

# network news

a guide to inspiring events in north wales



north wales pilgrims way ~ rewild the world ~ wesak ~ time to stand up  
plastic free living ~ from mercenaries to missionaries ~ nant gwrtheyrn  
**exhibitions ~ workshops ~ festivals ~ groups**

# Network News

27 Penlan Street  
PWLLHELI  
LL53 5DE

# May 2019

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

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**07777 688440**

(phone during office hours  
or text anytime)

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£20 for 12 issues

£12 for 6 issues

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Cheques to:  
"Network News cic"

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

By PayPal

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North Wales Network News

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

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

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



Welcome to the May Network News. There were many powerful words in our last issue, but the phrase that continues to resonate around the NN office is "Sacred Activism". We feel it perfectly describes the role of humanity at this planetary moment. Sacred activism brings into alignment three strands of human activity: the political, the spiritual, and people-power: head, heart & hand.

With a few beautiful exceptions, politics is now a shambles beyond satire, and most churches are cold and empty. But there are eight billion human beings who now have more access to knowledge - and to each other - than ever before. True, many of these billions cling to the hope that a Trump, Bolsonaro, Bibi or Modi will lead them to a promised land. Others are awakening and rebelling to persuade their governments to accept the climate emergency. In their midst - and in every neighbourhood - is that radiant minority, the "shining ones", who are not waiting for anyone else to act for them! As Marianne Williamson observed, *"Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."* A Return To Love

In her article on page 36, Thanissara recognises the Buddha as a pioneering sacred activist: challenging a racist caste system, calling out violence against animals, stopping war, laying down a non-hierarchical structure of community governance - even reforming a serial killer. The Buddha's birthday, Wesak, is celebrated by many on the full moon in May, so let us all find a moment on the 18th to align ourselves in service to humanity: head, heart & hands.

Blessings to all beings



## Why Walk?

Discovering the North Wales Pilgrim's Way

Jenny Potter

**Chris and I had walked** 750 miles along the Camino from Le Puy in the middle of France to Santiago de Compostella in the north west of Spain. But as I stood on the beach at Finisterre – the “end of the world” – I asked myself, what was all that about? What was the point? Why had I just spent nearly three months walking, day in, day out?

Gradually the answers came into focus. The immediate answer was in the form of a heart shaped stone on the beach. Love! That was something to think about. But other thoughts and reflections on route materialised too.

As we had neared the end of our pilgrimage, walking through the greener mountains of Galicia, we were reminded of home, of Wales. I thought of Enlli, Bardsey Island and recalled that it was said to be the island of 20,000 saints and a place of pilgrimage in medieval times. Why was it not so today? Maybe a route could be re-established. There was, in fact, a short section on Llyn, mostly on roads but why not one from east to west, right across North Wales on footpaths? The Spanish Camino was easy to follow as it was well signposted so that was what was needed. The idea took shape in our minds. The seeds were planted for the North Wales Pilgrim's Way.

That was 10 years ago this summer.

I had imagined spending all this time researching paths (I never could read a map) but that problem was solved by Ron whose experience with the Ramblers made him a huge asset. Chris had given a presentation in St Asaph Cathedral on our Camino experience and I had invited anyone present to a meeting at the

Deanery to look at the possibility of setting up a Welsh Camino - and the North Wales Pilgrim's Way committee was formed.

Chris was the Dean of St Asaph at the time.

Since then the idea of pilgrimage has really taken off. The concept has been rediscovered as a time for reflection and reconnection to nature. To be alone with your thoughts, to tune in to the pace of the natural world, to see its patterns and rhythms can be a restorative medicine.

Our committee of volunteers first walked the North Wales Pilgrim's Way in August 2011. Since then it has been fascinating to hear the accounts of so many others who have followed the Pilgrim's Way. Their stories are now part of the pattern woven in with those who lived in times very different from our own. In those days there were saints and holy wells and dangerous crossings to Bardsey Island to reach the “place of resurrection”.



But even today, this sense of resurrection on Bardsey can be experienced: in the words of one woman, "it was as if a heavy coat had slipped off my shoulders." The peaceful end of a journey.

At the starting point of the route, at Basingwerk Abbey near Holywell, there is now a ceramic mural created by students under the direction of sculptor Neil Dalrymple, illustrating landmarks along the Way. The students visited sections of the route before setting to work, adding their own touches to Neil's design: scary faces among tree roots, "me and David Beckham" and "my mate Dai." A teacher had accompanied them to Holywell, where they noticed that she dropped a daisy onto the bubbling waters. It was as a prayer for a little daughter she had lost. The students were touched by this and preserved that moment: you can see the daisy in the corner of the well in their mural.

Our website (see below) now has a number of blogs under the tab "Inspiration." Many people have stories to tell. The stories of saints take the form of ancient churches and holy wells, while the stories of the stone circles in the Carneddau mountains can only be guessed at.

The landscape along this route has inspired poets as well as pilgrims through the ages. The ecstatic poem the Windhover by Gerard Manley Hopkins which I learned at school, was written

when he was at St Beuno's college not far from St Asaph and at the other end of the route, RS Thomas is now celebrated with an annual literary festival in Aberdaron. In the central section, the Aled valley which runs through Llansannan is renowned for producing a number of Welsh poets. Their

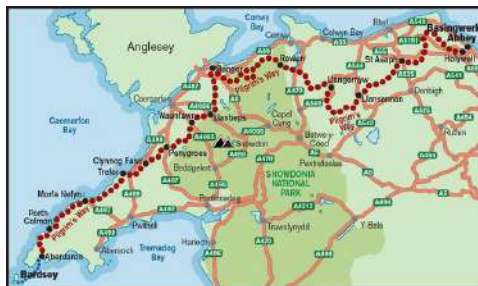
names are inscribed on the writers' memorial in Llansannan and marked with a wood sculpture on the Pilgrim's Way at Cleiriach.

William Salesbury (1520-1584) was one of the translators of the bible into Welsh while Gwilym Hiraethog was a poet and political

writer. Henry Rees, a Calvinistic Methodist minister wrote sermons which he delivered internationally; Tudur Aled in the 16th century created the rules for Welsh poetry which would have instructed Iorweth Glan Aled in the 19th century. Llansannan has a history of poetic, religious and political thinking.

And this, I think, is an answer to my question: why take time out, walk, reflect and open oneself to the world around? The creativity of the Llansannan writers is a product of such an environment, where they lived so much closer to nature than we do today. While these may have been exceptional people, we too may have the experience of having our habitual ways of thinking challenged and refreshed by time on the Welsh camino, the North Wales Pilgrim's Way. We'd love to hear your stories. Do contact us through our website. Bon camino!

[www.pilgrims-way-north-wales.org](http://www.pilgrims-way-north-wales.org)



**Annual Pilgrimage on the North Wales Pilgrim's Way:  
Saturday 4<sup>th</sup> May – Friday 17<sup>th</sup> May**

*All are welcome to join us at any point. Contact us if you need help with lifts, otherwise make your own arrangements. We start each day with a few words of prayer. Do join us. The more the merrier!*



## Rewild The World

*George Monbiot*



**I don't expect much joy** in writing about climate breakdown. On one side, there is grief and fear; on the other side, machines. I

became an environmentalist because I love the living world, but I spend much of my life thinking about electricity, industrial processes and civil engineering. Technological change is essential, but to a natural historian it often feels cold and distancing. Today, however, I can write about something that thrills me.

Most climate scientists agree it is now too late to prevent 1.5°C or more of global heating only by cutting our production of greenhouse gases. Even if we reduced our emissions to zero tomorrow, we would probably overshoot this crucial limit. To prevent a full-spectrum catastrophe, we need not only decarbonise our economy in the shortest possible time, but also draw down carbon dioxide that has already been released.

But how? The best-known proposal is called bio-energy with carbon capture and storage (BECCS). This means growing wood or straw in plantations, burning it in power stations to produce electricity, capturing the carbon dioxide from the exhaust gases, and burying it in geological formations. If deployed at scale, it is likely to trigger either an ecological or a humanitarian disaster.

One BECCS proposal, favoured by certain governments, would cover an area three times the size of India with plantations. This involves either converting agricultural land, in which case BECCS would cause mass starvation, or converting wild land, in which case almost-lifeless plantations

would replace 50% of the world's remaining natural forests. Even so, it might not be effective, as any carbon savings will be counteracted by the use of nitrogen fertiliser and the release of greenhouse gases from the soil as it's churned up for planting. BECCS can lead only to catastrophe, and should be abandoned.

Another option is direct air capture: extracting carbon dioxide with machines. Aside from the expense, which is likely to be massive, the amount of steel and concrete required to build them could help to push the world beyond certain climate tipping points before the positive effects are felt.

None of this is necessary, because there's a much better and cheaper way of doing it. Natural climate solutions draw carbon from the air through the restoration of living systems. They could help to solve two existential problems at once: climate breakdown and ecological breakdown. Their likely contribution is enormous – bigger than almost anyone guessed a few years ago – and it is still scarcely explored.

The greatest potential identified so far – as so much land can be used this way – is in protecting and restoring natural forests and allowing native trees to repopulate deforested land. The greatest drawdown potential per hectare (though the total area is smaller) is the restoration of coastal habitats such as mangroves, saltmarsh and seagrass beds. They stash carbon 40 times faster than tropical forests can. Peaty soils are also vital carbon stores. They're currently being oxidised by deforestation, drainage, drying, burning, farming and mining for gardening and fuel. Restoring peat, by blocking drainage channels and

allowing natural vegetation to recover, can suck back much of what has been lost.

These are the best-studied natural climate solutions. Others have scarcely been explored. For example, we currently have little idea of what the impact of industrial fishing might be on the seabed's vast carbon store. By disturbing the sediments and lifting the carbon they contain into the water column, trawlers and dredgers are likely to expose it to oxygen, turning it into carbon dioxide. One study suggests that repeated trawling in the north-western Mediterranean has caused a reduction in carbon storage in the top 10 centimetres of sediments of up to 52%. Given the vast area trawled every year (most of the seabed on the world's continental shelves), the climate impact could be enormous. Closing large parts of the seas to trawling could turn out to be a crucial climate strategy.

Scientists have only recently begun to explore how the recovery of certain animal populations could radically change the carbon balance. For example, forest elephants and rhinos in Africa and Asia and tapirs in Brazil are natural foresters, maintaining and extending their habitats as they swallow the seeds of trees and spread them, sometimes across many miles, in their dung. White rhinos can play a major role in preventing runaway wildfires in African savannahs. If wolves were allowed to reach their natural populations in North America, one paper suggests, their suppression of herbivore populations would store as much carbon every year as between 30 and 70 million cars produce. Healthy populations of predatory crabs and fish protect the carbon in salt marshes, as they prevent herbivorous crabs and snails wiping out the plants that hold the marshes together.

What I love about natural climate solutions is that we should be doing all these things anyway. Instead of making painful choices and deploying miserable means to a desirable end, we can defend ourselves from disaster by enhancing our world of wonders. However, nothing should be done without the involvement and consent of indigenous people and other local communities. Nor should damaging projects, such as monocultural plantations, be passed off as natural climate solutions. As a paper recently published in Nature shows, several governments are attempting this deception.

Today, a small group of us launch a campaign for natural climate solutions to receive the commitment and funding they deserve. At the moment, though their potential is huge, they have been marginalised in favour of projects that might be worse than useless, but that are profitable for corporations. Governments discuss the climate crisis and the ecological crisis in separate meetings, when both disasters could be addressed together. We have created a dedicated website, an animation, and a letter signed by prominent activists, scientists and artists: [www.naturalclimate.solutions](http://www.naturalclimate.solutions)

We don't want natural climate solutions to be used as a substitute for the rapid and comprehensive decarbonisation of our economies. The science tells us that both are needed: the age of carbon offsets is over. But what this thrilling field of study shows is that protecting and rewilding the world's living systems is not just an aesthetically pleasing thing to do. It is an essential survival strategy.

*George Monbiot is a journalist, author & activist.*

**[www.monbiot.com](http://www.monbiot.com)**

## THE THEOSOPHICAL SOCIETY IN WALES

Y GYMDEITHAS THEOSOPHAIDD YNG NGHYMURU  
TEACHING THE ANCIENT WISDOM SINCE 1875

Held at Hirael Community Hall, Ambrose Street  
Bangor LL57 1DF

### GODS, MONADS AND ATOMS

DVD OF A TALK BY DAVID ROEF  
GIVEN AT THE EUROPEAN SCHOOL OF THEOSOPHY



**23rd April 2019**

Starts at 7.30 pm

All Welcome

ADMISSION £5 MEMBERS £3

FREE REFRESHMENTS BOOK SALE

ENQUIRIES 01248 600267

[toddyalc@gmail.com](mailto:toddyalc@gmail.com)

## The Theosophical Society in Wales

Y Gymdeithas Theosophaidd Yng Nghymru

Held at Hirael Community Hall, Ambrose St,  
Bangor LL57 1DF

### SECRET GOLDEN NUGGETS

from HPB's DOCTRINE

*Examining some of the deepest esoteric aspects of  
the Wisdom, taken from all three volumes of  
Blavatsky's classic*

**A talk by TED CAPSTICK**

SPONSORED BY THE NATIONAL SPEAKERS SCHEME  
(CHARITY NO. 1167737)

**Tuesday 14th May**

Starts at 7.30 pm

All Welcome

Admission £5 - Members £3

Free Refreshments Book sale

Enquiries 01248 600267

[toddyalc@gmail.com](mailto:toddyalc@gmail.com)



**TRIGONOS**  
*yn Eryri in Snowdonia*

## Trigonos Courses 2019

Plas Baladeulyn,  
Nantlle  
LL54 6BW  
01286 882388



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

12-15 May & 27-30 October

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

### Weaving with Eta Ingham Lawrie with NEW optional dyeing day (23rd May)

23-26 May & 17-20 October

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

### Storytelling workshop with Claire Thompson & Bethan John

17-20 July Storytelling for a happier, peaceful and more sustainable world

### Space to Be with Ros Tennyson

21- 24 September & 31 October - 3 November

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

### Vegan Cooking with Lee Watson

21- 24 September

The author of *Peace and Parsnips* and Trigonos chef shows you how!



**SPECIAL OFFER FOR GROUPS AUGUST 10-17!!! Get in touch NOW for details!!!**

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

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



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# network news

a guide to inspiring events in north wales



INTERNATIONAL  
DAWN CHORUS DAY

on 5th May

See Calendar 4th & 5th

**CONSCIOUS CAMP in GLYNDYFRDwy** A healing festival seeking to improve peoples quality of life by providing workshops aimed at removing negative blockages, dissolving self limiting beliefs, creating empowerment and fun. See Calendar for information.

**ECOBICKS** ♻️ Grab a plastic bottle and start filling with all the plastic that comes into your home that you can't recycle. These eco bricks will then be used within the community of Llanfairfechan to build something new - mostly used with the playground... it's highly addictive once you begin collecting with far less plastic waste going into landfill. Top tip, they need to be well packed for stability so using a wooden spoon to poke the plastic down is quite helpful. Facebook: Ecobricks



**FAIRPORT CONVENTION** Bethesda. See Calendar 28th

**SEKOU KEITA and CATRIN FINCH** 22nd May, Pwllheli, see Calendar

**WALES COAST PATH WALKING FESTIVAL** See Calendar 4th, 5th & 6th for details, rambles.org.uk

**FIRST THERE IS A MOUNTAIN** Sand mountain making project coming to Llandudno Beach, see calendar 19th and visit - firstthereisamountain.com

## MAY NOTICEBOARD

**KALPA BHADRA BUDDHIST CENTRE**

**Meditation** - Thursday & Fridays for 15 minutes, 12.30 - 12.45pm, free. Drop-in until the Centre closes on 24th May. Kalpa Bhadra Buddhist Centre, Llandudno 01492 878778, meditatennorthwales.com

**THE BIG ACOUSTIC WALK** Music, singing and walking, Capel Curig, see 10th - 12th in Calendar.

**BANGOR SCIENCE FESTIVAL & FESTIVAL OF DISCOVERY** 30th May - 1st June. This year the two events are combined, held in Anglesey Showground.

**NEW WEEKLY CHI GUNG / QI GONG CLASS** Starts 13th May in Abergele. More info from Calendar.

**HELFA GELF** Registration is now open for Helfa Gelf 2019 Open Studios, in August (Gwynedd) and September (Denbighshire, Flintshire and Wrexham) Visit helfagelf.co.uk

**VIVA! SPANISH AND LATIN AMERICAN FESTIVAL** brings the new best cinema from Spain and Spanish-speaking Latin America. Films on 5th, 12th & 19th May. Storyhouse, Chester 01244 409113, storyhouse.com See Calendar.

**KUNDALINI YOGA** at Talsarnau Community Centre every Thursday from 9th May. 6.30 - 8pm, £7 a session. Interested? Contact 07539 223605.

**FESTIVALS** : All on the weekend of 17th - 19th Sanga Celebration in The Hermitage, nr Cricieth. Tradfest - rock climbing in Llanberis Pass. Trefriw Walking Festival; and Llangollen Red Dragon Music Festival IV. More info can be found in the Calendar section, with links to events.

Regular Weekly Groups and Classes are always available on our website: [network-news.org](http://network-news.org)



## Gŵyl Greadigol Llŷn Arts Festival

24th MAY - 2nd June

A feast and festival of creativity - music, singing, crafts and art in lots of venues.

Find us on Facebook - Llŷn Arts Creadigol

There are brochures/guides to be found in many local shops.

See Calendar for events

## May Calendar

### 1st WEDNESDAY

**BELTANE ~ CALAN MAI ~ MAY DAY** Gather white horn/draenen wen branches and flowers and decorate the outside of your home, celebrating new growth and fertility.

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

**NWWT ~ Ever Thought of Volunteering?** We'll give you a taste of what it's like to volunteer at Minera Quarry. Drop in any time during the day! 10.30am - 4pm, meet main entrance Meas y Ffynnon Rd LL13 3DE. Graham Berry 07764 897416, graham.berry@northwales.wildlifetrust.org.uk

**Aspire** 1st Weds/month. 11.30 - 1pm. A new meeting space for autistic adults providing advice or post-diagnosis support; meet and socialise with other adults on the spectrum. Storyhouse, Chester. Enquiries: Sandra & Jenny aspirechester@gmail.com

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

**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

**Gwilym Bowen Rhys ~ Arenig** An evening to celebrate the launch of one of Wales' most prominent folk musician's and his third solo album. Joining Gwilym will be Marit Fält - a mandola player from Norway, Gwen Màiri, a harpist from Scotland, and the virtuoso fiddler from Bethesda - Patrick Rimes. 7.30pm, £12, £10. Galeri, Caernarfon 01286 685222, galericarnarfon.com

**Island of the Hungry Ghosts (12A)** Documentary about migration and the treatment of refugees on the remote Christmas Island. 6pm, £6 - £9.50. Storyhouse, Chester 01244 409113, storyhouse.com

### 1st WEDNESDAY & 2nd THURSDAY

**Zero Carbon Britain** The science says we must, the technology says we can, time to say we will! To stay within internationally agreed 'safe' levels of global warming, the world must reach net zero greenhouse gas emissions by 2050. And we must start now. This course offers an in-depth look at CAT's flagship research project, Zero Carbon Britain, exploring the radical changes needed to rise to the climate challenge. 10am - 4pm, £90 includes lunch and materials. CAT, Machynlleth 01654 704966, cat.org.uk

**The White Crow** A gripping, revelatory look at the life of legendary dancer Rudolf Nureyev. 1st 7.30pm & 2nd 5.30pm, £6.25, £5.25. Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

### 2nd THURSDAY

**Chakradance** A regular meet on 1st & 3rd Thurs/month. A powerful experience using guided imagery and music that resonates with each chakra to promote a state of well-being. 7 - 8.30pm, Gwernaffield, address on booking. Call Paula 07752 049941, paulajroscoe@gmail.com

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

**Meditation** 15 minutes, 12.30 - 12.45pm, free, drop-in. Kalpa Bhadra Buddhist Centre, Llandudno 01492 878778, meditatennorthwales.com

**Gong Bath** A form of meditative sound therapy. The listener only has to let go and let the sound of the gong do the work. The experience is effortless and the results profound. 7pm, Caernarfon Town Hall. Bookings: cat@trudruyoga.co.uk

**Exhibition Opening** The meticulous gardening diaries of 18th century gardener, Elizabeth Morgan are shown. 6 - 7.30pm, with book launch. In Storiell's Garden, Bangor 01248 353368, storiell.cymru

**Pop Up Vinyl Record/CD Shop** 1st Thurs/month. 3000+ records, 60's, 70's, 80's, 90's, rock, pop, prog rock, indie, Cymraeg, blues, metal, punk, new wave, soul, Northern Soul, folk, jazz, reggae, electronic, goth, hip hop and more. Records from 50p. Also a hand picked selection of CD's. 2 - 7.30pm. Tŷ Glyndwr, centre of Caernarfon. Facebook: Gwynedd Record Collector

**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

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

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

**Topette!** This five-piece play self penned and traditional European Bal dance music. Accordion, banjo, bagpipes, bass guitar and violin. 7.30pm, £12.50. Neuadd Ogwen, Bethesda LL57 3AN, neuaddogwen.com

**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

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

3rd FRIDAY

**Climate Emergency Solutions Summit** Join us at CAT for a unique one-day event exploring what a zero carbon future could look like, and how we make it happen. Share ideas, learn from successes, explore barriers and how they can be overcome, and come together to help make change happen. 10am - 4pm, £20, includes lunch and materials. CAT, Machynlleth 01654 705950, cat.org.uk

**Alden Patterson and Dashwood** Norwich based folk trio weave rich vocal harmonies, fiddle, dobro and guitar around beautifully written original songs and melodies. 7pm for gig at 8pm. £10. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

**Discovering Doñana** Doñana National Park in Andalusia is one of the most important wetlands in Spain. Paul Kenyon has visited it many times and will give an illustrated talk on the wildlife there. Cambrian Ornithological Society meeting. 7.30pm, £1. Pencychnant Centre, Conwy 01492 592595, pencychnant.co.uk

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

**Louder is Not Necessarily Clearer** An honest portrayal of the vulnerability of a deaf man, performed by Jonny Cotsen. 7.30pm, £12. (BSL performance) Galeri, Caernarfon 01286 685222, galericarnarfon.com

**Colette** (15) Film. Country girl Colette is introduced to artistic fashionista in Paris. 7.30pm, £7, £4, opens 6.45pm. Dragon Theatre, Barmouth LL42 1EF, 01341 281697, dragontheatre.com

**At Eternity's Gate** (12A) Film. During a self-imposed exile in Arles and Auvers-Sur-Oise, France, Dutch painter Vincent van Gogh develops his unique, colourful style of painting. 5.30pm, £6.25, £5.25. Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

**Lleuwen** Fusing experimental jazz and Welsh folk in an electric raw performance by Lleuwen and her band. 8pm, £10, £12 on door. Theatr Clwyd, Mold. 01352 701521, theatrclwyd.com

3rd FRIDAY - 5th SUNDAY

**Red Joan** (12A) Film. Joan has been hiding an incredible past; and is arrested by M15. 7.30pm, £6. Theatr Colwyn, Colwyn Bay LL29 7RU, 01492 556677, theatrcolwyn.co.uk

3rd FRIDAY - 6th MONDAY

**Silent Retreat - Relax in Nature with Silent Meditation** This will be a quiet, spring retreat, a chance for you to process and recalibrate in an outstandingly beautiful natural setting. This is an opportunity to go at your own pace and engage your own practice in Nature and truly surrender to the peace within. Relax, take time out, do the practice that suits you and enjoy peaceful running waterfalls. Includes vegetarian meals. All group activities are optional. Three silent meditations a day for forty minutes after meals. £160. Cae Mabon, Fachwen, nr Llanberis LL55 3HB. 01286 871542, caemabon.co.uk

**What'sSUP - Yoga and Paddleboarding Retreat**

Walk, swim, play, paddle boarding, relaxing time, yoga sessions, teas and cake. £515 - £660. Plas Cadnant, Cadnant Rd, Menai Bridge, LL59 5NH. Laura Bell, 07989 512859, thezestlife.co.uk

4th SATURDAY

**New Moon in Taurus 11.45pm**

**Earthing Our Selves** An 'Eye of the Storm' writing retreat day with Fiona Owen. Using exploratory and creative writing and reading activities, we will take a lead from Jonathan Bate to explore ourselves in relation to the natural world at a time of climate change. 10am - 4pm, £25; hot drinks and biscuits included; bring packed lunch. Llanfaelog, nr Rhosneigr, Anglesey LL63. Facebook: of event name

**Celebrate the Wales Coast Path** An opportunity to mark the Path's seventh anniversary with lots of family-friendly activities. Ramblers Cymru have five walks planned and we'll have a beach clean, strandline search and wildflower walk. 10am - 4pm. West Shore Promenade, Llandudno. Meet by the playground. Mark Sheridan 07505 214073, mark.sheridan.mgc@gmail.com

**Wales Coast Path Festival - Great Orme** 4 walks - Marine Drive circular 10am. The Vadre and Tower 10am. Great Orme 10.40am. Great Orme Gun Emplacements Discovery 2pm. More info: ramblers.org.uk

**Pop-Up Vegan Food Market** It will include street food to eat in or takeaway, cakes and sweet treats. 11am - 4pm. Kings Hall, Prestatyn, Denbighshire LL19 9AA. Contact 07480 418402. Facebook: of event name

**Re-tern** Help mark the return of Cemlyn's 'Sea Swallows' with a series of activities to celebrate these amazing birds. There'll be a dawn chorus walk at 6am and further events between 11am-3pm. Cemlyn, A5025, Tregel, Cemaes, Ynys Môn, LL67 0EA. Chris Wynne 07764 897411, chris.wynne@wildlife trustswales.org.uk

**Multi Dimensional Crystal Workshop** You can use crystals to heal everything from migraines to anxiety and beyond. Healing crystals can also accelerate your meditation practices, align your 7 chakras and even induce trance states under the right conditions. Connect to and learn about crystals; how to programme them and work with individual energies; how to care for them, how to create a crystal grid, meditation, diagnosing imbalance with crystals. Plus a 432 hz crystal bowl sound bath. 12noon - 4pm. Venue in Morfa Bychan, Porthmadog. Contact 07470 735247. Facebook: of event name

**Radio Amateurs: Do You Want To Make Things?** If you are 6 - 12 years old and interested then come along to the Wireless in Wales Radio Museum 1st Sat/month, 10.30am - 12.30pm, limited spaces. Visit: gwefrhebwifeiraufrauw.org.uk

**Otter Holts and Black Poplars** Help us establish new homes for the otters found on Dwr Iâl, and to plant rare black poplar trees along the river. 10am - 4pm. Garthgynan Cottage, Graigfechan (on the B5429), near Ruthin, LL15 2EU. Iwan Edwards, 07584 311583, iwan.edwards@northwaleswildlifetrust.org

**Talk: Huw Brassington** Huw brings us the story of his ventures. As an adventurer, athlete and inspirational speaker, Huw likes to be out of his comfort zone. Huw has attempted and succeeded in some of the hardest races in the world. Most recently he has turned to ultra-running, completing the infamous Berghaus Dragon's Back Race in Wales and New Zealand's Coast-to-Coast. Prior to Huw Speaking there will be a showing of the acclaimed documentary of the Berghaus Dragons Back Race which featured Huw and titled "Ar Gefn y Ddraig". This will be in Welsh with subtitles and is included in the ticket price. 7 - 10pm, Neuadd Ogwen, Bethesda LL57 3AN. Facebook: of event name or neuaddogwen.com

**Food For Thought ~ Italian Night!** Enjoy a relaxing, guided meditation followed by a delicious 3-course vegetarian meal. 6.30 - 10pm, £15. Kalpa Bhadra Kadampa Buddhist Centre, 34 Mostyn St., Llandudno LL30 1YY. 01492 878778, meditatenorthwales.com

**Martin Harley** A supremely talented acoustic roots and blues guitarist, singer and songwriter with a burgeoning global reputation. 7pm, gig at 8pm, £15, bar only. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

#### 4th SATURDAY & 5th SUNDAY

**Introduction to the Medicine Wheel** Two days of workshops with shamanic practitioners Taiga Forest and Claire Mace. The Medicine Wheel appears in many traditions, in many parts of the world. It is a means of navigation, through earth-based and nature-based consciousness, a psycho-spiritual map that references the elements of nature, times of day, solar and moon cycles, stages of life and sacred animal connections. £120 full price, £75 low waged, £35 unwaged. Held at The Old Rectory, Llanfachraeth, Ynys Môn LL65 4YA. Bookings: Claire 07970 409724, northwalesretreats.com



**Drystone Walling Weekend** Learn the process from foundation stones to copings, under the guidance of a master craftsman, Paul Smyth. All day, £90. Pencychnant Centre, Conwy 01492 592595, pencychnant.co.uk

**Spoon Carving** Build up your skills using a progression of projects to develop safe and efficient techniques for axe and knifework. £120, deposit £60. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

#### 4th SATURDAY - 6th MONDAY

**Wales Coast Path Walking Festival** Wales Coast Path and Ramblers Cymru will be celebrating with a seven day walking festival from North to South Wales in seven locations over seven days. There will be a programme of seven walks in each location during May, at the Great Orme on Saturday 4th May, Ynys Mon on Sunday 5th and Porthmadog on Monday 6th. See dates in *Calendar ~ ramblers.org.uk*

**Llangollen Walking Festival** Wilderness Walks, History Walks, World Heritage Walks, Steam Train Ride and Walk, Dark Sky Walk. Plus free evening lectures. For more info: llangollenwalkingfestival.co.uk

#### 4th SATURDAY - 7th TUESDAY

**Vertical Dance** Vertical dance is an exciting, emerging form of dance that typically uses rock climbing equipment (ropes, harnesses, abseil devices) to suspend dancers off the ground on a range of vertical surfaces. This group is for young people aged 10 - 18. We teach some techniques for dancing in harnesses, on and off the ground, and encourage lots of creative play within this discipline. For classes, times and costs see the website. Held at Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

#### 4th SATURDAY - 17th FRIDAY

**Annual North Wales Pilgrimage** See article on page 4 & 5 for more info and links.

#### 5th SUNDAY

**Wake Up with The Dawn Chorus** It's International Dawn Chorus day! Discover the variety of bird songs that make up the dawn chorus. Hot drinks and a breakfast bap included. 5.30 - 8.30am, RSPB members £12, non-members £15. RSPB Conwy Nature Reserve LL31 9XZ, 01492 581025, conwy@rspb.org.uk

**Dawn Chorus with a Difference** Last year we recorded 38 bird species including red and black grouse, cuckoo, crossbill and osprey. 4.30am - 8am. Meet at car park off B4501. Gors Maen Llwyd, 7 miles south west of Denbigh. Meet Nantglyn, Denbighshire. Mark J D Hughes 07800 771570, mjdhughes1108@gmail.com

**Wildlife Walk: Dawn Chorus** An easy early morning stroll from the village to Bryn Pydew Nature Reserve enjoying the sounds of spring. 6am - 8am. Meet at Queen's Head pub car park, Glanwydden, Conwy LL31 9JP. Rob Booth 07764 897414, rob.booth@northwaleswildlifetrust.org.uk

**Sacred Circle Dance** 1st Sun/month. The dances are usually fairly simple with steps taught and we hold hands so you feel supported and connected to the whole group. 2 - 4pm, Rhosesmor Village Hall, nr Mold. Led by Helen Newton and Sue Bates. Contact helen@soul-life.co.uk

**Keep Wales Tidy Newborough Beach Clean** Get hands-on during a practical beach clean session with Keep Wales Tidy that will explore what we can all do to reduce marine litter. 12.30 - 2.45pm, free. Newborough Beach, Ynys Mon LL61 6SA. Visit: eventbrite.co.uk

**Two Bridges Walk** Enjoy an historical guided walk and learn about the two bridges over the Menai Strait. Good paths, some steep, accessibility available on request; 3m, 2.5hr at leisurely pace. 1 - 3.30pm, free. Meet Thomas Telford Centre, opp. Waitrose, LL59 5EA. Part of Wales Coast Path Walking Festival.

**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

**Cainc** A more intense dance/movement class suitable for beginners over the age of 60. All sessions are led by Cai Tomos who will guide participants to explore new ways of moving the body. No previous experience or dance skills required to participate. 3 - 5pm. Galeri, Caernarfon 01286 685222, galericarnarfon.com



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

**Awakening Your Sacred Feminine** Take a journey to deeply reveal and explore the many faces of your feminine nature. Discover new ways to reconnect with yourself, slowing down and exploring the expression of sweetness and beauty that you are in the world. 10am - 5pm. Parkfields Community Centre, Ash Grove, Mold CH7. Visit: rachelshellydance classes.wales or see Facebook: Of event name

**Estyneto** Join us for regular dance/movement sessions specifically for those over the age of 60. The sessions are led by two inspirational dancers/choreographers – Cai Tomos and Angharad Price Jones. No previous experience or dance skills required – only the desire to stay active, fit and healthy. 1.30 - 3.30pm. Galeri, Caernarfon 01286 685222, galericaernarfon.com

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

**Make A Rustic Stool** Learn how to make a simple rustic stool by cleaving a log in half, drilling the mortices and making the legs by cleaving green wood, shaping it with a draw-knife on a shave-horse and making the tenons. £60, deposit £30. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

**Viva Festival: Quien Te Cantara** (12A) Film. When an 'accident' leaves fame-weary Lila with acute memory loss, super-fan Violeta's remarkable karaoke performance suggests an unusual solution – Violeta can teach Lila to be Lila again. Spanish with subtitles. 3.15pm, £8.50. Storyhouse, Chester 01244 409113, storyhouse.com

6th MONDAY

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

**NW Moth Group** Informal meeting, 8pm, donations appreciated. Pencychnant Centre, Conwy 01492 592595, pencychnant.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 Café, High Street, Bangor. Details: beiciobangor.org.uk

**Halkyn O50 Club** Meets 1st Mon/month. We are a social group which includes talks on all manner of subjects. These are provided by speakers from outside our group and occasionally our own members. Everybody welcome. 2pm, Blue Bell Inn, Halkyn. For further information phone 01352 781 412.

**Wales Coastal Path - Criccieth to Llanystumdwy**

This walk takes in pretty lanes with wild flowers, a visit to see the famous grave of Lloyd George, crosses fields to the coast and along the coast path back to Criccieth. 9.30am - 2pm, free, 5.5 miles. Meet Y Canolfan Community Centre, High St., Portmadog LL49 9LU. Eryri Ramblers - eryriramblers.org

**Wales Coastal Path ~ Porthmadog to Moel y Gest**

9.30am - 2pm. Meet Y Ganolfan Community Centre, Porthmadog. Register your place with eventbrite.co.uk

**Gong Bath** Breathe and relax ... then observe the mind beginning to slow, as superficial and irrational thoughts are suspended, stress releases and the whole being is gently returned to harmonic balance. 7.30pm, £13. Canolfan Thomas Telford Centre, Mona Rd, Menai Bridge LL59 5EA. Steph Healy 07534 118899, puresound.org.uk

6th MONDAY - 8th WEDNESDAY

**Sphagnum** Combining the use of field keys and laboratory skills, the course will allow students to get to know Sphagnum well and to make reliable identifications. £195 - £290. Field Studies Council, Rhyd y creuau, Betws y Coed. 01690 710494, enquiries.rc@field-studies-council.org

6th MONDAY - 11th SATURDAY

**Waves, Rivers and Tides** Harnessing the power of water. Join students from CAT's Graduate School of the Environment on a module from our MSc Sustainability in Energy Provision and Demand Management. £750, £700 concs., all inclusive CAT, Machynlleth 01654 704966, cat.org.uk

7th TUESDAY

**The Healing Well** Hands on Healing, 2 sessions, 7 - 9pm, all welcome. Ganolfan Pentrefelin, nr Criccieth. Mayamara 01766 770874. Also 21st

**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)

**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

**Ashworth's Rustic Caterpillar Search** Searching for the caterpillars as they bask in the spring sunshine, noting their habitat and foodplant. 2pm, donations appreciated. Pencychnant Centre, Conwy 01492 592595, pencychnant.co.uk

**Mindfulness Taster Session** An introductory session for those new to Mindfulness led by Tara 6 - 7pm. 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 and will be held in the log cabin, Hermitage Garden, Ynys Graianog, nr Criccieth LL52 0NT. Contact tara.anne.dew@gmail.com



**Gong Bath** See 6th for info. 7pm, £13. Memorial Hall, Penmorfa, nr Porthmadog. Steph Healy 07534 118899, puresound.org.uk

**Charcoal** Loading a kiln, lighting it, shutting it down and unloading and grading the charcoal. You will be able to find out about the economics of charcoal production from the staff of Bodfari Environmental, the biggest producers in North Wales. £50, deposit £30. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

**Women's Gathering** A monthly informal gathering; bring your knitting, sewing, art, making and doing, reading, instruments & songs, or just come for a social time. This is also an opportunity to find out about Red Tents if you are interested. 1 - 5pm, Follow Your Bliss Café, 307 - 309 High St., Bangor. Facebook: of event name, or redtentwynedd.wixsite.com

**Menopause The Musical** 4 women with seemingly nothing in common meet by chance and make fun of their woeful lives whilst experiencing The Change. 7.30pm, £31.50. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

**Red Joan** See 3rd - 5th

**At Eternity's Gate** See 3rd, except at 8.15pm

**Robbie Fulks** A singer, recording artist, instrumentalist, composer, and songwriter, folk and American roots influence. 7pm for gig at 8pm, £12, bar only. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

7th TUESDAY - 11th SATURDAY

**Stones in His Pockets** Theatre performance. When a major Hollywood film studio descends on a village in rural Ireland, the demand for extras from the local community is huge. 7.30pm daily, 2.30pm 9th/11th. £10 +, Theatr Clwyd, Mold. 01352 701521, theatrclwyd.com

8th WEDNESDAY

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

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

**Hydroelectric and Marine Energy Generation** Get to grips with the technological aspects of hydroelectric and marine energy, examine resource availability and limitations, and explore the environmental impacts of energy conversion and installation. £750, £700 concs., CAT, Machynlleth 01654 704966, cat.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.

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

**Llandudno Writers** With Sian Northey. Meets 2 - 4pm, Llandudno Library, Mostyn St. All enquiries to: llandudno.writers@aol.co.uk

**Giselle** with Vienna Festival Ballet. Giselle, a peasant girl, has fallen in love with Count Albrecht, who has told her he is a villager named Loys. Her discovery of his true identity has devastating consequences. 7.30pm, £21, £20 concs., £15 child, £18.50 student. Theatr Colwyn, Colwyn Bay LL29 7RU. 01492 556677, theatrcolwyn.co.uk

**Lighthouse Theatre: The Kaiser and I / On Scarborough Front** Europe stands on the brink of war. The Kaiser's dancing mistress waits for her pupil. His army waits for their orders. 7.30pm, £10, £8. Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

9th THURSDAY

**Ogwen Litter Pick** Join us and the National Trust wardens to clear litter along the entire stretch of Llyn Ogwen before the busy summer season begins. Booking essential. 10am - 3pm, Idwal Cottage. Snowdonia Society 01286 685498, snowdonia-society.org.uk

**Cosmogenesis - The Awakening of the Cosmos** A talk by Eric McGough, ex-president of the Theosophical Society in England and the author and director of the International Diploma Course in Theosophy. 2pm, £5; TS Members £3, free refreshments. New enquirers are always welcome. Held at Parkway Community Centre, off Rhos Rd., Rhos-on-Sea LL28 4SE, theosophywales@yahoo.co.uk

**Becoming Mindful** 8 week course begins today. 6.30 - 9pm, and then Thursday evenings till 6th June (not 30/5). You will learn the basic mindfulness practice, body scan, mindfulness of breathing, and mindful movement. £75, unwaged concs. Contact Alan 07816 988124, newmindfulness.net

**Waste Management in Wales** Bringing together all those connected to the Welsh recycling industry. Keynote speakers will include Rebecca Colley-Jones (Ynys Resources) and Jane Hall (Wasteapp) who will discuss the Circular Economy for Wales and other key issues. 9.15am - 12pm, free. The OpTIC Centre, St. Asaph Business Park LL17 0JD. Visit: recyclelinkwales.co.uk

**NW Wellbeing Network** Brings together third sector organisations operating in Flintshire and Wrexham who have an interest in health, social care and wellbeing. The Network is also open to statutory partners and is free to join. 9.30am - 12.30pm, Alyn Waters Visitor Centre, Mold Rd., Gwersyllt LL11 4AG, parking charges apply. Contact Karen Peters for further information or to join the network: karen.peters@flvc.org.uk or 01352 744015.

**Red Joan** See 3rd - 5th

10th FRIDAY

**Snowdon Moonlight Walk** Climb Snowdon at dusk and enjoy a breathtaking sunset from the summit (if the conditions are good) before heading down via moonlight; bring head-torches. 4.15 - 11.30pm. Info/ Tickets: mountain-walks.co.uk

**The Movable Feast - Bangor Pier** Great new veggie and vegan options, local produce and great local live music. This is an event for all the family, dogs on a lead welcome. 5 - 10pm, Bangor Pier LL57 2SW. Tickets £3: [eventbrite.co.uk](http://eventbrite.co.uk)

**Gong Bath** See 6th for info. 7pm, £13. Rhuddlan Community Centre, Rhyll LL18 5AW. Steph Healy 07534 118899, [puresound.org.uk](http://puresound.org.uk)

**The Energy of Women in Energy** Women make up a big part of the Energy sector, but we acknowledge that the workforce remains male-dominated in this field. As we arranged Egni 2019, male names were being suggested for all events. So, it was decided to host one session with women speakers, in the hope that people will consider this for their next events. 9am - 12pm. Free. Men and women welcome! Includes an afternoon of networking for women. M-SParc, Gaerwen, Anglesey LL60 6AG. Visit: [m-sparc.com](http://m-sparc.com)

**Goodbye Christopher Robin** (PG) Film. After leaving London for the countryside, A.A. Milne spins fanciful yarns about his son's collection of stuffed animals. The family soon become swept up in the instant success of the books, which bring hope and comfort to the rest of postwar England. 7 for 7.30pm. Denbigh Film Club, Theatr Twm o'r Nant, Station Rd. Contact Lilian Jones 01745 813426, [denbighfilmclub.co.uk](http://denbighfilmclub.co.uk)

**Shoplifters** (15) Film. Japanese, with subtitles. Moving story of family life on the margins of present-day Tokyo. 7.30pm, £8, £6. New Dot Cinema, Llangollen Town Hall, Castle St., LL20 8NU. [newdotcinema.org](http://newdotcinema.org)

**James Wilton Dance: Leviathan** Following Ahab, a ship captain hell-bent on capturing the white whale: Moby Dick, a beast as vast and dangerous as the sea itself, yet serene and beautiful beyond all imagining. 7.30pm, Neuadd Dwyfor, Pwllheli 01758 704088, [neuadddwyfor.com](http://neuadddwyfor.com)

**Lleuwen** See 3rd, held at Pontio, Bangor.

10th FRIDAY - 12th SUNDAY

**The Big Acoustic Walk** Enjoy a guided introduction to a range of walks in Snowdonia on a popular weekend that celebrates Music and Mountains. Whether you're a musician, vocalist or just an enthusiastic listener, this weekend is a great opportunity to share your love of walking and music with other outdoor enthusiasts and musicians. £212 for weekend; or just drop-in! More info: Plas Y Brenin, Capel Curig; [pyb.co.uk](http://pyb.co.uk)

**Subverting Shakespeare** In writing *The Merchant of Venice*, was Shakespeare joining in with the popular anti-Semitic clamour, or was he doing something far more subversive than that? And what does the play mean to us, in the post-Holocaust 21st Century? Come and discuss a weekend of Shakespeare through using this one play. £235 non-residential £160, all inclusive. Gladstone's Library, Hawarden, nr Chester 01244 532350, [gladstoneslibrary.org](http://gladstoneslibrary.org)

**Wildlife Photography Weekend** You will learn how to get the best out of your camera, tips and tricks for nature photography and hear from wildlife experts too. Expert tuition outside and indoors. £229 - £249. Plas Tan y Bwlch, Maentwrog 01766 770274, [snowdonia.gov.wales](http://snowdonia.gov.wales)

**The Art of Erotic Prayer ~ Women's Initiation Retreat** Led by Clara Gomez. There are ancient mysteries awaiting to be revealed to those ready to remember. Erotic energy is the mightiest force we have access to within our human body. Where is our attention sending it towards? Where is our focus while it surges through our system? This is a retreat to reclaim an inherent power, through transmissions to develop your own erotic prayer. Early Bird £222, Regular £277. Email [claragomezuk@gmail.com](mailto:claragomezuk@gmail.com) for registration. £77 deposit required. Held at Cae Mabon, Fachwen, nr Llanberis LL55 3HB. 01286 871542, [caemabon.co.uk](http://caemabon.co.uk)

**Botanical Art in Coloured Pencil** Changing Seasons - Spring into Summer. A chance to capture some of the plants at a time of transition from the bulbs and buds of spring to the floral burst of early summer. £254 - £274. Plas Tan Y Bwlch, Maentwrog LL41 3YU, 01766 772600, [eryl.lyw.cymru](http://eryl.lyw.cymru)

11th SATURDAY

**Birdsong Walk & Breakfast** Enjoy a short walk below Moel y Ci listening to our summer migrants, then back to the old farmhouse of Tai Isaf for breakfast and chat. Booking essential. 8am - 10am, £5 includes breakfast. Tai Isaf, LL57 4YA. Sue Carter 01248 371769, [sue.gorad@gmail.com](mailto:sue.gorad@gmail.com)

**Sophia's Wild Weaving Workshop** An inspirational day with weaver/designer Sophia Ingham creating your own woven wall hanging incorporating wild materials such as slate, lichen and shells. 10am - 5pm, £45 includes materials; Veggie lunch for £5 extra. Held at Pencychnant Centre, Conwy 01492 592595, [pencychnant.co.uk](http://pencychnant.co.uk) Bookings with Sophia 07391 930719.

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

**EcoBro Green Fair** The annual EcoBro Fair for all your sustainable needs: seeds & plant swap, delicious local food, information sharing and local handicrafts. There's something for everyone! 10am - 3pm. Contact: [ecobro@live.co.uk](mailto:ecobro@live.co.uk) Held at Memorial Hall, Penrhyndeudraeth. See *advert on back cover*

**Forest Bathing ~ Shinrin-yoku** In Japan it is widely used as a preventative medicine for its beneficial effect on our wellbeing. Join us for a morning session of relaxation techniques, meditation, earthing and nature connection, with the aim of giving you a range of techniques which you can take away and use in your own time enjoying the outdoors. 10am - 1pm. Hawarden Estate, hosted by Woodland Classroom, Lea 07876 794098. Tickets: [woodlandclassroom.com](http://woodlandclassroom.com)

**Walking, Wildlife and Welsh** A range of bilingual walks (with lunch and refreshments provided by the Community Shop!) especially for Welsh learners, introducing you to Coed Cilygroeslwyd NWWT Nature Reserve and other wildlife hotspots in the area. Booking essential. 10am - 3.30pm. Pwll-glas, near Ruthin, LL15 2PB. Iwan Edwards 07584 311583, [iwan.edwards@northwaleswildlifetrust.org.uk](mailto:iwan.edwards@northwaleswildlifetrust.org.uk)

**The Way Things Really Are** How to solve all of our daily problems with wisdom. Talk and discussion. 10.30am - 1.30pm, £15 with refreshments. Kalpa Bhadra Buddhist Centre, Llandudno 01492 878778, meditatenthnorthwales.com

**Umoja Spring Garden Party** We are very happy to be hosting our first all-day outdoor event at the Blue Bell in Conwy. We aim to provide you with high quality, vintage, rare & remixed music from around the world and offer you an inspiring selection of talks & workshops which explore our place on planet earth as humans in the 21st century. Music by Dimbaya - Kora, Balafon & female vocalist influenced by West African Manding music. Plenty of DJs and other sounds: samba, Calypso, reggae, funk, folk, etc. Talks include "Exploring 2050" when it's said there will be more plastic in the ocean than fish. £8, book ahead for £6, children welcome until 8pm. If it rains we are in the pub! If you are a Speaker, Musician, Fire Juggler or Vendor, Sound Healer, Permaculturist or Community Leader and you feel you're ready to offer something that's relevant then please get in touch and let's make it happen! 12pm - 12am. The Blue Bell Inn, Conwy LL32 8AY. Tickets: umoja.brownpaper tickets.com or Facebook: of event name.

**Mindfulness Course** 8 weeks starting today, 9.30am - 12 noon, Ruthin Library, Record St., LL15 1DS. Contact 07792 784451, artofmindfulness.co.uk

**Treborth Spring Plant Sale** All proceeds will go to the Friends of Treborth to directly benefit the garden. Perennials, Orchids, Biennials, Cacti, House plants, compost, homemade tea and cakes. 10am - 12.30pm, Treborth Botanic Gardens Bangor LL57 2RQ. Natalie Chivers 01248 353398.

**Gŵyl Fwyd Caernarfon Food Festival** A day celebrating the best of local produce, demonstrations, performances and much more. 10am - 4pm. Caernarfon Centre and around the Castle. More from: gwylfwyddaernarfon.cymru

**NWWT Bird Race** Celebrate the excitement of spring and the wealth of birds to be seen and heard on NWWT reserves. Non-expert birders welcome! Please register your team, or tell us you'd like to race and we can help you find one. Race for as long as you want! All day, at all nature reserves. Ben Stammers 07764 897415, ben.stammers@northwaleswildlifetrust.org

**Danza 2019** The students, aged from 2 to 60+ will entertain you with song and dance through all genres, with music from Queen to Jojo Siwa and everything in between. 6pm, £10, £9 child. Theatr Colwyn, Colwyn Bay LL29 7RU, 01492 556677, theatrcolwyn.co.uk

**Pride** (15) Film. A group of lesbian and gay activists meet the British miners' strike in 1984. 6.30pm for 7pm showing, £5, £2 children includes tea and cake. Community Cinema, Rowen Memorial Hall. rowenconwy.org.uk/memorial-hall/

**Red Joan** (12A) Film. Joan's life is disrupted when she's arrested and accused of providing intelligence to Communist Russia. 7.30pm, £6.25, £5.25. Neuadd Dwyfor, Pwllheli 01758 704008, neuadddwyfor.com

**Met Opera Live "Dialogues de Carmelites"** Poulenc's devastating story of faith and martyrdom. 5pm, £10, £8 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

**Gong Bath** See 6th for info. 7pm, £13. Rhoscolyn Village Hall, Holyhead LL65 2NQ, Steph Healy 07534 118899, puresound.org.uk

**Snowdon Moonlight Walk** See 10th

11th SATURDAY & 12th SUNDAY

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

**Make Your Own Deckchair** You will be helped to make your own drawings using inspiration from the natural landscape, convert them into a pattern, stencil, screen print. On day 2 you will make the deckchair frame using furniture grade birch, smooth off the edges and fix your printed canvas. £140, deposit £70. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

**From the Quarry to the Workshop** Visit the quarry source of this amazing natural material then discover how to hand work the slate with traditional methods to make a unique, functional or decorative piece. 10am - 4pm both days. £100. One day in Parc Glynllifon and one day in the Quarry. Siop Iard bookings: siopiard.com

12th SUNDAY

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

**Walk: Exploring the Geology of Snowdonia** Join Clive Hudson for a walk on the lower slopes of Cnicht to see how folding strata of slate, sandstone and dolerite offer a glimpse into Snowdonia's geological past. Fossils may be found and evidence for a volcano demonstrated! Distance 6km with 300m of ascent. Booking essential. 10am-3pm. Snowdonia Society 01286 685498, snowdonia-society.org.uk

**The Kaiser and I & On Scarborough Front** with The Lighthouse Theatre. 1914, Europe stands on the brink of war. In the Kaiser's palace his English dance instructor puts her pupils through their paces. 7.30pm, £10, £8 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

**Unrest** (12A) Film. To coincide with this year's ME Awareness Day today. Jennifer is twenty-eight years-old, working on her PhD at Harvard, and months away from marrying the love of her life when a mysterious fever leaves her bedridden. 2pm, £7.50 - £5.50. Pontio, Bangor 01246 382828, pontio.co.uk

**Viva! Festival: Jean Francois I El Sentit De La Vida** (12A) Film. A witty and whimsical take on the growing pains of adolescence. Spanish with subtitles, 1pm, £8.50. Storyhouse, Chester 01244 409113, storyhouse.com

**Gong Bath** See 6th for info. 7pm, £10. Neuadd Goffa, Mynydd Llandegai, LL57 4LQ Steph Healy 07534 118899, puresound.org.uk

12th SUNDAY - 15th WEDNESDAY

**ReWilding the Mind** This 3 day retreat will be take the form of guided mindfulness meditations, discussions and walks in the countryside and will be co-led by Claire Thompson and Jonathan Stacey. £350, all inclusive. Trigonos, Nantlle LL54 6BW, 01286 882388, trigonos.org

13th MONDAY

**Wildlife Gardening Taster Days** Welcoming everybody from total beginners to experienced gardeners to develop a buzzing wildlife garden whilst having a bit of fun ourselves and learning new skills. 10am - 1pm. North Wales Wildlife Trust - Bangor office, Llys Garth, Garth Road, Bangor, Gwynedd, LL57 2RT. HQ 01248 354541, northwaleswildlifetrust.org.uk

**Introduction to Sustainability** Run over 3 full days, 13th & 20th May & 3rd June. More info from Bangor University, NW Business Academy 01248 382475, nwba@bangor.ac.uk

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

**Chi Gung / Qi Gong Class** New class starts today, then every Monday. Traditional Chinese health exercises for improving physical & mental well being. Includes gentle stretching, and simple standing exercises involving slow movement linked to breath and stilling the mind. Just turn up on the night in loose clothing, beginners always welcome. 6 - 7pm, £7 Llanddulas Village Hall, Beulah Avenue, Llanddulas, Abergele, LL22 8FH. Contact Dave McQuillan, dave@northwaleswingchun.co.uk ~ northwaleswingchun.co.uk

**Kindergarten Teacher** (12A) Film. A working wife and mother in New York who believes one of her pupil's to be a poetry-writing prodigy, with Rialto Film Night. 7.30pm, £7, £6. Theatr Colwyn, Colwyn Bay LL29 7RU, 01492 556677, theatrcolwyn.co.uk

**Red Joan** See 11th, except at 10.30am & 7.30pm

**Pregnancy Yoga Course** 5 week course for bringing relaxation and confidence to pregnant women. Held at Quaker Meeting House, Bangor LL57 1UP. Laura Knott 07914 917711, birthingmamas.co.uk Also in Menai Bridge starting 15th.

13th MONDAY - 17th FRIDAY

**Springtime in the Gardens of Snowdonia and North Wales** Gardens visited will be chosen from the following, dependent on flowering and weather. Aber Arto, Bodnant, Crug Farm Plants, Nanhoron, Penrhyn Castle, Plas Brondanw, Plas Cadnant, Plas Newydd, Plas Tan y Bwlch, Plas Yn Rhiw and Portmeirion. £434 - £474. Held at Plas Tan Y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri.llyw.cymru

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

**Timber Frame Building** During the week we will be covering many aspects of timber-frame building and you will get the chance to make and fit your own mortice and tenon joints, whittle pegs on the shave-horse, learn about draw bores, scribing, diminished haunch and scarf joints; run by experienced timber-framer Ron Smith and is suitable for all skill levels. £300, deposit £150. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

14th TUESDAY

**Secret Golden Nuggets from HPB's Doctrine** Ted Capstick brings a new talk examining some of the deepest esoteric aspects of the Wisdom, taken from all three volumes of Blavatsky's classic. Sponsored by the Theosophical Society (Reg. Charity No. 1167737). The talk starts at 7.30pm, admission £5, TS members £3, with Bangor Theosophical Lodge. Hirael Hall, Ambrose St, Bangor. Enquiries: Toddy Alcock 01248 600267, toddyalc@gmail.com See ad page 8

**Cofnod Recorder's Day** Help us to record as many species as we can, with the help of experts from our Local Environmental Records Centre. 10am - 3pm. Plas y Brenin Mountain Centre, Capel Curig, LL24 0ET. Rob Booth 07764 897414, rob.booth@northwaleswildlifetrust.org.uk

**Pensychnant: Farming and Conservation in Tandem** Warden Julian Thompson guides us around the farm and woodland, explaining how their priorities inter-relate. Pied flycatchers should be in evidence. End the afternoon with a cuppa back at the house. 2 - 5pm, Pensychnant Conservation Centre, Conwy LL32 8BJ. Penny Radford 01248 713022, radfords713@btinternet.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

**All My Sons: National Theatre Screening** America, 1947. Despite hard choices and even harder knocks, Joe and Kate Keller are a success story. They have built a home, raised two sons and established a thriving business. 7pm, £10. Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com Also Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

14th TUESDAY & 15th WEDNESDAY

**The Listening Room** A stirring exploration of life, death and justice. It features the true stories of five people whose lives were transformed by three moments of violence. Years after trial and punishment, each one of them was given the chance to meet the person on the other side. This is the extraordinary story of what happened when they said yes. 7.45pm, £10+, Theatr Clwyd, Mold. 01352 701521, theatrclywd.com

15th WEDNESDAY

**Health & Wellbeing Public Lecture: Palliative Care** 6 - 8.30pm, with Veronica Snow and Ben Turton. Free but booking essential. Held at Coleg Llandrillo, Rhos on Sea. Bookings: Bangor Uni School of Health Sciences. 01248 383298, bangor.ac.uk



**Red Joan** See 11th, except at 2.30 & 7.30pm

**Two Woods Wander** This 2-mile walk visits limestone pavement and woodland at the Wildlife Trust's Bryn Pydew Nature Reserve and the Woodland Trust's Coed Bron Garth. Lots of plants and invertebrates to see, including moths trapped from the night before! Booking essential. 1.30 - 4.30pm. Bryn Pydew, Penrhyn Bay, Conwy, LL31 9JT. Mark Sheridan 07505 214073, mark.sheridan.mgc@gmail.com

**Fermentation 101** From the basics of kombucha to why kefir is good for your gut, all the way to walking you through your first self-made kimchi. We will take you through everything you need to get started on your journey to fermentation God status. 6 - 9.30pm, £45. Held at Hypha, Chester CH1 2JG. Facebook: of event name or 01244 312490, hypha.restaurant

**Pregnancy Yoga Course** 5 week course for bringing relaxation and confidence to pregnant women. Menai Bridge. Laura Knott 07914 917711, birthingmamas.co.uk Also in Bangor starting 13th.

**Gong Bath** See 6th for info. 7pm, £13. Source Yoga Studio, 294 Conway Rd, Mochdre, Colwyn Bay LL28 5DS. Steph Healy 07534 118899, puresound.org.uk

16th THURSDAY

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

**Final Ascent: The Legend of Hamish MacInnes** Film. Story of mountaineer MacInnes, who attempted to climb Everest with a friend. He also built his first car at 17; invented the metal ice axe and is author of the International Mountain Rescue Handbook. Then, at 84, his mind left him; this is the story of recovering his memories and rescuing himself. 7 - 10pm. Cellb, Blaenau Ffestiniog LL41 3AD. Also at Neuadd Ogwen Bethesda LL57 3AN on 24th. Facebook: of event name or neuaddogwen.com

**Merlin Driver** Up and coming folk talent from Orkney. 7pm for gig at 8pm, £10, bar only. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

Final Ascent: The Legend of Hamish MacInnes

**ROH Live Ballet** Live screening. Presenting the contemporary face of the Royal Ballet from today's leading choreographers. The 3 new shows are *Within The Golden Hour*, *Medusa* and *Flight Pattern*. 7.15pm, £13, £11 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

**Red Joan** See 11th, except at 5.30 & 8.15pm

16th THURSDAY - 18th SATURDAY

**Through Palestinian Eyes: Contemporary Christianity in the Middle East** Mitri Raheb, Founder and President of Dar al-Kalima University College of Arts and Culture in Bethlehem, looks at the rise and fall of Middle Eastern Christianity, the political situation between Israel-Palestine, and the migration, displacement and resilience of contemporary Christians in the Middle East. Residential prices start from £235, non-residential from £160. Gladstone's Library, Hawarden, nr Chester 01244 532350, gladstoneslibrary.org Also a talk on 18th.

**Focus Wales 2019** Music, films, talks, stand-up comedy, art events and more throughout the festival. Held in and around Wrexham. Full details/tickets from focuswales.com

17th FRIDAY

**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.

**The Editing and Manipulation of Photography A** presentation by Sue Clark and Wireless in Wales Museum. 7pm, free, Canolfan Iaitth Clwyd, Lenten Pool, Denbigh LL16 3LG. gwerfrhebwifeu.org.uk

**Open Day: MSc and MA Courses** Graduate School open days offer an authentic informative taster of what it's like to learn on our postgraduate sustainability courses. This open day is held during our sustainable materials in the built environment module. You will have the opportunity to observe and potentially get hands on with some building materials. We will cover the content of all the courses for those interested in energy, food, ecology, behaviour change and natural resources. 9.30am - 4.30pm, free, includes lunch. Please reserve your place for the day. CAT, Machynlleth 01654 704966, cat.org.uk

**Snowdonia Photo Workshop** will concentrate on exploring different landscape photography techniques focusing on getting the most out of you and your camera. Topics will include composition, the use of leading lines, reflections and the creative use of depth of field. The first of two; 5 people max. 9am - 5pm, £99. Ogwen Cottage Café, Nant Ffrncon, Bethesda LL57 3LZ. Tickets: eventbrite.co.uk See 18th

**Emma Twyford Talk: BMC International Climbing Meet** A special evening when Emma presents a talk as part of BMC International Summer Clamber Meet. 9 - 10pm, £5 BMCmembers, £10 non-members. Advance booking essential. Caban, Brynrefail, nr Llanberis LL55 3NR. Tickets: eventbrite.co.uk

17th FRIDAY - 19th SUNDAY

**Sangha Celebration** A weekend of vows, feasting, teachings and entertainment. This is a joyful weekend of connection and fun! You are welcome to come and camp (the house is now full), you can come on Friday or sometime over the weekend - just let us know for catering numbers. More info/bookings The Hermitage, Ynys Graianog, nr Criccieth LL52 0NT, 01766 530839, ahs.org.uk

**Tradfest** Tradfest is an annual event celebrating traditional rock climbing in Snowdonia. We are based in the village of Nant Peris at the base of the Llanberis Pass. Full weekend £40; other options available, visit: v12outdoor.com

**Trefriw Walking Festival** This year's highlights include walks of discovery around Iron Age settlements, and along Roman roads, and delving into the more recent local history of the Dolgarrog flood disaster in November 1925. Experience a foraging walk for families, listen for bird song, learn about spring flowers, take a track up to one of our local lakes for a taste of Pack Rafting, or even an early morning ascent of Snowdon. All this alongside some of our favourite walks in the Carneddau range. More info/walks 07800 771450, trefriwwalkingfestival.co.uk



### The Llangollen Red Dragon Music Festival IV

Bringing together like minded people enjoying an eclectic range of music including didgeridoo, folk, opera, folk punk, rock, blues and heavy metal. Food stalls available. £13.52 - £54.49 available from eventbrite.co.uk Held in Llangollen Pavilion, Abbey Road. Facebook: of event name

**Storytelling from the Start** The folktales, fairy tales and myths of our ancestors are the building blocks for every story that has been told since, and in many ways, for our identities and our understanding of the world and one another. This storytelling course for beginners – and those returning to the craft – is a chance to learn how to prepare and perform traditional stories in the company of two of Britain's leading exponents of the art-form. Held in English. £240 - £325; with Daniel Morden and Hugh Lupton. Tŷ Newydd, Llanystumdwy, nr Criccieth O1766 522811, tynewydd.wales

17th FRIDAY - 20th MONDAY

**Nomad 3** Come with us as we jump from the well trodden path and find a new way. If a meaningful adventure appeals to you, if you wish to embrace the wild elements and deeply challenge yourself on every level, then please explore further. £325, or bring a friend for £485 for both. Healthy food, campfires, conversation, together with a wealth of experienced leaders taking you on your journey. Based at Henbant Bach Farm, Tain Lon, Caernarfon LL54 5DF. Contact nomadwales.com

17th FRIDAY - 23rd THURSDAY (not 16th)

**Wild Rose** (15) Film. Fresh out of jail and with two young kids, all Rose wants is to get out of Glasgow and make it as a country singer in Nashville. Various times. Neuadd Dwyfor, Pwllheli O1758 704088, neuaddwyfor.com

18th SATURDAY

### Full Moon in Taurus 10.11pm

**Wesak Festival** Wesak marks the highpoint of the spiritual year when forces of enlightenment associated with the Buddha pour into the planet. During this highpoint of the year our greatest service is to prepare ourselves spiritually for the energy pouring into humanity, and to hold the inner connection in daily life, visualizing ourselves as a pure channel of light in alignment.



**Botanical Art Class** 3rd Sat/month. Expert guidance by Doreen Hamilton, artist in residence. 10.30am - 3.30pm, £15, £10 students. All materials provided & refreshments. Treborth Garden Centre, Bangor LL57 2RQ. Bookings/info: Doreen 07508 728418.

**Trad Climbing Workshops** This workshop is for indoor climbers wanting to gain skills for climbing outside. Skills covered will be trad climbing equipment, placing good anchors, building belays and top roping. One instructor, four participants. 10am - 4.30pm, £50 members, £70 on-members. Llanberis Pass. Visit: thebmc.co.uk

### Nature of Snowdonia & Birds in the Mountains

These workshops are primarily aimed at Mountain Leaders and Instructors or trainees working towards those awards. Anyone working outside with, or leading, groups in the hills or mountains of the UK should find these workshops of interest. 10am - 4pm, Moel Siabod Café, Capel Curig LL24 0EL. Tickets: eventbrite.co.uk Facebook: of event name

**SAORI Weaving for Health & Wellbeing Day** 3rd Sat/month. Learn Japanese SAORI freestyle hand weaving. No experience is necessary, all abilities welcome, guidance given. 10am - 4pm, £75 per class plus materials. Please book/maximum of six. 6 Swifts Buildings, off High Street, Bangor, LL57 1DQ (opposite Domino's Pizzas below the train station). Rosie Green O1248 345325, saorimor.co.uk

**Contemporary Calligraphy** Learn to write modern stylish calligraphy using traditional pens and paints, and add decoration to make a finished piece. You will learn a simple hand, first in pencil and then using calligraphy pens. 10am - 4pm, £55. This course is now being run at Palas Print, upstairs. Meet at Siop Iard, 7B Palace St., Caernarfon. Bookings: siopiard.com

**Heartfelt Art & Craft Fair** Fund raising for Ty Croeso Dawn Elizabeth House, Glan Clwyd Hospital. Supporting talented local artisans who will exhibit their bespoke arts and crafts for sale. 10am - 3pm, at Halkyn Parish Hall & Library, Flintshire. More info about the Fairs: Susan Parry-Harwood O1352 781088, heartfelt.mountainstudio@aol.co.uk

**Artisan Crafts and Produce Fair** 10am - 4pm, Market Hall, Palace St., Caernarfon. More info from copen65@hotmail.co.uk

**Cwmorthin - Snowdonia Photo Workshop** 2nd of a pair alongside workshop on 17th. Held at Lakeside Café, Power Station Road, Tanygrisiau LL41 3TP. Workshops led by David Yeoman - davidyeomanphotography.co.uk See 17th.

**Faith in the Face of Empire: The Bible Through Palestinian Eyes** Pastor and Theologian Mitri Raheb gives this year's Robinson-Spong lecture exploring the Bible and contemporary Christianity from a Palestinian perspective. 10.30am, £10, includes tea before lecture. Bookings: Gladstone's Library, Hawarden, nr Chester O1244 532350, gladstoneslibrary.org

**Hey Clay!** Ceramics workshop with Ceri Wright. Taking inspiration from the Primmy Chorley Another World exhibition in the galleries we will explore in clay, using hand building techniques. Reinterpret everyday familiar household objects – such as cups, jugs and plates, experimenting with surface texture, colour and size. 1.30 - 3.30pm, free but limited spaces, must be booked. Suitable for all ages. Ruthin Craft Centre LL15 1BB, O1824 704774, ruthincraftcentre.org.uk

**BMC Celebration Party** Join the celebration party on the final night of the international meet where 50 climbers from all over the world will be rejoicing having spent a week Welsh trad climbing. Tasty evening meal, live music from feel good band Banda Bacana, and fun disco-house with DJ James Williams. 7.30pm, £10 members, £15 non-members. Ynys Ettws Climber's Hut, Llanberis Pass. Visit: thebmc.co.uk



## PROGRAMME OF WORKSHOPS, TALKS AND FILM SCREENING

### Saturday 1st June

11am - 4pm **Performances on Stage:** DJs, Glass Walkers and more!

11:15am - 12:15pm **FREE Guided Meditation** using visualisation with Kerry Jacques. Meditation will help you to combat stress, feel whole and content in body, mind and spirit.

12:30 - 1:30pm **FREE Drum Journey Meditation** with Claire Freeman. The Drum rhythm and vibration helps to release that which no longer serves you, enabling you to reconnect and realign on all levels

12:30 - 1:30pm **Leaving Darkness, Walking into the Light & Finding Compassion** A talk with John Awen. John talks about the violence in his life - the darkness, walking into the light and finding compassion.

2 - 3pm **Gong Bath Healing Immersion** with Sacred Sound Guru Fab Ray; an opportunity to completely free your mind from inner chatter. £10. More info: [sacredsound.guru](http://sacredsound.guru)

3:30 - 4:30pm **Motivating Force - The Best Project You Will Ever Work On Is You** A talk with Former Olympic Champion Gymnast Anastasia Fox who will share her life experiences in and off the athletic field.

3:30 - 4:30pm **FREE Zen Meditation** with Jez Griffin. Using the breath and mantra as a focus point.

LLANGOLLEN PAVILION LL20 8SW  
1st & 2nd June  
11am - 5pm



**Holistic Therapists ~ Psychic Readers  
Handmade Vegan Gifts ~ Meditation,  
Yoga, Dance & Wellbeing Sessions  
Live Entertainment ~ Childrens Activities  
Relaxation Area**

Sunday 2nd June

11:15am - 12:15pm **FREE Guided Meditation** with Kerry Jacques. See 1st

11:15am - 12:15pm **The Rest Easy Method - Well-Being in Mind** with Emily Gearing. Learn how to develop mindful awareness, resilience, empathy & emotional intelligence. For parents & children 6 years plus.

12:30 - 1:30pm **An Inspirational Talk** with Syd Barnes, who talks about his battle with Stage Four Cancer whilst on a Raw Vegan Diet.

12:30 - 1:30pm **Drum Journey Meditation** with Claire Freeman. **FREE Workshop.** See 1st for details.

12:30 - 1:30pm **Yoga for All** with Kate Surrey. Hatha yoga practice, suitable for beginners and improvers alike.

2 - 3pm **Sound Bath** with Carly Wurlly. £10. Immerse in the healing vibrations of a beautiful Chinese wind gong, quartz crystal singing bowls, Himalayan singing bowls, chimes and many other healing instruments.

3 - 4pm **Pilates** with Helen Conway. Pilates is a system of movement that will improve posture and core strength, energising the body and mind.

3:30 - 4:30pm **Zen Meditation** with Jez Griffin. **FREE Workshop.** See 1st

3:30 - 5pm **The Movie "H.O.P.E What You Eat Matters"**. This film covers all areas of the Vegan movement - Health, Environment and Animals.

**Advance Tickets: £4 per day ~ Door £6;**

**Advance Weekend: £8 ~ Door £12**

**Angel Earth Events 07557 404793**

## 18th SATURDAY & 19th SUNDAY

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

**Make A Longbow** Learn how to shape and manipulate coppice wood into a longbow; also a bow string and maybe an arrow too. £150, deposit £75. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

## 18th SATURDAY - 20th MONDAY

**Nature Connection: Rewilding Ourselves** One of the key findings of CAT's Zero Carbon Britain: 'Making it Happen' report was that our disconnection from nature is a major barrier to achieving both a zero carbon future and a socially just society. Discover the theory and practice of nature connection as you immerse yourself in the landscapes, habitats and wild spaces of mid Wales. £330 waged and £300 low waged / concession. CAT, Machynlleth 01654 704966, cat.org.uk

## 19th SUNDAY

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

**Hardy Plant Society Clwyd Group Plant Sale** All welcome - plenty of stalls and plants! 10.30am - 1.30pm, free. Holywell Community Centre, Flintshire. Info: 07768 423965 or clwyd@hardy-plant.org.uk or hardy-plant.org.uk/clwyd

**Leading the North Ridge of Tryfan** A workshop for mountain leaders. Spend a day on Tryfan with Mike Raine, Senior instructor at Plas y Brenin the National Mountain Centre and author of Nature of Snowdonia, discussing how Mountain Leaders can work with groups on the classic north Ridge scramble and remain within the scope of the award and your experience. 9.30am - 4.30pm, Tryfan LL24 0EU. Tickets: eventbrite.co.uk Facebook: of event name

**Introduction to Paper Cutting** You will learn the skills and techniques required to create paper cut artwork. Led by Chloë Augusta Needham. 10.30am - 4pm, no prior experience needed. £45, £40 students. Mostyn, Llandudno LL30 1AB 01492 879201, mostyn.org

**Viva! Festival: Petra** (15) Film; the atmosphere of Greek tragedy to contemporary Spain in this portrait of a broken family suffering the consequences of secrets, lies and violence. Spanish with subtitles, 3.15pm, £8.50. Storyhouse, Chester 01244 409113, storyhouse.com

**Corn Dollies** On this beginners' workshop, we will be looking at the history and the diverse forms the corn dolly has taken over the ages. Students will make three or four corn dollies to take home using traditional methods and old varieties of wheat. £55, deposit £30. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

**Clywedog's Woodlands, Wildlife and People** We'll join the Woodland Trust to hear tales of the formation of the geology, the rewinding of Minera Quarry, the restoration of Plas Power Woods and the origins of the industrial age at Minera Mines, Nant Mill, Bersham Ironworks and Erddig. 10am - 12pm, £2. Booking essential via: woodlandtrusttickets.cloudvenue.co.uk Meet Minera Quarry Nature Reserve, Maes y Ffynnon Road, Minera, Wrexham, LL11 3DE. Kirsten Manley 0330 333 3300, kirstenmanley@woodlandtrust.org.uk

**First There is a Mountain** With Katie Paterson, whose artwork involves the building of miniature sand mountain replicas of some of the world's most famous mountains using specially designed sets of 'buckets and spades'. Each set includes a scale model of Mount Kilimanjaro (Africa), Mount Shasta (USA), Mount Fuji (Asia), Stromboli (Europe), and Uluru (Oceania). Local groups have been invited to take part in creating the sand mountains on the beach, with their unique participation at each location essential to the evolution of the artwork and the overall experience. The public are also invited to watch the artwork unfold and later to see it be washed away by the tide. 2.30 - 4.30pm. Meet: Boating Pool, West Shore Beach, Llandudno. If you'd like to take part and help create these sand sculptures on the beach, as a group, a family or an individual, contact jane@mostyn.org

**Eyarth Rocks** A fairly strenuous but enjoyable walk, alongside Butterfly Conservation Members, to search for pearl-bordered fritillaries, early purple orchids and greater butterfly-orchids. 2 - 4pm, £2. Meet at SJ 127553. Eyarth Rocks Nature Reserve, near Ruthin, LL15 2EG. Dan Rose 07976 962251, nwwtwrexham@gmail.com

**Estyneto** See 5th

**Bolshoi Ballet Carmen Suite / Petrushka** Carmen is passionate and free-spirited but finds herself caught in a love triangle. 4pm, £13, £10. Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

**Welsh National Opera** Music by Greig, Mahler, Tchaikovsky. 3pm, £24.50, £6.50 25s +Under. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

## 20th MONDAY

**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

**Mum & Baby Yoga Classes** 4 week course, until 10th June, dedicated to gently closing the postnatal body, rebuilding the core, and lots of fun postures for you and baby to practice together. We will also learn the basics of the baby yoga moves which we will build on more in course 2. £32. Held at Quaker Meeting House, Bangor LL57 1UP. Laura Knott 07914 917711, birthingmamas.co.uk

**Chi Gung / Qi Gong class** New class, see 13th.

**Talk: Act Now, Climb Later** Join Director of the Snowdonia Society John Harold for a talk on why now is the time to stand up for National Parks. Booking not required, just show up! 8pm, Plas y Brenin, Capel Curig. Snowdonia Society 01286 685498, snowdonia-society.org.uk

**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

20th MONDAY - 22nd WEDNESDAY

**The Vanishing** (15) Film. After three lighthouse keepers arrive for work on a remote Scottish isle, they make a fateful discovery: they find a wrecked rowboat – with a chest full of gold. 7.30pm, £6. Theatr Colwyn, Colwyn Bay LL29 7RU, 01492 556677, theatrcolwyn.co.uk

20th MONDAY - 1st JUNE, SATURDAY

**Educating Rita** Theatre performance. When married hairdresser Rita enrolls on a university course to expand her horizons, little does she realise where the journey will take her. Prices from £10, daily 7.30pm, plus 2.30pm 23rd/25th/30th. Theatr Clwyd, Mold. 01352 701521, theatrclywd.com

21st TUESDAY

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

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

**The Healing Well** Hands on Healing, 2 sessions, 7 - 9pm, all welcome. Ganolfan Pentrefelin, nr Criccieth. Mayamara 01766 770874.

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

21st TUESDAY - 16th JULY, TUESDAY

**8 week Mindfulness Based Cognitive Therapy Course** Taught by Heather Bolton. 5.45 - 8.15pm, £120 fee includes all materials and coursebook; concessions available. Open to all. Held in Bangor. Contact Heather 07912 877836, heatherbolton@btinternet.com

22nd WEDNESDAY

**Spring Wildflower Walk** Join us for a walk around Coed y Felin Nature Reserve, learning about the wildflowers found here in spring. Booking essential. 10am - 12pm. Coed y Felin, 4 miles north of Wyddgrug nr A541, Hendre, Flintshire, CH7 5QL. Amy Green 07961 698437, amy.green@northwales.wildlifetrust.org

**The Bigger Picture: Spirit, Soul and Matter** An evening with Chester Theosophical Lodge. 7 for 7.30pm, £5.50, £3.50 concs., Held at Quaker Meeting House, Frodsham St., Chester CH1 3LF. Enquiries 01244 377170, chestertheosophy.org

**Catrin Finch & Seckou Keita** Thematically inspired by the Osprey – the magnificent raptor recently returned to Wales after its persecution to near extinction 400 years ago – and its annual migrations between Europe and Africa, the duo's intoxicating, often improvised synergy captures a magical meeting of minds and talents within a borderless musical landscape. 7.30 - 10.30pm, £18, £16. Neuadd Dwyfor, Penlan St., Pwllheli LL53 5DE. 01758 704088, neuadddwyfor.com

23rd THURSDAY

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

**The Soul's Odyssey** A talk by Hugh Agnew from Liverpool, President of the North West Federation of the Theosophical Society. Several books on Theosophy and related subjects will be on sale at only £1 each.



Donations of unwanted books are appreciated. 2pm, £5 - TS Members £3, free refreshments. New enquirers are always welcome. Held at Parkway Community Centre, off Rhos Rd., Rhos-on-Sea LL28 4SE, theosophywales@yahoo.co.uk See ad on page 8.

**A Walk on The Wild Side ~ Cwm Idwal** Join Jim Langley of Nature's Work for a walk to Cwm Idwal to see the exquisite wildflowers, finishing with a 'panad' at Café Moel Siabod. Booking essential. 10am - 3pm. Snowdonia Society 01286 685498, snowdonia-society.org.uk

**Dementia Action Day** Talks and discussions. Learn more about dementia, what it is, what's it like living with dementia, or being a carer. Find out how the church can help. 9.45am - 3.30pm, free. Rev Dr Bob Friedrich, Diocese of St. Asaph, Cathedral, 25 High St., St. Asaph LL17 ORD. More: bobfriedrich1@gmail.com

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

23rd THURSDAY - 26th SUNDAY

**Weaving Course** Create a beautiful wall hanging using Eta's stunning styles and techniques. Colourful woollen yarns and unspun fleeces and other materials will be available for use in your freeform weaving, working on an upright loom. The course is suitable for those completely new to weaving as well as experienced weavers. There is an optional Dyeing Worksop on 23rd. Led by Eta Ingham-Lawrie. Held at Trigonos, Nantlle LL54 6BW. 01286 882388, trigonos.org



23rd THURSDAY - 27th MONDAY

**Conscious Camp** A healing festival seeking to improve people's quality of life by providing workshops aimed at removing negative blockages, dissolving self-limiting beliefs, creating empowerment and having fun. This is also an intoxicant free camp. Holistic therapists, Meditation, River Camp Fire, Kirtan, Yoga, Dance, Workshops. Tickets advance: 5 days £55, early bird £45. On the Gate £65, children 11 - 16 free. Day ticket £25. Glynedyrdwy, Denbighshire. Visit: [consciouscamp.co.uk](http://consciouscamp.co.uk)



24th 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, [inspiratrix.co.uk](http://inspiratrix.co.uk)

**Final Ascent: The Legend of Hamish MacInnes**  
Film. See 16th for details. 7 - 10pm, Neuadd Ogwen Bethesda LL57 3AN. Facebook: of event name or [neuaddogwen.com](http://neuaddogwen.com)

**40 Years of Alien** The film *Alien* has left an indelible mark on popular culture. Hosted by the Centre for Film, Television and Screen Studies at Bangor University, this symposium proposes to bring together scholars from diverse disciplinary backgrounds to explore *Alien* forty years since its release, debate its legacy and consider its position within visual culture. 10am - 9pm. Held in Pontio, Bangor. Contact Gregory Frame: [g.frame@bangor.ac.uk](mailto:g.frame@bangor.ac.uk)

**Elizabeth Morgan - 18th Century Gardener** A fascinating insight into Morgan's meticulously kept garden, with Mary Gwynedd Jones. 2pm, £5. Storiell, Bangor 01248 353368, [storiell.cymru](http://storiell.cymru) See Exhibitions

24th FRIDAY - 26th SUNDAY

**Inkle Loom Weaving** You will learn how the loom works, choosing threads, pattern drafting, warping the loom, weaving and ways to use your braid. Inkle looms will be available to use and you can purchase once the course is over. £219 - £239. Plas Tan Y Bwlch, Maentwrog LL41 3YU, 01766 772600, [eryri.llyw.cymru](http://eryri.llyw.cymru).

**Historic Towns** This weekend course examines two of these - Conwy and Llanrwst - through site-visits and talks. £229 - £249. Plas Tan Y Bwlch, Maentwrog LL41 3YU, 01766 772600, [eryri.llyw.cymru](http://eryri.llyw.cymru).

**Journey in Samuel Holland's Footsteps** Retracing parts of the journey Samuel Holland Jnr took upon his father sending for him at short notice, when he was just eighteen, to look after a new quarry, which he had opened in Rhywbryfdir, on Oakeley land. £229 - £249. Plas Tan Y Bwlch, Maentwrog LL41 3YU, 01766 772600, [eryri.llyw.cymru](http://eryri.llyw.cymru)

24th FRIDAY - 27th MONDAY

**Forest Church Eco-Retreat** Three days exploring what it means to be connected to the whole of nature. Under the canopy, at the shore, on the hillside, rooted in biblical tradition and connected to the earth. Time to connect intentionally and playfully with the spirit of God that is present in all things. Facilitated by Cate Williams and Stuart Elliot. For bookings and more information go to: [brogwydyr.cymru](http://brogwydyr.cymru)

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

**Birds of the NW Coast, Woodlands and Uplands**

We will explore the coastal cliffs and estuaries, visiting seabird colonies on Anglesey and the RSPB Reserve at Conwy; walk through glaciated valleys for open country and woodland birds and take in higher ground for upland and moorland specialities. We will identify all the species by sight and sound and discuss their ecology and conservation status as well. £370 resident; £299 resident concs; £247 non-resident. Field Studies Council, Rhyd-y-Creuaud, Draper's Field, Betws y Coed LL24 0HB. 01690 710494, [enquiries.rc@field-studies-council.org](mailto:enquiries.rc@field-studies-council.org)

**Yoga and Mountain Walking** This is an opportunity to climb a mountain such as Cnicht or Moel Hebog, both of which have absolutely stunning views of the valleys below. A good level of fitness is required for these walks. £275 all inclusive. Contact Morris Mountains: [morrismountains.co.uk](http://morrismountains.co.uk)

24th FRIDAY - 28th TUESDAY

**Spirituality of Yoga** "We are a microcosm of the macrocosm. What we think, do and say makes a difference to not just ourselves, but to the world we are a part of." In understanding the spirituality of yoga we will explore simple, powerful and ancient practices that we can apply to our fast moving everyday lives that not only will enrich ourselves but also reconnect us back to the natural rhythms of the universe. £570 shared; £710 single. Snowdonia Lodge, Bethesda 01248 602900, [druyoga.com](http://druyoga.com)

24th FRIDAY - 31st FRIDAY

**Embodying Love** On this retreat, we will explore opening to Metta as an innate quality of our body, heart and being - literally embodying love. Becoming and being truly embodied is not just a preliminary practice, but integral to the whole path. We will look at effective ways of deepening into the body and heart - through traditional Triratna meditation practices. £315, £287 concs., deposit £70. Vajraloka Buddhist Centre, Corwen LL21 0EN. 01490 460406, [vajraloka.org](http://vajraloka.org)

24th FRIDAY - 2nd JUNE, SUNDAY

**Gŵyl Greadigol Llŷn Arts Festival** Artists, exhibiting their work in various venues around the Llŷn Peninsula - Llanbedrog, Pwllheli, Llangwnadl, Y Ffor, Morfa Nefyn, Tudweiliog, Rhiw and more. Local artists include ceramics, paintings, needle-felting and mixed media. You can find brochures in and around local shops, churches, cafes, art galleries. See Calendar for events or visit Facebook: Llŷn Arts Creadigol

25th SATURDAY

**Chester's 'Stop Arming Saudi' Silent Vigil** is held on the last Saturday of every month at The Cross in Chester city centre from 12.30pm -1.30pm. Please wear black if possible. chestercnd@gmail.com

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

**Taliesin & The Celtic Mysteries: Staff and Song** In his engaging and inimitable style Dr. Morus will lead us through an entire day of exploration, deep into the heart of the Taliesin and Celtic mysteries. Includes magic, contemplation, discussion, ritual and the perspective that Gwilym has of our native mysteries. Led by Anglesey Druidic Order. 10.30am - 6.30pm, £40. Llanfaelog, nr. Rhosneigr, Isle of Anglesey LL63. Bookings: Andy adoawenydd@btinternet.com Facebook: of event name

**Abergele Food and Craft Festival** Over 150 stalls from Wales, showing everything we have to offer in the area. 11am - 4pm, set in Pentre Mawr Park, Abergele LL22 7PG. 01745 341001.

**The Mountain Environment** We take a look at the mountain environment from its geological history to its vegetation and human influences upon the landscape. We will identify general characteristics of rock types, habitats and take a closer look at the wildlife which inhabit this environment. £45, Snowdonia area. Nature's Work 01248 361142, natureswork.co.uk

**Needle Felting ~ Butterfly Brooch or Accessory** The tutor will provide all materials to work from but you are welcome to bring with you any coloured fabrics, threads, ribbons or embellishments that you may want to add to your work. 10am - 4pm, £50, deposit £25. Please bring lunch. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

**Ucheldre Lit Soc** Gravity and levity: letting language lead. More info soon, Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

25th SATURDAY - 27th MONDAY

**Make a Post & Rung Stool** On this course you will learn the basic techniques of green woodwork and use them to make a four-legged post and rung stool which you will seat with woven elm bark. £160, deposit £80. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

25th SATURDAY - 29th WEDNESDAY

**Poppy Perinatal Yoga Teacher Training** Learn how to teach the Poppy Perinatal Yoga approach, a revolutionary approach to prenatal and postnatal

yoga, during this retreat hosted at Yr Ocar in Snowdonia. Residential £849, all inclusive. Non-residential £649 includes lunch. Bookings through NW Retreats: 07970 409724, northwalesretreats.com

26th SUNDAY

**Regenerate Your Movement ~ Feldenkrais Method** Our everyday movements are based on how we learned to move as babies. Revisiting early patterns can connect us to new possibilities of curiosity, flexibility & ease. 10am - 1pm, £30, led by Veronica Rock. Verve Health, Fitness & Wellbeing, 2-4 George Street, Llangollen LL20 8RE. Contact: 07990 825783, vhrock@feldenkrais.co.uk

**Llŷn Arts Festival: Mythical Welsh Creatures** Interactive sound and light installation by musician Alison Beattie; all welcome, may be unsuitable for the very young. 1 - 4pm, free, Plas Glyn Y Weddw, Llanbedrog 01758 740763, oriel.org.uk

**Alpine Flowers** We will look at the adaptations and ecology of these plants and develop your skills and confidence in identifying plants in the field. Bring along a notebook, pencil and camera to help you remember the plants you discover once you've returned home. £45. Snowdonia area. Nature's Work 01248 361142, natureswork.co.uk

**The Great Strait Raft Run** Annual fun and challenging day of rafting and raising money for good causes. From 12 noon. Y Felinheli, Caernarfon LL56 4PJ.

**Cnicht for Bywyd Gwylt Glaslyn Wildlife** Join us on this fully guided mountain walk with fully qualified mountain leaders to raise funds and awareness for the amazing work that the Osprey project do. The walk will be around 7 miles and is suitable for children over 10 years old. Bring refreshments and suitable clothing/boots. 9am, £15, U18s free. Meet at Wildlife Visitor Centre, Pont Croesor, Llanfrothen LL49 9SP. Led by Mountain Escapes - info@mountainescapes.co.uk

**Swan Lake** Film screening of Matthew Bourne's Production. This Swan Lake is perhaps still best known for replacing the female corps-de-ballet with a menacing male ensemble, which shattered conventions, turned tradition upside down and took the dance world by storm. 3pm & 5.30pm, Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

27th MONDAY

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

**Mum & Baby Yoga Classes** See 20th

**Ffair Gwanwyn ~ Spring Fair** Lots of stalls! 10am - 4pm, £1 entry. Pentref Neuadd, Cemaes, Ynys Mon. Tables available from Tracey 01407 711345, Janette 01407 239164.

**Queensferry BizMums** Join local mums in business to share what you are doing and make new connections; children welcome. Usually a guest speaker. 10am - 11.30am, free new members, £7.50 returning guest. Wizz Kidz, Fford Pentre, Deeside CH5 2DW. More from bizmums.biz

**Chi Gung / Qi Gong class** See 13th.

27th MONDAY - 29th WEDNESDAY

**Pixi Camp** Games and activities for (local) families. Organised by Ros Daws. Contact by email on roz4harmony@yahoo.co.uk or on 07717 076360. Held at Cae Mabon, Fachwen, nr Llanberis.

27th MONDAY - 31st FRIDAY

**Build A Natural House** Build your own outhouse, a garden retreat or even extending or building your own home. Whatever your grand design, this practical course can help put some of those ideas into focus, pick up new skills and learn the tricks of the trade from an experienced builder and Master Carpenter. £650; £600 concs. CAT, Machynlleth 01654 704966, cat.org.uk

**Where Do I Go From Here?** A course for painters. All painters, even experienced artists meet a brick wall, yet, with ample tuition and a life-time of ideas and examples you can paint what you've always wanted to. £429 - £469. Plas Tan Y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri.llyw.cymru

28th TUESDAY

**Fairport Convention** Credited with originating British folk-rock music, they retain a passion for live performance. 7.30pm, £22.50. Neuadd Ogwen, Bethesda LL57 3AN, neuaddogwen.com

28th TUESDAY - 31st FRIDAY

**Yoga with Margaret** A 3 day "Breathing Movement" Yoga Retreat that will suit all abilities. We focus on subtle energy flows of involuntary movement that lead seamlessly into an individual exploration of voluntary movement and posture. Through the sensations of direct experience we are fully relaxed into a deeper awareness, understanding and compassion for ourselves and others. Based on the philosophical teachings of Jiddhu Krishnamurti. Held in Trigonos Nantlle. Bookings and info from Margaret Davidson 07981 832857, 01668 281462, chrstacle8@gmail.com

29th WEDNESDAY

**Gŵyl Greadigol Llŷn Arts Festival- Clay Play in the Woods** 'Forest Friends and Faces' at Plas Glyn Y Weddw, Llanbedrog 11am - 1pm. Book on their website or turn up - children £6, adults £9. Contact Annie Horsley 01758 770492, pandahorsley@talktalk.net

30th THURSDAY

**John Cooper Clarke ~ The Luckiest Guy Alive** Poet, raconteur, social and cultural commentator. 7.30pm. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

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

**The Good, The Bad and The Plastic** We're becoming more knowledgeable about the dangers of plastic, and are trying to find a more low-carbon method of carrying our produce. But is plastic as bad as we think? And what is the real cost of energy used to recycle or create alternatives? 9am - 12pm. Free. M-SParc, Gaerwen LL60 6AG. Visit: m-sparc.com

**Rocks and Radishes** Join Vic Hughes and Geoff Radford in a leisurely walk from Aberffraw to Llangwyfan and return (about 4.5 miles, moderate). Great coastal landscape, geology and wildlife. Bring lunch! 11am - 3.30pm. Meet at Aberffraw Bridge, Anglesey LL63 5LJ. Penny Radford 01248 713022, radfords713@btinternet.com

**Llŷn Arts Festival: Mambo Jambo Events Nonsense Show** 2.15pm, for 3 - 7 yr olds and family, £5. **Mambo Jambo Concert** 7.15pm, £5, Acoustic Roots in a joyous whirlwind of music. Both outside in Open Air Theatre, unless raining then indoors. Plas Glyn Y Weddw, Llanbedrog 01758 740763, oriel.org.uk

**Pop Up Vinyl Record/CD Shop** 3000+ records, 60's, 70's, 80's, 90's, rock, pop, prog rock, indie, Cymraeg, blues, metal, punk, new wave, soul, Northern Soul, folk, jazz, reggae, electronic, goth, hip hop and more. Records from 50p. Also a hand picked selection of CD's. 2 - 7.30pm. The Valley Hotel car park, Anglesey. Facebook: Gwynedd Record Collector

30th THURSDAY & 31st FRIDAY

**Clay Play Workshops** Part of Llŷn Arts Festival. For children £6, adults £9, 10.30am - 12pm. Annie Horsley Tyn Y Parc, Llangwnnadd, LL53 8NY, 01758 770492, pandahorsley@talktalk.net

30th THURSDAY - 1st JUNE, SATURDAY

**Bangor Science Festival & Festival of Discovery** Showcasing the latest in science, technology and engineering. This year we are partnering with the Festival of Discovery which is being held at the Mona Show Ground on Anglesey. Lots of activities including interactive science, food stalls, cookery, music, dance, storytelling and theatre. Day tickets £10, £5 children, under 3s free. Anglesey Showground. More info: bangor.ac.uk/bangorsciencefestival

31st FRIDAY

**Women's Creative and Relaxation Evening** An evening to meet up, relax, feel in supported company of other nurturing women, with wellbeing themes or even artwork! Monthly meetings. Limited spaces, 7 for 7.30pm, (no arrivals after 7.30) home at 9pm, £4, wear warm and cosy clothing. Rachel, The Conscious Homestead in Flintshire. PayPal via theconscioushomestead@yahoo.com (Friends and Family) Join Facebook: of event name

**Côr Alawon Llŷn** Mixed voice choir conducted by Alaw Tecwyn, accompanist Nia Thomas. 7pm, free donations welcome. Eglwys Newydd, Aberdaron. Part of Llŷn Arts Creadigol

**Gŵyl Greadigol Llŷn Arts Festival Mambo Jambo Dance Workshop** Brazilian Samba and Samba Reggae moves, 2 - 3pm, £5. Plas Glyn Y Weddw, Llanbedrog 01758 740763, oriel.org.uk

Copydate for June Issue:

May 18th

## Workshops in June & July

### JUNE

- 1 **Meditation and Teaching Day** The Hermitage, Criccieth. 01766 530839, ahs.org.uk
- 2 **Weeds for Wellbeing** Hawarden Estate. Lea 07876 794098. Facebook: of event name
- 7 - 10 **Dive into Yoga ~ Yoga and Wild Swimming** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk
- 9 **Yoga Workshop** Portmeirion, Tracey 07809 485323, traceyyogamassage.co.uk
- 9 **Alpine Flowers** Snowdonia, Nature's Work 01248 361142, natureswork.co.uk
- 9 **Yoga Day Retreat** Abergele, LC Yoga, lcyoga.co.uk
- 14 - 16 **Dive into Yoga ~ Yoga and Wild Swimming** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk
- 14 - 17 **Discovering the Heart of Buddhism** The Hermitage, Criccieth. 01766 530839, ahs.org.uk
- 15 **Nature of Snowdonia** Bangor. Facebook: of event name
- 16 **Nature of Snowdonia - Arctic Alpine Special Environment Workshop** Bangor. Facebook: of event name
- 17 - 21 **Dive into Yoga ~ Yoga and Wild Swimming** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk
- 19 **Craft Workshop with Kitty and Flo** Criccieth Festival. Bookings: cricciethfestival.co.uk
- 20 - 24 **Yoga, Meditation & Walking Retreat** Canolfan Y Fron, Snowdonia. Cat Stuijt 07816 103064, cat@trudrudyoga.co.uk
- 28/6 - 1/7 **Nomad 3** Henbant Bach Farm, Caernarfon LL54 5DF. Contact nomadwales.com
- 29 **Introduction to Encaustic Painting (Hot Wax Painting)** Llandudno 01492 879201, mostyn.org
- 30 **Alpine Flowers** Snowdonia, Nature's Work 01248 361142, natureswork.co.uk
- 30 **Yoga & Meditation** Nant Gwrtheyrn, Llithfaen, Pen Llyn. Simply Yoga & Therapies 07969 70395, juss\_delish@outlook.com

### JULY

- 5 - 7 **Yoga, Wild Swimming and Walking** Snowdonia. Info: morrismountains.co.uk
- 5 - 8 **Yoga and Walking Retreat** Snowdonia Lodge, Bethesda 01248 602900, druyoga.com
- 6 **Welcome to Crystals** Chester Health Store. Contact: cariadcrystalhealingandspiritualguidance.weebly.com Facebook: of event name.
- 14 **Breathing & Moving Freely ~ Feldenkrais Method** Llangollen. Veronica Rock 07990 825783, vhrock@feldenkrais.co.uk
- 19 - 21 **Yoga with Danny Paradise** Llanfrothen. Bookings: traceyyogamassage.co.uk
- 19 & 21 **A Weekend of Yoga** Venues: 19th - TBC, 20th - Blaenau Ffestiniog; 21st Portmeirion. Tracey 07809 485323, traceyyogamassage.co.uk
- 19 - 22 **Nomad 3** Henbant Bach Farm, Tain Lon, Caernarfon LL54 5DF. Contact nomadwales.com
- 27 **Create Your Own Macrame Plant Pot Hanger** Llandudno 01492 879201, mostyn.org

## REBELS of PEACE Sacred Activism & Political Action

Networking and Symposia

May 13th ~ 19th

[www.gemeinschaft-sulzbrunn.de](http://www.gemeinschaft-sulzbrunn.de)



## Centres in North Wales: Workshops in June & July

### Centre for Alternative Technology (CAT)

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

#### JUNE

- 15 & 16 **Connecting with Trees**
- 15 & 16 **Mindful Woodland Management**
- 21 - 23 **The Diversity of Invertebrates in West Wales**
- 22 **Earth Oven Building**
- 28 - 30 **Identifying Flowering Plants**
- 29 **Spoon Carving**
- 29 **Build A Lapsteel Guitar**

#### JULY

- 1 - 3 **Identification of Grasses, Sedges and Rushes**
- 4 & 5 **Stove Installers Course**
- 6 **Compost Toilets**
- 6 & 7 **Building with Ecobricks and Cob**
- 7 - 12 **A Work That Reconnects Retreat: Meditation & Volunteering**
- 7 **Reedbeds and Waste Water Management**
- 8 - 11 **Installation of Dry Appliances & System Chimneys**
- 8 - 11 **Build a Shed - Beginners**
- 12 - 14 **Introduction to Permaculture**
- 15 - 20 **The Science of Sustainable Food Production**
- 20 - 23 **Introduction to Rewilding**
- 22 - 26 **Build a Natural House**
- 26 - 29 **A Way of Building**
- 27 & 28 **Cob Building**
- 29/7 - 1/8 **Build a Tiny House**

### The Healing Centre

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

#### JUNE

- 15 & 16 **Reiki 1st degree course**

#### JULY

- 6 & 7 **Reiki 1st degree course**

### Cae Mabon

Fachwen, nr Llanberis LL55 3HB  
01286 871542, caemabon.co.uk

#### JUNE

- 14 - 21 **Divinicus ~ Openhand Retreat**
- 28/6 - 2/7 **Sisters of The Wild 2 Bookings: sistersofthewild.com**

#### JULY

- 5 - 7 **Awakening to Sacred Union**
- 11 - 15 **Sweet Darkness ~ Working with the Shadow**
- 19 - 25 **Sacred Ecology ~ A Rewilding Apprenticeship Bookings: wildgaiansoul.com**
- 26 - 29 **Spontaneous Storytelling Fiesta**

### Field Studies Council

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

#### JUNE

- 1 - 4 **Mountain Plants of North Wales**

#### JULY

- 17-20 **A Botanical Odyssey**
- 20-23 **Fern Identification**
- 27/7-4/8 **Real Adventure Holidays**

### Gladstone's Library

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

#### JUNE

- 1 **Women Finding Their Voice**
- 10 - 16 **Latin in a Week**
- 21 - 23 **Alibis in the Archive (Crime Writing)**

#### JULY

- 12 - 14 **The Gladstone Umbrella**
- 26 - 28 **Modern Theology, Supernatural Miracles and the Bible**



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

JUNE

- 7 - 9 **Butterflies and Moths**  
7 - 9 **Buildings and Gardens in Pen and Wash**  
7 - 9 **Drawing and Painting in Ink, Pen & Watercolour**  
14 - 16 **About Welsh**  
23 - 30 **Practical Industrial Archaeology**

JULY

- 8 - 12 **Painting in Snowdonia**  
21 - 26 **Painting Flora and Fauna**  
26 - 28 **Lloyd George**  
26 - 28 **A Closer Look at Trees**  
29/7 - 2/8 **Cross Stitch Workshop**  
29/7 - 2/8 **Butterflies and Moths**

**Trigonos Environment Centre**

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

JUNE

- 15 - 20 **Mindful Self-Compassion! Silent Retreat** *Bookings: mindfulness-secular-retreats.org.uk*  
24 - 28 **Cultivating & Establishing Mindfulness** *Bookings: mindfulness-secular-retreats.org.uk*

JULY

- 6 - 13 **Teacher Training Mindfulness Level 2** *Booking through: training@mindfulness-network.org*  
13 - 17 **Mindful Solutions**  
17 - 20 **Storytelling Workshop**  
20 - 27 **Teacher Training Mindfulness Level 1** *Booking through: training@mindfulness-network.org*  
27/7-1/8 **Drawing on the Right Side of the Brain**  
27/7-1/8 **Living More Mindfully Silent Retreat**

**Kalpa Bhadra Buddhist Centre**

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

JUNE

- 8 **A Grateful Heart** - half day course  
22 **Breaking the Cycle of Suffering**

Yesterday I was clever,  
so I wanted to change the world.  
Today I am wise, so I am  
changing myself." Rumi

**Tŷ Newydd Writing Centre**

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

JUNE

- 3 - 8 **Writing for TV**  
8 **Welsh Language: Writing a Novel**  
24 - 28 **Poetry in Our Past**

JULY

- 12 - 14 **Poetry and the Sea**  
15 - 20 **Poetry: The Shapes of Sound**  
20 - 25 **Emerging Writers: Poetry and Prose**  
29/7-2/8 **How to Write Young Adult Fiction**

**Woodland Skills Centre**

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

JUNE

- 11 - 14 **Social Forestry OCN**  
15 **Know Your Trees**  
15 - 16 **Basket Making 2**  
16 **Timber Processing**  
22 **Tool Sharpening**  
23 **Family Day in the Woods**

JULY

- 6 **Pegloom Weaving**  
13 & 14 **Make a 3 Legged Stool**

## Exhibitions



Theresa Taylor

**Spatiality** Until 5th May. Theresa Taylor and Nigel Morris show a continued development of their printmaking practices. Mostyn, Llandudno LL30 1AB 01492 879201, mostyn.org

**Open Art ~ Celf Agored** Until 15th June. Selected artworks in various media creating a diverse open exhibition with something to suit all. Works are also for sale. Storiell, Bangor 01248 353368, storiell.cymru

**Migrating Metal ~ Metel yn Mudo** 4th May - 6th July. A collaborative project examining the themes of trade and migration. Metal items from Storiell's collection from Bronze Age to Medieval period as well as artefacts from the community archaeology Saving Treasures project. Storiell, Bangor 01248 353368, storiell.cymru

**Under Your Feet ~ The Contemporary Rug** Until 14th July. A celebration of rugs designed in the British Isles. 19 of the best rug makers today are represented in this exhibition. Their rugs will be spread out in a colourful, textured and timely reminder that underfoot, or on a wall, rugs remain as vibrant and relevant as any other craft medium. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

**Ros Hornbuckle ~ Weaving the Coast / Gwehyddu'r Arfordir** Until 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, Oriell Ynys Mon, Llangefni, Anglesey LL77 7TQ, 01248 724444, kyffinwilliams.info

**Folded Forest ~ Sky on High to Burrow Below** Until 2nd June. Showcasing the creative partnership of Ruth Viqueira and Sarah Peel; limited edition prints, homewares and textiles screen-printed with inspiration from the natural world;

woodlands, moorlands, jungles, the frozen arctic and deep ocean depths. Mostyn, Llandudno LL30 1AB 01492 879201, mostyn.org



**Drawn From The Collection / O'r Casgliad** Until 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. Oriell Ynys Mon, Llangefni, Anglesey LL77 7TQ, 01248 724444, kyffinwilliams.info

**Charles Tunnicliffe - The Commercial Artist** Until 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. Oriell Ynys Mon, Llangefni, Anglesey LL77 7TQ, 01248 724444, kyffinwilliams.info

**Primmy Chorley** Until 14th July. This is the lived everyday, depicted with a purity of intent that borders on innocence. It is the wonder of the commonplace made manifest in simple forms and humble materials. Home, family, the surrounding land and beloved dogs. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk *Workshops: 11th & 12th May.*

**NW Potters ~ Maker of the Month is Neil Dalrymple**

Throughout May. *"My style is inspired by nature, fully researched & realistic, incorporating movement when creating wildlife. I produce small and large birds, river & pond life including otters, frogs and toads, and specialise in gamefish, Salmon, Sea Trout and Brown Trout."* NW Potters Gallery, 1 High St., Conwy LL32 8DB, 01492 593590, northwalespotters.org



**Spring Exhibitions** Until 12th May. Includes work by: Luned Rhys Parri, Huw Gareth Jones, Sian McGill., and a collection of work by Helen Steinthal (1911 - 1991). WESAL - a film to conclude our year-long programme of artist's films on the theme of 'borders' by Catrin Menai & Omar Shammah. Oriell Plas Glyn y Weddw, Llanbedrog, Pwllheli LL53 7TT, 01758 740763, oriel.org.uk

**Pensychnant Wildlife Art Exhibition** Until 29th September. Exhibition of originals, prints and photographs in various styles and media, works by Philip Snow, Julie Horner, Liz Bolloten, Betty Mills, Angela Rigby-Doble, Emma and Steve Stansfield, Ian Wright, Paula Salmons, Chris Slinn, Bee Williams, John and Tracy Langley and Barbara Winrow. *If anyone else wishes to exhibit please contact Julian.* Pensychnant Centre, Conwy. Julian 01492 592595, julian.pensychnant@btinternet.com

**Derek Boshier: It's Only When The Tide Goes Out** Until 30th June. Selected works and ephemera by English pop artist Derek Boshier who first came to prominence as part of the British Pop Art movement in the early 1960s. Boshier is also known for his work with cultural icons such as The Clash and David Bowie. Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org

**Pete Monaghan, Susan Kane, Matthew Wood & Sharon Griffin** 26th May - 19th June. Ffin Y Parc, Llanrwst LL26 0PT, 01492 642070, welshart.net

**S. Mark Gubb: The Last Judgement** Until 30th June. Taking Michelangelo's Sistine Chapel painting of the same name as a starting point and reference, the exhibition includes a range of new and existing sculptural works exhibited as an installation. Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org



Susan Kane

**Melanie Williams** Until 18th May. Encaustic and mixed media. Open Thurs - Sun, 11.30am - 2.30pm, Oriel Ty Meirion, Dyffryn Ardudwy LL44 2DH, 01341 247541.

**Mawddach Art Group** 3rd - 12th May. Hold their annual Spring Exhibition in the Arts Room of the theatre. (Closed 9th May). Opens 10am - 3pm, free entry, tea/coffee available. Original artworks and prints for sale. Theatr y Ddraig, Barmouth LL42 1EF, 01341 281697, dragontheatre.com

**Anne Lewis ~ The Waterfall Years 1996 - 2019** An exhibition of linocuts; and **David Jones 'From My Imagination'**. Upper Gallery, RCA Conwy LL32 8AN, 01492 593413, rcaconwy.org



Anne Lewis

**Elizabeth Morgan 18th Century Gardener** Morgan's meticulously kept garden diary written between 1754 - 1772, gives us insight into the garden practices of that period. There is an exhibition opening and book launch on 2nd May, 6pm, in Storiel's garden; and 2pm talk with Mary Gwynedd Jones. Storiel, Bangor

01248 353368, storiel.cymru

**Elfyn Lewis at 50, Kim Dewsbury & Martin Llewellyn** Until 22nd May. Ffin Y Parc, Llanrwst LL26 0PT, 01492 642070, welshart.net

**Quarry Women ~ Merched Chwarel** Until 7th September. A collaborative exploration of who we are - the quarry women of past, present and future. Storiel, Bangor 01248 353368, storiel.cymru

**Dark Materials ~ Deunyddiau Tywyll** Until 13th May. Mixed media work by Chris Goodwin. Time spent in the woods near Dolgellau and brings to life the supernatural presence composed of all natural material, emerging from the golden mist of dawn or haunting at twilight. Refreshments available. @Hwb Croesor, Oriel Caffi. Facebook: of event name

**Philippa Jacobs ~ Four Quartets** 4th May - 1st June. An exhibition based on T S Eliot's poem of same name. Lower Gallery, RCA Conwy LL32 8AN, 01492 593413, rcaconwy.org

**Gŵyl Greadigol Llŷn Arts Festival** 24th May - 2nd June. Exhibiting and selling work by local artists and crafts people in various venues around the Llŷn. Programmes available from local venues/shops/churches. Facebook: of event name



Andi Chell - Needle Felting in St Pedrog, Pwllheli

**Manuela Niemetscheck ~ Crwydro/Roaming** Until 10th May. This artwork was created by Artist and Art Psychotherapist Manuela Niemetscheck while working as Arts in Health Practitioner within Betsi Cadwaladr University Health Board's (BCUHB) Community Environmental Arts Therapy Group from 2017 to 2018. The artwork explores the process of being on a journey and offering a sense of place outdoors. Here the main objectives are about being and experiencing, the development of restorative spaces and senses, as well as securing a safe environment. Sessions were based around the Celtic calendar and circle of trees, following the yearly seasonal cycle and fostering a deep connection to nature with an approach for awakening the heart and the senses. "The aims were to reflect on experience, gain awareness and understanding of self and find a balance between doing and feeling within this pervasive western culture." Neuadd Ogwen, Fford Bangor, Bethesda LL57 3AN, neuaddogwen.com

**Inter/Verba ~ Remy Dean** 26th April - 7th June. Local author and artist Remy howcasing his latest orks. Oriel Maenofferen Gallery, Blaenau Ffestiniog Library 01766 830415.



...is wisdom something we find?



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01745 710626

enquiries@woodlandskillscentre.co.uk  
[www.woodlandskillscentre.co.uk](http://www.woodlandskillscentre.co.uk)

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

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

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## From Mercenaries to Missionaries

Martin Murphy

*"You never change things by fighting against the existing reality. To change something, build a new model that makes the old model obsolete."*

**This favourite quote** of mine is Buckminster Fuller's. I've been looking for a way to implement this philosophy into my work.

I spent some time with overseas intelligence officers last year, teaching leadership. I used the opportunity to subversively challenge their worldview under the guise of improving decision-making skills. By challenging them to argue for their enemies' viewpoint, it soon became apparent that both sides had ideas worthy of consideration. People are complex beings. Ultimately though, the officers realised that after leaving the course, they would hit the paradigm inertia present within organisations and governments and have to continue working on their old assumptions.

So, upon my return I wrote a book called *From Mercenaries to Missionaries*. It's a fusion of experience, observations and research intended to help business owners evolve into leaders who can unleash more of the purpose, passion and potential of teams in growing businesses. Within society entrepreneurial people are creating wealth by selling products and services. To be successful they have to compete for their place in the Universe and bringing a product to the marketplace often requires a Herculean effort.

I realised by working with business owners, that once they achieve a certain measure of success, they can be persuaded to challenge the present paradigm, much like I did with the intelligence officers.

Businesses usually follow the 'growth for growth sake' mentality. This leads to

growing teams of people who become less engaged, trading their time for money, constantly in need of a pay rise to maintain the levels of dopamine they get from opening their payslips.

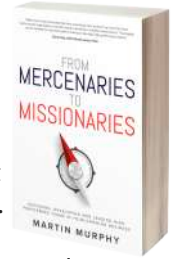
It's the mercenary approach. It becomes soulless and frustrating working in mercenary organisations as people become widgetized to remove uncertainty. But I help leaders harness the complexity and creativity within the team, not hide from it.

To challenge this paradigm in larger organisations is possible but it meets more inertia. So, this book helps founders and entrepreneurs develop high performing, intra-dependent teams who can make ecological decisions which don't sink the ship. This then allows the entrepreneur the freedom to solve other more meaningful problems and they can be guided to help their communities thrive too. I would say: *'Inspirational leadership is ordinary people doing extraordinary things in a constantly shifting world. Leading themselves and, by example, others into a better world for everyone. A world which is environmentally sustainable, socially just, and a personally fulfilling place to live and work'.*

Until we change the way we operate in society, I'm on a mission to challenge the entrepreneurial lifecycle helping them become purpose focussed instead of purely profit driven. By unlocking more of the potential of the team's collective intelligence, organisations can become platforms for developing a new world which makes the old world obsolete.

*Martin Murphy is the founder of the Elite Leadership Global Academy & TEDx Holyhead*

**[martinmurphy.coach](http://martinmurphy.coach)**





## On Being Plastic Free

Luke Tyler

### Since I began my zero-waste journey

at the start of September last year, I have often reflected on how absurdly tiny the net effect on the environment must be. One might make a fitting analogy of a child attempting to bail out the sinking Titanic using only a bucket and spade, or attempting to reduce carbon dioxide emissions by holding your breath. Statistically, it amounts to zero. My most frenzied, dedicated and zealous environmental conscientiousness within my own walls will never benefit the planet on any relevant scale. So why is it that five months on, I'm still not buying cartons of my favourite barista oat milk?

It would just so happen that these last few months have seen an extraordinary reaction from the general public against plastic manufacturing. David Attenborough's *Blue Planet* may have had something to do with it. Perhaps the great naturalist prised the lid off a simmering cauldron of discomfort over plastic use, fuelled by years and years of grotesque statistics. There will be more plastic bags in the ocean than fish by the year 2050! What a revolting thought.



One key reason as to why plastic use generates so much media attention is the fact that footage of pollution hotspots contains so many products which we see in our daily lives. Our consciences are quite understandably outraged when we see pictures of water bottle caps inside the

stomachs of birds, or baby turtles strangled by plastic beer can hoops.

We recognise where these objects come from, and it makes us squirm with guilt. For this reason, the visual impact of plastic pollution can be very powerful and emotive. A woman recently appeared on social media who made it her business to paddleboard through watercourses which had become swamps of plastic waste.

A number of surfers have deliberately chosen to film themselves riding plastic-infested waves, the resulting footage being shocking to say the least.



There is now a growing impression in the public consciousness that plastic waste is rather disgusting and that it is undesirable that plastic refuse should be allowed to continue ruining the planet. If anything demonstrates this, it must surely be how well the public has accepted the introduction of 5p charges for plastic shopping bags. There were of course people who voiced their annoyance at this tiny intrusion of charity and conscientiousness into their otherwise selfish lives, but they tended to find themselves laughed at more often than they found themselves agreed with.

As a consequence, when plastic manufacturing is discussed in the media, it tends to be treated as problematic and unsustainable. The very fact that this is happening marks a shift towards more

sustainable manufacturing, because in all eventualities, the manufacturers will cater to demand. The demand will only shift when the public perception changes.



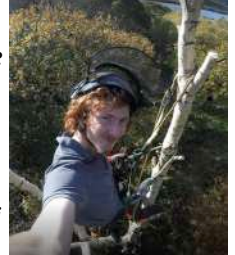
There can be no change in public perception without raising awareness of the issues, drawing attention to the facts and using the platforms available to you to make the case for change.

Plastic pollution is part of a very big picture. It has been quite rightly claimed by a number of environmentalists that “we can’t recycle our way out of this crisis”.

This sentiment embodies one of the most valuable lessons the human race still has to learn. We need to move our focus away from clearing up the mess we make through our activities and direct our efforts towards preventing our activities causing the mess in the first place. We have to stop automatically suggesting methods of problem solving that do not target the root cause of our impending ecological crisis, which is human greed and selfishness. This manifests in single use products and the thirst for acquiring material goods. It is important that we feel ashamed of the pollution we are responsible for, but it is more important that we begin our journey to recovery by challenging our selfish impulses. This applies not just to our individual choices, but to governments, manufacturers and corporations. Selfishness is defended and excused under many pretexts as the impulse assumes many disguises. It pervades our society and it is the root

cause not just of plastic pollution, but of what is now referred to as throwaway culture. Let us start by peeling away the disguise from our motives and exposing selfishness for what it is, and as uncomfortable as this may be, more happiness, beauty and peace will come from it.

*Luke works with the trees at Cae Mabon. Since finishing his forestry degree at Bangor University, Luke has been working on his PhD in environmental microbiology, focussing on how fungi can be used to help deliver minerals to plants in poor soils. He is particularly interested in fungi, and is prone to spending lots of time closely examining tiny mushrooms growing out of tree stumps and cracks in the rocks.*



**Anglesey has become the first county in the UK to be awarded ‘plastic-free’ status by a marine conservation group.**

Surfers Against Sewage said it recognised work to reduce the impact of single-use plastic on the environment.

It has seen businesses encouraged to ditch disposable coffee cups and bottles, and schools pledging to cut plastic waste.

The award follows an 18-month campaign led by local activist Sian Sykes to highlight the issue of disposable plastic waste.

Sykes said: “I am incredibly proud of the Anglesey community who have supported the single use plastic free movement, we are making a difference and I am excited to see what else we can do on the island.”

To achieve the Surfers Against Sewage recognition, the island had to implement a plan to cut plastic use, including establishing a community-led group to spread the message.

[www.sas.org.uk](http://www.sas.org.uk)

## Time To Stand Up

Thanissara

**The marriage of spiritual practice** and activism has always been a dimension of religious life, as modeled by most of the great founders of traditional religions. Some religions have exemplified this more than others. On the whole, while the Buddha himself was clearly engaged in social reform, Buddhism itself does not have a strong activism ethos or history. It tends to excel in its extraordinary insights into the human mind, with its map of consciousness laying out the path of enlightenment.

However, Buddhism has always adapted to the context it is in, and while it tends to be conservative, it tends not to be fundamentalist. It can respond and adjust.

Based on the example of the Buddha, who was a radical pragmatist, alongside the ethical imperative of Buddhist practice, there is no reason Buddhism can't actively respond to our times while creating alliances with other faiths in order to work together toward a sustainable world.

Buddhism, with its deep, incisive understanding of the nature of consciousness, has a key contribution to make. There has never been a greater need to shift from a dualistic consciousness, which habitually focalizes around "me" and "mine" to recognizing our profound interconnectedness with the Earth and all beings.

When the dualistic mind only relates to the Earth and her creatures as objects to use or exploit, it continues to generate

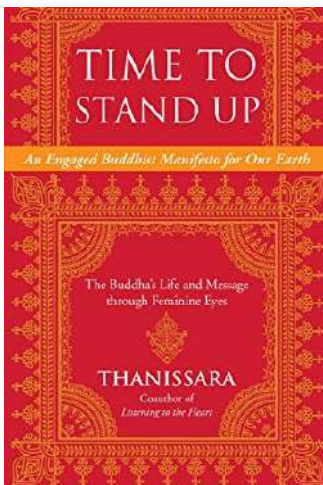
environmental collapse at an alarming speed.

On the other hand, the journey of awakening invites a shift from the mind, which objectifies, into our deeper heart, which knows the intimacy of all things. A present, aware, and listening heart, attuned to intuitive intelligence, manifests as wisdom and compassion. This profound listening is cultivated through meditation. As we reconnect, again and again, to our innate awakening process, it dynamically reveals appropriate response. Rooted in the unmoving ground of being, unshakable and authentic in our truth.

On the whole, modern

Dharma practitioners haven't really felt the need to become radical activists focused on changing the system. If we moved into Engaged Buddhist practice, it was in areas like hospice, or helping people reduce stress, or responding to the suffering that is often a byproduct of systemic inequality—ministering to prisoners, for example. We have yet to come to terms with centuries of injustices that perpetuate systemic suffering and that, therefore, needs to be addressed systemically and collectively, beyond just our personal practice.

Generally speaking, in the white middle class where Buddhism has found a strong following, various forms of pressing injustices haven't directly challenged practitioners. For the most part, people of color have a different experience.



At the same time that the first Beats and Hippies were discovering Asian-based spiritual practices, people of color in the U.S. were consumed by civil rights, surviving a deeply racist system or negotiating the difficulties of being second-generation immigrants. Those who traveled to Asia to study with meditation masters were mostly the children of white middle-class families who had the luxury of focusing on internal shifts of consciousness. We assumed this would be enough to positively influence the world. Few of us looked beyond that.

All of a sudden, we are being challenged; what can we offer from all this practice in response to a world in crisis? And what value is all this meditation and mindfulness if we just sit by and let the world burn?

The old premise “getting involved in politics is inappropriate” isn’t going to hold ground when the ground beneath us is disappearing—washed away by floods, decimated by typhoons, and dried up by drought. If we just sit this out, our “equanimity” will become indifference, our focus on personal awakening will be revealed as self-absorption, and our seeking of peaceful, mindful moments will become willful avoidance and denial.

We are being challenged to look at ourselves, our intentions, what our lives have been built on—personally, nationally and globally—and to revisit Buddhism itself; how we’ve interpreted and embodied it.

Is our dharma practice helping us to be truly and authentically responsive to the times we are in, or are we simply traditionalists, good meditators, nice people who are not free or empowered enough to really meet a new global paradigm?

We are racing to secure a sustainable

planet in the face of a psychopathic petroleum and fossil fuel empire that simply doesn’t care if it kills us all.

Just as Siddhartha was shocked out of his apathy by the sight of the heavenly messengers of sickness, old age, and death, we too are being shocked awake. The question is, are we equipped to meet the challenge, or have we rendered the radical dimensions of the Buddha’s extraordinary example to a preferred introversion, even in the face of catastrophe?

We can’t avoid what is happening, and as all of us are impacted, inaction is not a viable option. We have an ethical and compassionate imperative to respond, and Dharma practitioners have something to offer.

*Thanissara is an Anglo-Irish teacher from London, and started Buddhist practice in the Burmese school of U Ba Khin in 1975. She has supported a number of Climate Activist events, retreats, and programs, and is deeply engaged in applying the Dharma to our times of planetary emergency. Her most recent book is **Time To Stand Up**.*

[www.spiritrock.org](http://www.spiritrock.org)

### Full Moon Meditation Network

**Taurus:** April 20th ~ May 21st  
Wesak Full Moon: May 18th at 10:11 pm

### 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)

### *A brief history of time at Nant Gwrtheyrn*



A reformed quarried cleft in the coastline of the Llŷn harbours buildings of heritage now used to impart language of ancient Celts. The steep trek down the access road, with its hairpin bends, granted the breathing in of the cleft's hewn landscape and glade.

Now still privileged, he sits, sipping a coffee. Beneath a cloudless, faded, azure sky there's a vista of becalmed sea bounding an ageless coast stretching down the peninsula. The sun balms the windless café terrace. It is unbelievably snug. One could doze here, and if awoken might have dreamt it was April or August.

But, it is mid-November. Of the several persons on the terrace, this realisation disconcerts only one. He knows this is the hint of the global tragedy that will burn into the generations to come whilst to others around "isn't it a lovely day?". They prattle on in English. As they do.

How do you - tell people a lovely day can be a dire warning? Enjoy it while you can, he thinks, but wishes the begetters only understood that they might work instead, as penance, for a lesser tragedy.

With one last sip of the coffee and a longer sip of the glorious view, he rises.

Now it will be a steep trek uphill.

RAS 17 November 2018



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**Croeso i blant - Children Welcome**  
**Dydd Sadwrn 11th May 2019**  
**10:00 to 15:00**  
**Mynediad am ddim - Free Entry**



Lluniaeth Te/Coffi Cacennau - Refreshments Tea/Coffee Cake  
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