't Die of Ignorance': the impact of health promotion and prevention in the context of HIV** A public lecture by Dr Olwen Williams. The talk will cover the history of how HIV/AIDS prevention and care developed over the past 35 years, the transformation of the 'fatal disease'; and how there is still a stigma. 5 - 6.30pm, free. Organised by the Learned Society of Wales 029 2037 6976, lsw@wales.ac.uk, learnedsociety.wales

**Introduction to Meditation and Mindfulness for Health and Wellbeing** Informative evening with Cristina Atanes, 6.30pm - 8.30pm. Follow Your Bliss Café, 307 - 309 High St., Bangor. FYB 01248 345495.

**The House By The Sea** (12A) Film. Three grown up children visit their dying father at his picturesque villa and reflect on their past and future. French with subtitles, 8pm, £6. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

**Introduction to Volunteering** This training is aimed at those who are thinking about volunteering and / or new to volunteering. By the end of the course you will understand what is volunteering and what is expected from you as a volunteer. Organised by Mantell Gwynedd. Free, 1 - 4pm. Mantell Gwynedd, 23 - 25 Y Bont Bridd, Caernarfon LL55 1AB. Contact mantellgwynedd.com

**Storyhouse Book Club** Come along for our monthly lively discussion, piercing insights, lots of open-minded warmth. *Farewell, My Lovely* by Raymond Chandler. 7.30pm, The Garret Bar, Storyhouse, Chester 01244 409113, storyhouse.com

**Piatti String Quartet** One of the most distinguished quartets of their generation. 7.30 - 9.30pm, £12. Rhyl Town Hall, Wellington Road, LL18 1BA. Contact rhyllmusic.com

## 21st THURSDAY

**The United Nations: Saving the Planet & Porthmadog** A talk for the community exploring the global to the local situation on climate change. With a 'What can WE do?' session. Speaker Richard Shirres of the UN Association Menai Branch. Entrance free with refreshments, all ages welcome. Doors open 7pm, starts 7.15pm, finish 8.45pm. Y Gadolfan, High Street, Porthmadog, LL49 9LU.

**Sound Healing Meditation** We experience the three R's during sound healing: Resonance, Resistance and Release. Some bowls will feel harmonic and resonate well and some you may find irritating or uncomfortable, both lead to release. This can be on a physical, emotional/ soul or mind level. Bring a mat, pillow and a blanket for extra comfort. I do have some spare but please ask prior to coming if you require one. Doors 7.15 for 7.30pm prompt start, £9 advance or £12 door - includes herbal tea after. Saltney, Chester CH4 8SG. Bookings: inspireandrewire.com. Nicola 07421 996393, nicola@inspireandrewire.com

**The NHS in Wales: A Health Economist's Perspective on the next 70 Years** A bilingual presentation by Prof. Rhiannon Tudor Edwards who has worked extensively in the health service over 25 years. From the perspective of a health economist, on the challenges and opportunities facing the NHS in Wales over the next seventy years. 4.30 - 6pm, free, open to all, Q & A after. Bangor University LL57 2DG. Organised by the Learned Society of Wales 029 2037 6976, lsw@wales.ac.uk, learnedsociety.wales

**Holly Clearance** 10am. Although a native species valuable to nature in its own right it has the potential to take over sites limiting the potential of a great number of other native flora. Come join us and free this woodland from the entangling Holly! Coed Hafod, Betws y Coed. Bookings: Dan 01286 685498, dan@snowdonia-society.org.uk

**Chester Writers** 3rd Thurs/month. Welcomes anyone with any degree of experience who writes, or who would like to start writing. We are a friendly and inclusive group with diverse members ranging from those just planning their first story, to professionally published authors. We are open to any genre, prose or poetry. 7.45pm, 16+. Volunteer led by James Booth. Held at Storyhouse, Chester 01244 409113, storyhouse.com

**Essential Maturity: Parenting Oneself in a Scary World** Part of a series of talks examining our relationship to place, space and belonging and how that affects our health and wellbeing. Led by Rev Alexandra Wilson. 7 - 8.30pm, £5, Follow Your Bliss Café, 307 - 309 High Street, LL57 1UL Bangor. FYB 01248 345495. Facebook: of event name

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

**The House By The Sea** See 20th

21st THURSDAY - 23rd SATURDAY

**Gypsy Queen** Theatre performance. A critically acclaimed love story set in Liverpool where two young men from rival boxing clubs fall in love, with devastating fallout. 7.45pm daily, tickets from £10. Theatr Clwyd, Mold, 01352 701521, theatrclwyd.com

21st THURSDAY - 24th SUNDAY

**Space To Be: Open Time** This retreat is open to any individual who is looking for some quiet-but-purposeful time with a semi-structured programme. Art materials available, books, CDs, local walks, yoga space, mats and cushions. Facilitated by Trigonos founder Ros Tennyson. £272 - £233. Held at Trigonos, Nantlle LL54 6BW. 01286 882388, trigonos.org

22nd FRIDAY

**Restorative Yoga Workshop** The theme of this low-light yoga class will be unwinding and letting go, moving into a profound state of relaxation and 'not doing'. We will explore slow and gentle movements to gently relax and release tension. Then we will work with restorative yoga poses, where we will rest comfortably, with the support of props and blankets, for extended periods of time. Open to all, including beginners. 7 - 9pm, £16 (concessions available). Held at The Old Rectory, Llanfachraeth, Ynys Môn LL65 4YA. Bookings: Claire 07970 409724, www.inspiratrix.co.uk

**Cold Concert** An evening of delights (including music, food and drinks) from local talents to raise money to support people in the Bangor area who are homeless. Entrance by donation. All donations go directly to help homeless people in this area. 7 - 10pm, Bangor Cathedral. Facebook: OneHeart, oneheartcharity.org.uk

**Writing Short Stories - According to Flannery O'Connor** A creative writing workshop led by Fiona Owen. Drawing on two of O'Connor's essays and examples from her own short stories, this workshop will provide plenty of food for thought, as well as practice in writing, following some of her suggestions. We will also look at micro-fiction, a more recent and popular form. All ranges of experience are welcome. A warm welcome to all/Croeso cynnes i bawb. 1 - 3pm, £5, £4 concs., Ucheldre Centre, Holyhead LL65 1TE, 01407 763361, ucheldre.org

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

22nd FRIDAY - 24th SUNDAY

**Introduction to Permaculture Course 1** This is the first long weekend in a three part, accredited Permaculture Design Course. How to meet our fundamental human needs more sustainably. Please book onto the course through Aberystwyth University 01970 621580. Full board accommodation only at CAT £118. CAT, Machynlleth, 01654 704966, cat.org.uk

**Mosses and Liverworts** Introduction suitable for beginners, and those who wish to revise their knowledge before taking it further in an area which supports a rich and varied flora. Residential £290 - £235; non-res £195. Field Studies Council, Rhyd-y-Crenau, Draper's Field, Betws-y-Coed, Conwy LL24 0HB, 01690 710494, enquiries.rc@field-studies-council.org

**Winter Tree Identification** Introducing and focusing on the skills needed to identify trees native to the British Isles in winter, as well as common non-native species. Residential £290 - £235; non-res £195. Field Studies Council, Rhyd-y-Crenau, Draper's Field, Betws-y-Coed, Conwy LL24 0HB, 01690 710494, enquiries.rc@field-studies-council.org

22nd FRIDAY - 25th MONDAY

**Deepening with Council Ways Through the Body** This simple ceremony is an opportunity to absorb ourselves in a way of being that opens us to the deepest listening. We invite our awareness beyond what we think we know, what we like or dislike. This allows us to connect body/heart/mind/soul and release deep rooted habitual tensions. It's about stopping, waiting and allowing without an agenda, without an intention; letting ourselves become empty. £295, (£100 non-refundable deposit). Anglesey. Bookings: Pip Bondy 07814 959613, ancienthealingways.co.uk

23rd SATURDAY

**Tristan Evans ~ A Piano Recital** Music inspired by the works of Kyffin Williams; accompanied by a multi-media backdrop. 7.30pm, £10, £8 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

**NWWT: Bird Watch Day** Call in to see what's going on, with experts on hand to help identify the birds and chat about wildlife. Best views approximately an hour before or after high tide. Assistance dogs only. 11am - 3pm. Spinnies Aberogwen, down a minor road to the coast from the village of Tal y Bont, Bangor, Gwynedd, LL57 3YH - the adjacent farm. Kate Gibbs 01248 681936, kategibbs.nwwt@gmail.com

**Harmony Singing Workshop** with Ella Speirs, open to all who like to sing together. 10am - 4pm, £20, Betws y Coed Memorial Hall. Bookings: Marian - marianowen1@btinternet.com

**Make a Nuno Felt Scarf** All materials will be provided but you are welcome to bring with you any coloured threads, ribbons or embellishments etc. that you may want to add to your work. 10am - 4pm, £50, dep £25. Woodland Skills Centre, Bodfari, Denbigh. 01745 710626, woodlandskillscentre.uk

**Canu Chwarel/Singing Slate** with Siân Miriam. Come to our closing workshop of the series, designed to develop your own - and our collective - Merched Chwarel voice. This bilingual workshop is open to women/girls of all ages. No experience (or confidence!) in singing or writing needed: warm welcome to all! 10.30am - 2.30pm, £5. Held in Dyffryn Nantlle, Bookings: merchedchwarel.org

**2 Year Diploma Course in Crystal Therapy** One day a month for 2 years. £1,400. Held in Cloverly House, Mold Road, Ewloe, Deeside CH5 3AU. More from hope-college.co.uk

**Innovative and Dynamic Facilitator Course** Theatr Clwyd's Creative Engagement Team have put together this two-day training course led by Brendon Burns to provide participants with innovative, dramatic techniques and values in order to lead facilitation and deliver dynamic creative sessions. 18+, 11am - 4pm, free. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

**Fused Glass Bird Workshop** Led by Verity Pulford. Make little hanging fused glass birds and have a relaxing and creative morning in a beautiful setting with lots of delicious cake! Includes all materials, firing, homemade cakes and drinks. 10am - 1pm, £50. Llanerch, Village Rd., Eryrys, Mold. Bookings, info and directions from Verity: verity\_pulford@hotmail.com

**Vocal Workshop** Whether you want to improve your singing voice or even find it. Find those top notes or learn how to breathe whilst singing - these monthly workshops are for you. 10am - 2.30pm, £25, £20 concs. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

**Welsh Language: Starting Your Prose** This is a Welsh language day course with Guto Dafydd focusing on starting prose pieces ready for the National Eisteddfod competitions. £35 - £75. Tŷ Newydd Writing Centre, Llanystumdwy, nr Criccieth LL52 0LW. 01766 522881, tynewydd.wales

**Chester's 'Stop Arming Saudi' Silent Vigil** is held on the last Sat/month at The Cross in Chester city centre from 12.30pm - 1.30pm. Please wear black if possible.

**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

## 23rd SATURDAY & 24th SUNDAY

**Reiki 1** Reiki is a simple form of healing and self-healing. Vivien teaches the original form of the Usui System of Healing; continuous on-going support to all of her students. £150 class fee, accommodation is available £30 per night. Tregarth, nr Bangor. Bookings: 01248 601388, vivreiki@hotmail.com

**Welsh Winter Scrambles** See 9th & 10th

## 24th SUNDAY

**RainbowBiz Mind Body Spirit Festival** A festival with over 50 traders and exhibitors, workshops and talks throughout the day. All welcome. Free entry, workshops, parking. Includes local author PJ Roscoe. Open 11am - 4pm. Theatr Clwyd, Mold. Facebook: of event name; rainbowbiz.org.uk

**North West Wales Permaculture Meetup** Informal gathering for folk interested in permaculture, small scale farming and sustainable living to network, share ideas and get inspired. No charge but please bring some lunch to share. 10am - 4pm. Henbant, Tain Lon, Clynnog Fawr, LL54 5DF (for navigation follow LL54 5DE). Contact Matt on 01286 660 761, 07786 316 413, matt@henbant.org

**Raphael Wallfish** + John York support. International cellist plays music by Beethoven, Debussy and Schubert. 7.30pm, £10. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

**Free Your Shoulders ~ Feldenkrais Method** Release tension and discover a better organised use of your arms and shoulders by gently exploring new options. 10am - 1pm, £30. Verve Fitness & Wellbeing, Llangollen LL20 8RE. Veronica Rock 07990 825783, vhrock@feldenkrais.co.uk

**Compost Toilet Construction** 10am. An opportunity to get hands on with a variety of tools and work alongside some skilled individuals as we team up with the Woodland Trust and Kehoe Countryside to learn how to construct a compost toilet at this beautifully situated upland farm. Bookings: Dan 01286 685498, dan@snowdonia-society.org.uk

**Indoor Table Top Sales** 8am - 12.30pm, organised by Happy Faces Children's Charity. Plas Y Dre, Llanrwst, LL26 0DF. Info: Ray 07968 957177.

**Craft Destash** Destashing is people selling on perfectly good art & craft supplies that they no longer need at reduced prices. 11am - 3pm, Trefnant Village Hall, Denbigh LL16 5UG. Facebook: of event name

**Make a Shave-horse 1** You will be provided with all the materials you need and you will make your own to take home, based on the design of Mike Abbott. Learn how to cleave green wood and shape it with a draw-knife on your new shave-horse. £80, £40 dep., Woodland Skills Centre, Bodfari, Denbigh. 01745 710626, woodlandskillscentre.uk

## 25th MONDAY

**Mindfulness Follow Up Group - Bangor** Last Mon/month. We offer two monthly 'Follow up groups' for 8 week course graduates. It is fine to come along now and again. The teacher will lead a practice and there will be some space for conversation about practice. 6.30 - 8.30pm. Wheldon Building, Bangor University Science Site, off Deiniol Road. Bookings: mindfulness@bangor.ac.uk

**Memory Café** Last Mon/month. For those living with Dementia, their families, friends and carers. Every month we have something different going on, including entertainment, guest speakers, legal experts and activities. Refreshments provided, donations welcome; 2 - 4pm. Kimmel Bay Community Library, Kendal Road, Denbighshire LL18 5BT, 01745 772150, [homeinstead.co.uk](http://homeinstead.co.uk)

#### 26th TUESDAY

**Elements of the Welsh Landscape** Printmaking with Aimee Jones - how to create a copper sulphate etching inspired by the landscape. 11am - 4pm, £60, all materials provided. Royal Cambrian Academy, Conwy. Bookings Gallery 01492 593413.

**NWWT: Greener Tywyn** An introduction to the project's mission to act as an instrument of positive environmental change in Tywyn and the surrounding area. 7 - 9pm, Dolgellau Free Library, LL40 2YF. Janet Baker 07812 659593, [jemmole@hotmail.com](mailto:jemmole@hotmail.com)

**Villagers** Live music from Anglesey and Penarth lads. 8pm, £20. Pontio, Bangor 01248 382828, [pontio.co.uk](http://pontio.co.uk)

**Introduction to Ayurveda** with Lesley Wills. 6.30 - 8.30pm, £10. Follow Your Bliss Café, 307 - 309 High St., Bangor. FYB 01248 345495.

**The Healing Well** Hands on Healing, two sessions, 7 - 9pm, open to all, donations welcome. Canolfan Pentrefelin. Mayamara 01766 770874.

#### 27th WEDNESDAY

**NWWT: Spiders on Welsh Mountains and Bogs** Talk by Richard Gallon from Cofnod. 7.30 - 9pm, £2 donation appreciated. Brambell Building, Deiniol Rd, Bangor, LL57 2UW. Sue Carter 01248 371769, [sue@gorad.co.uk](mailto:sue@gorad.co.uk)

**NWWT: Owl Rescue** Representatives from the North Wales Owl Sanctuary, Corwen, return with some of their feathered friends. A short presentation, tea, coffee and biscuits are provided. 7.30 - 9.30pm, £2 donation appreciated. Gresford Memorial Hall, High Street, Gresford, LL12 8PS. Dan Rose 07976 962251, [nwwt-wrexham@gmail.com](mailto:nwwt-wrexham@gmail.com)

**The Print Symposium: Collaboration in Printmaking** A one-day symposium led by artist printmakers discussing their practice and collaborative projects. 10am - 4.30pm, £45 includes refreshment and lunch. Speakers include: Hilary Paynter, Barry Morris, Tom Frost, Reveal Printmakers. Tŷ Pawb, Market Street, Wrexham, LL13 8BB. Booking essential: 01978 267629, [printcentre@cambria.ac.uk](mailto:printcentre@cambria.ac.uk)

**Lunch on the Fly** Have a go at vertical dance. You will be guided through some simple positions, and then you will fly! 12pm, £6. Pontio, Bangor 01248 382828, [pontio.co.uk](http://pontio.co.uk)

**Blazin' Fiddles / Patrobas** From Scotland's Highlands and Islands, a blend of ensemble and solo sets. Fiddles and bows, guitar and piano. 7.30pm, £16, £14 student/children. Galeri, Caernarfon 01286 685222, [galericarnarfon.com](http://galericarnarfon.com)

#### 27th WEDNESDAY & 28th THURSDAY

**On Her Shoulders** (12A) Film. Nadia Murad, a 23-year-old Yazidi, survived genocide and sexual slavery committed by ISIS. Repeating her story to the world, this ordinary girl finds herself thrust onto the international stage as the voice of her people. Away

from the podium, she must navigate bureaucracy, fame and people's good intentions. 8pm, partly subtitled, £6. Theatr Clwyd, Mold 01352 701521, [theatrclwyd.com](http://theatrclwyd.com)

#### 28th THURSDAY

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

**The Colwyn Bay Theosophical Society** Talk and general discussion to be arranged. 2pm, £5; TS members £3, free refreshments. New enquirers are always welcome. Held at Parkway Community Centre, off Rhos Rd., Rhos-on-Sea. Jenny 07510 160737, 01492 339245, [theosophywales@yahoo.co.uk](mailto:theosophywales@yahoo.co.uk)

**Caffi Llaeth Mam / Breastfeeding Mums** See 14th

**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 Arches, in Lola's Bar, 151 High St., Prestatyn LL19 9AS. Bookings: 07584 022005.

**Theosophical Society: Universal Laws** See 14th

**Awakened Belly Dance 7 week course** Using traditional Middle Eastern dance techniques, sacred dances from around the world, breath and energy work, meditation, sound healing and conscious communication. 7 - 9.30pm, booked by 31st Jan £70; or £90 booked by 21st Feb; after that £100 for the course of £10 per session. Held in Parkfields Community Centre, Mold. Bookings: [rachelsbellydance.wales](http://rachelsbellydance.wales)

**Remembering Your Self: Tools for Loving, Self-Acceptance and Peace** See 7th for details. Led by Rev Alexandra Wilson. 7 - 8.30pm, £5, Follow Your Bliss Café, Bangor, 01248 345495. Facebook: of event name

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

#### 28th THURSDAY & 1st MARCH, FRIDAY

**A Brave Face** Theatre performance. Exploring Post Traumatic Stress, an unseen and often unrecognised injury of war, and the impact it can have on even the closest of families. A wordless, full mask style theatre of a story that needs to be told. 7.45pm, £10+, 12+. Theatr Clwyd, Mold, 01352 701521, [theatrclwyd.com](http://theatrclwyd.com)

#### 28th THURSDAY - 2nd MARCH, SATURDAY

**Living Mindfully** This course will explore the value of mindfulness practices and incorporating them into our lives, with the opportunity to engage in a variety of mindfulness practices. £235, non-residential £160. Gladstone's Library, Hawarden, Chester CH5 3DF. 01244 532350, [gladstoneslibrary.org](http://gladstoneslibrary.org)

Copydate for March Issue:  
**February 18th**

## Getting Your Bearings

by Ted Townsend

*When the Brain's Pineal Gland can show us the way*

The maps are out of date  
The compass has corroded  
The Apps have been hacked  
And the GPS Satellite  
Has been hit by a Solar Flare  
But you're not lost, no fear  
Your Pineal Gland is right there to help you steer  
As used by Pigeon Post and all Avian life  
Who needs technology?  
When the natural way is so near  
Your Brain plots the path  
The way ahead is clear  
You get your bearings, get into gear  
With a neurological wing and a prayer  
From that magical cerebral gland  
Behind your forehead between your ears  
Switch on and get online  
Who needs technology?  
When the natural way is so near

*Ted Townsend is a budding Snowdonia wordsmith.*

## Helena Hawley

Intuitive Vocal Sound Healer,  
Channel, Speaker & Authoress



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

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

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

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

THE THEOSOPHICAL SOCIETY IN WALES  
Y GYMDEITHAS THEOSOPHAIDD YNG NGHYMRU  
Held at Parkway Community Centre Rhos-on-Sea  
LL28 4SE



MYSTICAL & LIFE CHANGING

## Theosophy



Thursday 14<sup>th</sup> February at 2pm.

## UNIVERSAL LAWS

An introduction to the Ageless Wisdom  
and the Laws of Nature.

*Life is a journey of spiritual unfoldment. Through the study of the laws and principles activating the universe as outlined in the Divine Wisdom, we come to a deeper understanding of ourselves and our purpose in Life.*

**Eric McGough.**

Author and Director of the Diploma in Theosophy.

Meetings are held on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday  
in the month at 2pm

All are welcome

Admission - £5, TS Members £3

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

Jenny Mobile. 07510 160737 Home 01492 339245

## 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](mailto:enquiries@woodlandskillscentre.co.uk)

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

## Exhibitions

Spectrum

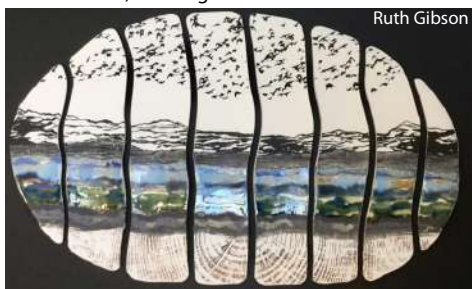


**Spectrum** 18th February - 9th March. A diverse group of painters who experiment with a variety of media and techniques, led by their tutor Anita Reid. Theatr Clwyd, Mold 01352 701521, [theatrclywd.com](http://theatrclywd.com)

**Josephine Meckseper** Until 3rd March. One of the foremost female artists of her generation working today, Meckseper melds the aesthetic language of modernism with the formal language of commercial display, combining them with her own images and film footage of historical undercurrents and political protest movements. Mostyn, Llandudno 01492 879201, [mostyn.org](http://mostyn.org)

**On the Edge** Until 3rd March. Disability Art Cymru. DAC members were asked to react to this title and submit work based on their own interpretation. The exhibition includes a wide range of work from artists at varying points in their creative development. DAC's aim is to raise the profile of the artists involved; increasing artwork sales; support and develop career progression and to build relationships between peers and with exhibiting venues. Mostyn, Llandudno 01492 879201, [mostyn.org](http://mostyn.org)

**Ruth Gibson ~ Mapping Llŷn** Until 17th March. A unique look at Pen Llŷn through clay, stone and wood. Plas Glyn y Wedd, Llanbedrog, Pwllheli 01758 740763, [oriel.org.uk](http://oriel.org.uk)



Ruth Gibson

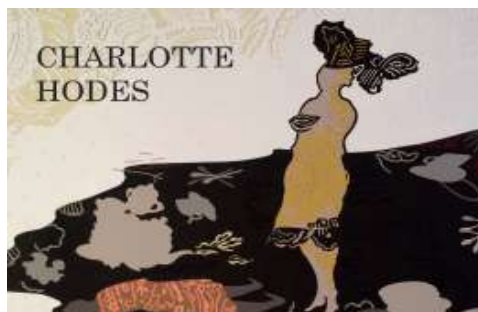
**Louisa Gagliardi ~ Under the Weather** Until 3rd March. Gagliardi's work pulls apart the construction of an image, and of our society, in a digital age, while appearing to explore the codes and history of painting. Her works pose questions around ideas of figure and ground, flatness and depth. Mostyn, Llandudno 01492 879201, [mostyn.org](http://mostyn.org)

**In Black and White ~ Mewn Du a Gwyn** Until 17th February. This exhibition represents examples of Charles Tunnicliffe's wood engravings and etchings, showing fine art prints alongside works intended for publication and commercial purposes. Oriol Charles Tunnicliffe, Llangefni LL77 7TQ, 01248 724444, [kyffinwilliams.info](http://kyffinwilliams.info)

**Jack Crabtree** Until 2nd March. Jack is best-known for his social realist work of the 1970s and in 1974-75 was commissioned by the National Coal Board to present an artistic record of the changing face of the coalfields of South Wales. Theatr Clwyd, Mold CH7 1YA, 01352 701521, [theatrclywd.com](http://theatrclywd.com)

**Dorothy M Williams** Until 18th February. Dorothy is attracted to the man-made environment, often including figures; using sketches with a rich palette. Free entry, open 10am - 5pm. Oriol Hir, Kyffin Williams Gallery, Llangefni, Ynys Mon LL77 7TQ, 01248 72444, [oriel@ynysmon.gov.uk](mailto:oriel@ynysmon.gov.uk)

**Storiol ~ New Again** Until 30th March. Examples of 'recycling' from Storiol's museum collection. Some are beautiful pieces made from treasured fragments, others discarded broken objects used in a new way. Fford Gwynedd, Bangor LL57 1DT, 01248 353368, [storiol.cymru](http://storiol.cymru).



**Charlotte Hodes ~ After the Taking of Tea and other works** 2nd February - 31st March. Ceramic work which is informed and inspired by the tradition of domestic everyday-ware and the manner in which it brought high art into the homes of a growing middle class. An overriding aspect of her work is the representation of women, and the manner in which they are both active and passive, weaving a dialogue between the other decorative elements and revealing a subversive subtext in contrast to the sweet colour and intricacy of the images. Ruthin Craft Centre 01824 704774, [ruthincraftcentre.org.uk](http://ruthincraftcentre.org.uk)

**Sautin + Sautin** Until 17th March. A different take on familiar Pen Llŷn landscapes by Owain, while Lea takes her inspiration from local tales in this first joint exhibition by the brother and sister from Llanbedrog. Plas Glyn y Wedd, Llanbedrog, Pwllheli 01758 740763, [oriel.org.uk](http://oriel.org.uk)

**Jonah Jones Centennial** Until 17th March. sculptor, artist-craftsman and writer. Jonah is especially remembered as a sculptor in stone, letter cutter and painter of vernacular lettering. Learning both the traditional techniques of stained glass and the newer ones of concrete glass and dalle de verre, he left a fine body of work in Catholic churches around Wales and England. Plas Glyn Y Wedd, Llanbedrog 01758 740763, [enquiry@oriel.org.uk](mailto:enquiry@oriel.org.uk)

**Alwyn Dempster Jones** Until 16th February. Snow, rocks and ruins. Theatr Clwyd, Mold CH7 1YA, 01352 701521, [theatrclywd.com](http://theatrclywd.com)





**John Grayson ~ Enamel/Substrate** 2nd February - 31st March. John's practice is rooted in a fascination for exploring the creative value of processes employed by defunct Midland metal working 'toy' trades and a passion for satirical story telling through object making. Ruthin Craft Centre 01824 704774, [ruthincraftcentre.org.uk](http://ruthincraftcentre.org.uk)

**Contemporary Artists from Syria ~ Touching Syria** Until 23rd February. Omar Shammah and Catrin Menai. One a member of artist collective SYRIA.ART, the other a member of CARN (Caernarfon Artist Regional Network) – working together remotely to explore connection points between Welsh and Syrian culture. Witness the result of this creative collaboration as it is projected large-scale on Pontio's White Wall during the 'Touching Syria' event. Fford Gwynedd, Bangor LL57 1DT, 01248 353368, [storiel.cymru](http://storiel.cymru).

**The Dress - Kristina Banholzer** Until 24th February. An exhibition of realistic photographic documentation of local brides in their dresses by documentation photographer. Galeri, Caernarfon 01286 685222, [galericaernarfon.com](http://galericaernarfon.com) *Workshop on 3rd, see Calendar*

**Quiltfest** 6th - 15th February. "The Modern Sampler Quilt" by Guild members, "Maps" from NWCQ, "Llangollen" from Quiltfest team members. Held at the Museum and Gallery, Parade St., Llangollen LL20 8PW, open 10.30am - 4pm daily. More info from [quiltfest.org.uk](http://quiltfest.org.uk) (See Calendar).

**Eirian Lloyd ~ Sense of Place / Cynefinoedd** Until 3rd March. Eirian Llwyd was fascinated by Anglesey's history, culture, traditions and landscape. Through the medium of print she captured her impressions of the island where she spent her most productive years as an artist. Oriol Ynys Mon, Llangefni, Anglesey LL77 7TQ, 01248 724444, [kyffinwilliams.info](http://kyffinwilliams.info)



**Ros Hornbuckle ~ Weaving the Coast / Gwehyddu'r Arfordir** 19th February - 9th June. "These tapestries celebrate the beauty of the coast of Wales. Mountains, sea, beach, rocks, birds and sky, and the ever changing effect of weather and light, are all my inspiration. The many hours spent weaving the coast enhances my affection for and relationship with this country". Long Gallery, Oriol Ynys Mon, Llangefni, Anglesey LL77 7TQ, 01248 724444, [kyffinwilliams.info](http://kyffinwilliams.info)

**Drawn From The Collection / O'r Casgliad** 9th February - 7th July. Previously unexhibited broad range of works on paper. Includes work by Williams, Tunnicliffe, Leslie Jones, TG Walker, Keith Andrew, Iola Spafford and others. Oriol Ynys Mon, Llangefni, Anglesey LL77 7TQ, 01248 724444, [kyffinwilliams.info](http://kyffinwilliams.info)

**Charles Tunnicliffe - The Commercial Artist** 23rd February - 1st September. Showcasing the artist's role as a creator of timeless and evocative images, and presents original artwork from both public and private collections. Oriol Ynys Mon, Llangefni, Anglesey LL77 7TQ, 01248 724444, [kyffinwilliams.info](http://kyffinwilliams.info)

**Art Studio~ Sophie Lewis Evans** Throughout February. Promoting local artists. Oriol Ynys Mon, Llangefni, Anglesey LL77 7TQ, 01248 724444, [kyffinwilliams.info](http://kyffinwilliams.info)



**Cywrain: Tide** Until 30th April. 'Cywrain' is a project for applied arts and contemporary craft and design, celebrating makers and artists from the Celtic regions at Galeri since 2013. The theme for this opening season is Llanw (Tide) – with 10 makers presenting work influenced by this special theme – the light, colour, energy of the waves, seascapes and the life of the shoreline. Includes Katy Mai Ceramics, Callie Jones Illustrations, Karen Williams, Irene + Edith, Rachel Stowe and others. Galeri, Caernarfon 01286 685222, [galericaernarfon.com](http://galericaernarfon.com)

**Y Wal: To Love or 'Knot' to Love ~ Diana Williams** Until 22nd February. The story of Santes Dwynwen, the patron saint of lovers in Wales through creative free stitching. Galeri, Caernarfon 01286 685222, [galericaernarfon.com](http://galericaernarfon.com)

**Kate Haywood ~ The Language of Clay** 2nd February - 31st March. Exquisite porcelain forms are at once assured and delicate. Made with keen attention to detail, each form is precise and elegant. Ruthin Craft Centre 01824 704774, [ruthincraftcentre.org.uk](http://ruthincraftcentre.org.uk)



"We give freely because it is the right thing to do. When it is given without thinking, when it is given from our heart, it is given with love, affection and benevolence. It becomes sacred because it is given purely with the intention of relieving another's suffering. It is truly altruistic. It is a sacred labour."  
Birendra L. Bhattacharyya

## Centres in North Wales: Workshops in March & April

### Centre for Alternative Technology (CAT)

Machynlleth SY20 9AZ  
01654 704966, cat.org.uk

#### MARCH

- 2 - 3 Intro to Solar P.V. & Off Grid Solar P.V.  
9 Build a Lapsteel Guitar  
9 & 10 Mindful Woodland Management  
11 - 16 Energy Provision (inc Renewable Energy)  
11 - 16 Energy Generation from Wind  
22 - 25 Eco Refurbishment  
23 & 24 Build a Small Wind Turbine  
23 & 24 Self-Build Project Management  
30 Traditional Timber Frame Joints  
30 & 31 Growing Fruit

#### APRIL

- 1 - 3 Advanced Timber Frame Joints  
2 - 5 Social Forestry OCN  
6 & 7 Plastic and Earth Building  
8 - 13 Ecosystem Services - Land use, water and waste management  
8 - 13 Energy Generation from Solar  
13 DIY Furniture - Upcycling with Pallets  
13 Earth Oven Building  
20 Spoon Carving  
20 - 22 Wildlife Tracking & Bird Language  
26 - 28 Bird Identification: An Introduction  
27 - 28 Building with Rammed Earth  
27 - 29 Permaculture Design Course 3  
29/4-3/5 Timber Frame Self Build

### Field Studies Council

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

#### MARCH

- 1 - 3 Identifying Conifers in the British Isles

#### APRIL

- 12 - 15 An Introduction to Bird Watching

### Gladstone's Library

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

#### MARCH

- 8 - 10 The Whiplash Line - Art Nouveau and Symbolism  
16 Fantastic Stories and Where To Find Them Masterclass

#### APRIL

- 26 - 28 Art & Faith from Eden to Gethsemane

### The Healing Centre

8 Fron Ogwen  
Tregarth, nr Bangor  
01248 601388, 07771 280824  
vivreiki@hotmail.com

#### MARCH

- 23 & 24 **Reiki 1**

#### APRIL

- 14 & 15 **Reiki 1**

### Siop Iard

7b Palace St., Caernarfon LL55 1RR  
01286 672472, siopiard.com

#### MARCH

- 2 Create With Slate  
9 Embroidering Illustrations  
16 Copper Drawing  
23 & 24 Willow Basket Making

#### APRIL

- 27 Stone Set Ring

### Naturally Boss Retreats

*courses are run from*  
Noddfa Centre  
Penmaenmawr LL30 6YF  
naturallybossretreats.com

#### MARCH

- 8 - 10 Drama, the Universal Language  
8 - 10 Photography  
15 - 17 Art Beginners  
15 - 17 Art Advanced  
22 - 24 Making Music in Response to Place

### North Wales Retreats

The Old Rectory, Llanfachraeth  
Ynys Mon LL65 4YA  
07970 409724, northwalesretreats.com

#### MARCH

23 - 25 **Spring Awakens Yoga Retreat** *Held in South Stack*

29 **Restorative & Slow Flow Yoga**

#### APRIL

6 **A Day of Bellydance and Yoga**

### Plas Tan y Bwlch

Maentwrog LL41 3YU  
01766 772600,  
eryri.llyw.cymru

#### MARCH

15 - 17 **Tales of The Mabinogion**

15 - 17 **Creative Landscape Photography**

15 - 19 **Spring Painting Experience!**

22 - 24 **Sock Knitting for Beginners**

#### APRIL

8 - 12 **With a Camera in Snowdonia**

12 - 14 **Embroiderer's Guild**

22 - 26 **Easter Mountain Rambling**

26 - 28 **Chamber Music**

### Trigonos Environment Centre

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

#### MARCH

8 - 10 **A Fitness and Yoga Retreat** *Bookings through: sourceyoga.org.uk*

17 - 19 **Introducing Foundations of Mindfulness** *Bookings through - mindfulness-secular-retreats.org.uk*

#### APRIL

6 - 13 **7 Day Mindfulness Teacher Training**

13 - 17 **Mindful Movement Retreat**

22 - 26 **Foundations of Mindfulness**

26 - 28 **Pause & Connect SUP Retreat**

### Tŷ Newydd Writing Centre

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

#### MARCH

2 **Welsh Language: Prose - Keep Going**

9 **Welsh Language: Writing For Children**

11 **Spring Poetry Masterclass**

#### APRIL

13 **Welsh Language: Prose**

27 **Welsh Language: Writing Poems**

### Are you feeling stuck in your life?

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Llangollen Natural Health Clinic

[www.resonancerepatterninguk.net](http://www.resonancerepatterninguk.net)

### Vajraloka Buddhist Centre

Corwen LL21 0EN  
01490 460406, vajraloka.org

#### MARCH

8 - 17 **The Awakening Heart & the Divine Abodes**

22 - 31 **Everyday Liberations**

#### APRIL

5 - 8 **Spring Weekend Retreat**

13 - 22 **The Buddha's Teaching on Mindfulness**

26/4 - 5/5 **The Radical Embrace ~ Compassion**

### Woodland Skills Centre

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

#### MARCH

2 **Mindfulness**

9 **Managing A Small Woodland**

9 **Mindfulness**

10 **Practical Woodland Tasks**

16 **Mindfulness**

16 & 17 **Make A Pole-Lathe**

17 **Making and Fitting Tool Handles**

23 **Mindfulness**

23 & 24 **Split Hazel Basket; Bushcraft**

30 **Textiles**

30 & 31 **Family Weekend in The Woods**

#### APRIL

6 **Willow Plant Support**

6 & 7 **Bowl Turning on a Pole Lathe**

13 **Rake Making**

13 & 14 **Intro to Basket making**

14 **Fan Bird**

17 **Grey Squirrel Control**

26 & 28 **Make a Coracle**

27 **Textiles**

27 & 28 **Bushcraft - Camp Cooking**

28 **Plan a Herb Garden**

## Workshops in March & April

### **MARCH**

- 2 & 3 **Textile Folk Art** Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk
- 3 **Make Your Own Silver Rings** Llandudno. Noctua: noctua.co.uk
- 4 & 5 **Welsh Winter Scrambles** Plas y Brenin, Capel Curig. See 9th & 10th in February Calendar.
- 6 & 7 **Managing Outdoor Risks** Ganllwyd LL40 2HZ. Bookings: mentrau-bach.com
- 8 - 11 **Yoga & Detox Weekend** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk
- 9 **Journey Within - Embrace Your Power** Llandudno LL30 2QA. Kate & Jo 01492 874886.
- 22 - 24 **Yoga, Walking & Ceramics** Beddgelert LL55 4UY. Bookings: morrismountains.co.uk
- 22 - 24 **Transforming Cellular Memory** Bangor. Bookings: Gail McAleese 07525 820261, gail.mcaleese@gmail.com
- 22 - 24 **Yoga & Detox Weekend** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk
- 22 - 24 **Spring Awakens Yoga Retreat** Anglesey. Bookings: inspiratrix.co.uk
- 23 & 24 **Reiki 1** Tregath, nr Bangor. Bookings: 01248 601388, vivreiki@hotmail.com See 12&13 Calendar
- 23 & 24 **Ramblers Cymru ~ Y Cerddwyr AGM Weekend** Nant Gwrtheyrn, Lithfaen LL53 6NL. Bookings: ramblers.org 029 2064 4308.
- 24 **Easier Walking ~ Feldenkrais Method** Llangollen. Veronica Rock 07990 825783, vhrock@feldenkrais.co.uk
- 27 **Print Symposium: Collaboration in Printmaking** Wrexham LL13 8BB. Bookings: 01978 267629, printcentre@cambria.ac.uk
- 28 - 31 **Men's Rites of Passage** Cae Mabon, Fachwen, Llanberis. Bookings: Simon Roe 07712 264011, simon.roe93@btinternet.com
- 28/3 - 1/4 **Mindfulness and Gentle Yoga Retreat** Noddfa, Penmaenmawr. Bookings: inessentia.co.uk
- 29 - 31 **Spring Yoga Weekend Retreat** Anglesey. Wild Wales Retreats, wildwalesretreats.com
- 30 **Vocal Workshop** Ucheldre Centre, Holyhead 01407 763361, ucheldre.org
- 30 **The Mountain Environment** Snowdonia, Nature's Work, 01248 361142, natureswork.co.uk
- 30 **Meditation and Teaching Day** The Hermitage, nr Criccieth, contact ahs.org.uk
- 30 & 31 **Water Safety Symposium** Plas Y Brenin, Capel Curig. Book: 01690 720241, pyb.co.uk

### **APRIL**

- 5 **Blasu Crefft / Ceramic Decoration Workshop** with Kay Mai Webster, Galeri, Caernarfon 01286 685222, galericarnarfon.com
- 5 - 7 **Yoga & Hiking Snowdon Weekend** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk
- 5 - 7 **Yoga, Walking & Exploration** Beddgelert LL55 4UY. Bookings: morrismountains.co.uk
- 5 - 7 **Meditation Retreat** Dru Yoga, Bethesda, 01248 602900, druyoga.com
- 12 **Snowdon Moonlight Guided Walk** with Mountain Walks, mountain-walks.co.uk
- 12 - 14 **Ayurveda Tailored Retreat** Dru Yoga, Bethesda 01248 602900, druyoga.com
- 12 - 14 **Yoga & Hiking Snowdon Weekend** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk
- 12 - 15 **Yoga Long weekends in Llandudno** Bookings: Elaine 01248 430147, yoganorthwales.co.uk elaine.yoga@tiscali.co.uk
- 13 **Snowdon Guided Walk** with Mountain Walks, mountain-walks.co.uk
- 13 **Martin Daws: Rhwng - the Point Between** Holyhead 01407 763361, ucheldre.org
- 14 **Yoga Workshop** Portmeirion, nr Minfordd. Bookings: Tracey 07809 485323, traceyyogamassage.co.uk
- 14 **Discover the Carneddau** Walk with Mountain Walks, mountain-walks.co.uk
- 15 - 18 **Karma Yoga Retreat** Dru Yoga, Bethesda 01248 602900, druyoga.com
- 20 & 21 **Downhill Skills for The Trail Rider** Plas Y Brenin, Capel Curig 01690 720241, pyb.co.uk
- 27 **The Mountain Environment** Snowdonia, Nature's Work, 01248 361142, natureswork.co.uk
- 27 & 28 **Discover Canoeing** Plas Y Brenin, Capel Curig 01690 720241, pyb.co.uk
- 28 **Glaciation of Snowdonia** Snowdonia, Nature's Work, 01248 361142, natureswork.co.uk
- 29/4-2/5 **Biking: Shred Snowdonia** Plas Y Brenin, Capel Curig 01690 720241, pyb.co.uk
- 29/4-3/5 **Foundation Course in Crystal Therapy** Ewloe, Deeside CH5 3AU. Details: hope-college.co.uk (5 days total)
- 28/4-9/5 **Spring Vision Quest** Snowdonia. Pip Bondy 07814 959613, pippa@ancienthealingways.co.uk

## Dogs Against Loneliness!

*Karen Robinson*

**Volunteer dog cuddling** is being offered by Barking Mad Conwy Bangor & Anglesey as an antidote to the problem of loneliness in modern society. For those who are retired or work from home and spend a lot of time alone, caring for a canine companion on a temporary basis and meeting other like-minded dog lovers could really help to overcome feelings of isolation.

The perception of loneliness as mainly an issue for the older generation is now proving inaccurate, as a study from the Office for National Statistics suggests that young adults are more likely to feel lonely than older age groups. Due to huge advances in technology, the number of freelancers and remote workers is rising, with an article in Business Leader claiming



that a 'third of business owners think that the workforce will work remotely by 2020.'

As a nurse I was used to working and interacting with large numbers of people on a daily basis. Now I work from home I meet less people and while being self-employed has obvious advantages, working alone and not having the physical presence of a team to support you, can lead to loneliness that can't be fixed by any kind of app. I regularly see the benefits for the home-workers who Host for us. Caring for a friendly dog not only provides cuddles (far better than any virtual hug) but also the motivation to get out and take a walk at lunchtime, increasing the likelihood of meeting other people and

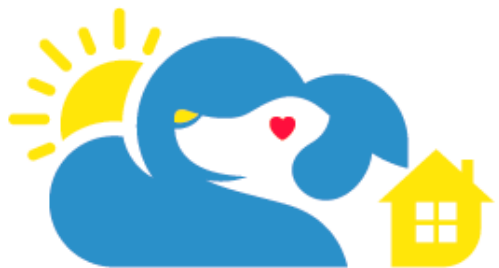
adhering to New Year fitness resolutions.

The community of Barking Mad host families mainly consists of active retired people but also includes those who either work from home, or have extended periods away from work. It offers the opportunity to care for vetted dogs in your own home, while their owners are away on holiday. Hosts experience all the benefits of dog companionship without any of the emotional or financial responsibilities of full-time pet ownership. There is an added benefit in the form of arranged get togethers for Barking Mad Hosts where you can meet other dog lovers for a walk or chat over tea and cake.

To find out more about becoming a Barking Mad host, call me on **01248 800115** or visit the website.

*Karen Robinson is the owner operator of Barking Mad Conwy Bangor & Anglesey.*

**[www.barkingmad.uk.com](http://www.barkingmad.uk.com)**



**Barking Mad**

**Happy Dog. Happy Holiday.  
Happy You.**

## The Timeless Teachings of A T Still

John Lewis

**At the British School of Osteopathy** in the early 1990s the founder of osteopathy was rarely mentioned. In our first year we received a one-hour lecture on Dr. Andrew Taylor Still and, except for the occasional mention of his name or the repetition of one of his quotes, that was all we received for the remainder of the course. The prevailing opinion was that Still was merely a historical figure whose teachings had been superseded by a more scientific attitude. This I found curious and it prompted me to take out his Autobiography from the library. What I read amazed me with its depth of thought and insight.

It soon became clear that most of the school's faculty harbored the same misunderstandings and prejudices about Still that had plagued him even during his lifetime. Very few of my tutors and lecturers had actually read his writings and when I asked them to explain the philosophy of osteopathy, without exception they reiterated the 'four principles' that appear in the osteopathic texts: the body is a unit; the body possesses self-regulatory mechanisms; structure and function are reciprocally interrelated; rational treatment is based upon these principles. This, too, I found curious – did it mean that the philosophy and the principles were the same thing? To me that did not make sense.

So I began to investigate the matter. My first surprise was to learn that the 'four principles' were introduced to the profession in 1953 by a committee in Kirksville – and that they were not the

principles taught by Dr. Still. This raised a serious question: if no one knew Still's philosophy, and the principles being taught were not his, what was I learning?

In 1997, two years after graduating, I travelled to Kirksville, Missouri, to research



in more detail. I remained there for nearly five years and it took me a further decade to complete my biography, self-published in December 2012, *A. T. Still: "From the Dry Bone to the Living Man."*

The more I studied the founder and his teachings the more I realized that this was one of the most important stories anyone could write, and that to do it justice I needed to perfect

the art of writing. It was not an easy story to compose either; it felt like trying to complete an impossibly difficult jigsaw puzzle without a picture, but the lengthy process of trying to fit the pieces together taught me the most valuable lesson: osteopathy was to Still primarily – even above a system of treatment – a philosophy, one quite different to the one I grew up with and which took much mental adjustment to fully grasp. 'Osteopathy is Nature,' he teaches.

A terrible personal tragedy began Still's questioning of medical practice. He had been a doctor for ten years when, in February 1864, an outbreak of meningitis claimed three of his children and an 'adopted girl.' As he languished in grief and disillusionment, however, he was struck a profound insight: 'I decided then that God was not a guessing God but a

God of truth. And all His works, spiritual and material, are harmonious. His law of animal life is absolute. So wise a God had certainly placed the remedy within the material house in which the spirit of life dwells.'

For the next ten years he struggled with the knowledge that medicine knew neither the cause nor the cure of not only meningitis but disease generally, and that the drugs he had been taught to prescribe were ineffective and possibly dangerous. He was aware that the medical definition of disease was altered physiology, but no one knew what caused the physiology to go awry in the first place. But his insight raised a fundamental question: if the body innately contains all the remedies needed for curing, what should be the role of the doctor? It inspired him to read extensively – not only medical books but also natural sciences and philosophy.

Philosophy – a subject that debated the relationship between God, man and nature – was the key. Since childhood Still had been indoctrinated with the Christian notion of an omnipotent God and of man's dominion over nature, but had entered medical practice on a Shawnee Indian reservation in Kansas where his preacher-physician father had been sent as a missionary. Here he was exposed to a radically different attitude towards the natural world: the Indians taught that man was part of nature, not its dominator, and that nature was pervaded by sacred wisdom.

On 22 June 1874, Still experienced a life-changing revelation; 'that the works of God would prove His perfection.' He saw that nature constantly strives to express perfect health. How it does so remains a mystery even today, for it cannot be explained by any known scientific law. Medicine is based on science, but Still

reasoned that to find health rather than treat the symptoms of disease the practice needed to be guided by a different philosophy.

As Rudolf Virchow had noted in his *Cellular Pathology* – a book that Still treasured – materialism had limitations when applied to the living being. Unafraid to challenge the norm Still adopted a new philosophy, one adapted from the English philosopher Herbert Spencer, whose thesis was a reconciliation of science and religion. Still's new philosophy – 'the law of matter, mind and motion, blended by the wisdom of Deity' – could not only accommodate scientific knowledge but also mind (a word that also encompasses the 'wisdom of the body') and life (a word Still used interchangeably with motion and spirit), without assuming (as did science) that they somehow emanate from matter. This was a philosophy centered not upon the material but upon the immaterial – a spiritual philosophy.

The implications of its adoption were enormous. Firstly, it meant he could no longer venerate science as the ultimate arbiter of truth. It did mean he could still value all verifiable scientific knowledge, but with the understanding that science can only glean facts about the 'knowable' part of nature, while acknowledging that the unknowable part – nature's drive to express health – is responsible for healing. Instead of looking to science for ultimate truth he would look to nature in its entirety, both its material and immaterial aspects. Under this philosophy he could regard health as a spiritual quality – and this tenet forms the basis of all osteopathic reasoning. Still constantly impressed upon his students that they must acknowledge that every cell of the living human body possesses infinitely more intelligence than the rational thinking mind.

The philosophy and principles of osteopathy are not the same. The philosophy forms a foundation from which its principles of application derive, and the fundamental principle (surprisingly absent from the 'four principles') is cause and effect. Medical diagnosis and treatment is physiological; osteopathic diagnosis and treatment are anatomical. Still teaches that disease is the physiological effect of anatomical derangements (primary osteopathic lesions from trauma or strains or secondary lesions manifesting in the structure from environmental or other influences). Normalizing deranged anatomy

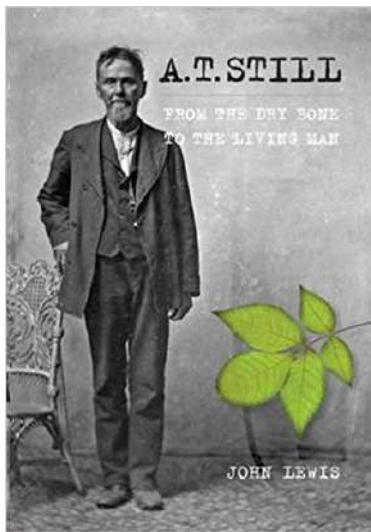
restores normal physiology because of the complementary, spiritual, principle that nature constantly strives towards health. Every cell will maximize its potential for health only with an unimpeded blood circulation, so the role of the doctor is to free the arteries and veins and their controlling nerves by normalizing the body structure, often in extremely small, subtle ways. Find, fix it, and leave it alone. Nature will do the rest.

The same philosophy informs William Garner Sutherland's approach, which is pure osteopathy in the true sense of the word. How this method of treatment works is not fully understood, but the philosophy of matter, mind and motion allows us to acknowledge the limitations of our knowledge, learn to trust what we sense and feel, and defer to nature's

greater wisdom. The interaction of patient and practitioner is complex and multifaceted. Science continues to elucidate more about the electromagnetic nature of the body and our hands, practitioners are constantly learning how mental development is a powerful tool for enhancing treatment, and some are taking treatment into the realm of the spirit. To the founder all these things were integral aspects of nature and hence osteopathy. Still was not introducing a manual therapy for a narrow range of musculoskeletal complaints. He was presenting a new paradigm for health, a new philosophy that can be universally applied. We are

not islands but parts of nature, parts of the whole, and nature's laws are absolute and unchanging. 'It is my hope and wish', he wrote, 'that every osteopath will go on and on in search for scientific facts as they relate to the human mechanism and health, and to an ever-extended unfolding of Nature's truths and laws.' He teaches that nature's truths and laws go beyond the physical. They encompass not only the body's anatomy, physiology and biochemistry in health and disease but also the wisdom of the body, and on to life and death.

It is surely no coincidence that this philosophy bears close similarities to that of the North American Indians, since Still's first patients were Shawnee. The Indians saw no separation between God and nature, or matter and spirit.



*John Lewis self-published a definitive biography on the founder of osteopathy: A. T. Still: From the Dry Bone to the Living Man. Available from [www.atstill.com](http://www.atstill.com)*



The Native American view is 'we are all related.' Human beings have relationships with animals, insects, trees, plants, water, air, wind, the seasons, sun and sky, food, medical drugs and all else – and our health and happiness are affected positively or negatively by everything we interact with. Similarly in the human ecosystem, a microcosm of universal laws: every cell is in mutual dependence with every other; and the physiology of the whole organism is profoundly affected by thoughts, emotions, foods, medical drugs, and a myriad of other things. Nothing is isolated. To recognize these interconnections is to start to understand osteopathy. And perhaps we also need to heed the Indian teaching that if we do not acknowledge the relationships between things we do not feel the need to respect things.

When the trend in our profession is towards attaching to the names of schools and colleges the oxymoron 'osteopathic medicine' when evidence based medicine is the latest insistence of policy makers, when the Dutch association has decided to refuse accreditation to courses of osteopathy in the cranial field, many seem to regard Dr. Still as merely a historical figure and his teachings irrelevant. This is the 'lesion' in osteopathy, a result of a lack of knowledge about what the word osteopathy truly signifies.

Many external pressures continually draw osteopathy away from its roots, while at the same time there is a lack of knowledge about the importance of those roots. When we understand Still we see that the outcome of treatment is not dependent upon statistics but about developing our hands, minds and senses as sensitive instruments. Every case is unique, complex and multifactorial, and we must have the knowledge, skill and art to remove the precise cause of the

problem – in matter, mind or motion.

In Dr Still's philosophy lies the inspiration, the strength and the profession's uniting power. And the truth. Still's teachings are timeless, for they are not based on the shifting sands of scientific knowledge and trends but on the immutable wisdom of nature. Osteopathy has always been a square peg in a round hole and, now as in Still's day, those who seek to round off the corners to make it acceptable to the dominant system merely serve to dilute the pure osteopathic teachings, restrain the potential of students, and limit the perceived scope of osteopathy. This is good for no one.

The osteopathic profession would be stronger if students were taught the founder's pure teachings, for they are as relevant now as they were to the first students of the American School of Osteopathy. Nature never changes. Dr. Still is the profession's greatest asset, if only we listen to what he has to teach.

*John Lewis graduated as a Registered Osteopath in 1995 and practices in Bangor. He also lectures around the world on A T Still.*

**07484 848070**

### Full Moon Meditation Network

**Pisces:** February 20th ~ March 20th  
**Full Moon:** February 19th at 3:53pm

### 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](http://www.lucistrust.org)**

## WHERE ARE WE NOW?

### Five Questions For You!

- 1: How are you today?
- 2: What/Who inspires you?
- 3: Where do you most feel 'a sense of place'?
- 4: What are you currently reading?
- 5: How do you live?

**Sharon, Pen Llŷn** **1)** Feeling very tired but positive. **2)** I am constantly inspired by my sons and their efforts to make their way in this increasingly complex world. **3)** I always feel a sense of place and grounding by the sea. **4)** Am currently reading a short story written by my youngest son. **5)** I live by trying my best every day to be kind, work hard, do no harm and to love.

**Alexandra, Gwynedd** **1)** Today I am upbeat. **2)** I am inspired by the beautiful flow of my work and contemplating death and what it brings to life in me, by the courageous souls facing death and the people who love them. **3)** I feel a sense of place wherever pilgrims of any or no faith in particular have trod for thousands of years. **4)** My guidebook to the Northern Caminos, visioning my trip in 2020 to walk the Camino del Norte to mark my 40th. **5)** I live by a wing and prayer financially but deeply in reverence of life and love, surrendered to service as best I can and committed to inhabiting my body one day at a time.

**Mark, Llangollen** **1)** Alright. **2)** My guru is my cat; he is calm, happy and fun all at the same time; otherwise my Tai Chi teacher from years ago. **3)** Feet firmly on the ground, literally and figuratively, in tune with nature. **4)** Reading several about self-build homes. **5)** I try to live with integrity; love the planet.

**Laura, Gwynedd** **1)** Today I am feeling in my flow and incredibly grateful. **2)** Mothers inspire me. I just read a quote about the mother's heart being the most infinitely loving place that exists in this world. **3)** My sense of place is anywhere where community gathers. I feel at home in a tribe. **4)** 'Welcoming Spirit Home - Ancient African Teachings to Celebrate Children and Community' - Sobonfu E. Somé. **5)** I live as much as possible guided by my heart, by what brings me peace and joy, and then if possible, I share those things with others.

**Huw, Llandudno** **1)** Frustrated. **2)** People with adventurous spirits in whatever way. **3)** Amongst trees. **4)** Computer DIY for Dummies! **5)** I'm quite practically minded & live simply I hope, would like to be part of a working community :) *and You?!*

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North Wales Potters



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NEUADD GOFFA ~ ROWEN ~ MEMORIAL HALL  
COMMUNITY CINEMA

PRESENTS  
THE FILM

an **inconvenient** sequel

## **TRUTH TO POWER**

*Cert. PG ~ 93 minutes ~ 2017*

with pre showing talk (6:45 - 7:45)  
on climate change issues in North Wales  
by Ben Porter

### **SATURDAY 16th MARCH**

Doors open 6:30 - presentation starting at 6:45  
Refreshments - tea/coffee etc.

### **ADMISSION IS FREE**

*the licence has been kindly covered by private donation  
donations invited on the night in aid of  
**Climate Stewards***

Special Guest: Janet Finch-Saunders AM  
will say some closing words

***Enquiries - 01492 650762***