

network news

a guide to inspiring events in north wales



harlech fire & sea festival ~ farm hacks ~ conscious cooperation with angels
a peoples manifesto for wildlife ~ advice from mr grumpy ~ gandhi at 150
exhibitions ~ workshops ~ festivals ~ groups

Network News

27 Penlan Street
PWLLHELI
LL53 5DE

October 2018

www.network-news.org

Articles

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(phone during office hours
or text anytime)

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Welcome to the October Network News. On October 2nd, a full two year celebration begins to mark the 150th anniversary of Mahatma Gandhi's birth. History tells us that Gandhi's crowning achievement was the *de-crowning* of India - but we also honour his commitment to non-violence (which would later inspire Martin Luther King and Nelson Mandela), his work developing a vegan diet (before the word existed), and even the mark he left on the Indian flag... The *Ashoka Chakra* in the heart of the flag began as a spinning wheel.

On more than one occasion, Gandhi left politics to spin - as a personal, practical discipline and as a contribution to sustainable community. He always believed that the *village* was the only effective unit for true democracy - where all citizens can meet and talk and plan, eyeball-to-eyeball. The world took the opposite turn.

One of the few who took note was E F Schumacher, whose book *Small Is Beautiful* launched a thousand beautiful and sustainable projects including *Resurgence* Magazine and Schumacher College.

One of Schumacher's fertile ideas was "Appropriate Technology". He understood the revolution of Gandhi's spinning wheel and proposed we seek out a "middle way" between, for example, a hand sickle and a combine harvester: human-scale and people-powered technology that is ecological, efficient and autonomous.

We are just entering a new era of Appropriate Technology. A bunch of young creatives are learning to combine networking, digital technology, community building and creative anarchy to develop new tools for sustainable agriculture. They call it "farm hacking" and it is heading to our neighbourhood: **Farm Hack**

Wales is at Tyddyn Teg, Bethel, on October 6th & 7th. (See Page 6)

Blessings to all beings



Gŵyl Tân a Môr Harlech Fire and Sea Festival

October 27th & 28th

Maria Hayes

Harlech Tourism Association were successful in gaining funding from Visit Wales to develop tourism in Harlech. The funds are granted to help extend the Tourist season.

HTA approached me to shape the project into something innovative and exciting. I am already involved in playing Welsh traditional music so I proposed that the music would be an ideal platform to reach across language barriers, while allowing people to hear the language in action. Experiencing some of Wales's best musicians play and sing is inspiring, exciting and offers an insight into Wales's living tradition.

Many of our players are making a big impact on the national and international folk scene. Welsh traditional music has gone from being something almost no one knew about to becoming well known and respected. In 2018 Calan were invited to the Shetland Folk Festival, and Vri and Elfen both performed at Festival Interceltique de Lorient. Wales was the featured country this year. Despite this recognition for the quality of music we have in Wales, there are no festivals to celebrate this fact. *Gŵyl Tân a Môr Harlech Fire and Sea Festival* is the first. TRAC and CLERA (national organizations for the promotion of Welsh Traditional Music) are both on board and supporting us.

We know that not everyone loves folk music and dance, but that is mostly because they have not experienced it first hand. Come along, give it a chance and you may surprise yourself. At the heart of traditional music making is community,

storytelling and connection. That is what we have tried to put at the heart of our festival.



We have created a story – Meirion and the Morfeirch – based on some facts. Meirion is said to have existed and the county's name Meirionydd honours him. An ancient golden Torc was found in Harlech in 1694 and it turned out to be

3000 years old. It is currently on display at St Fagans, Cardiff. We know our seas are in trouble and that pollution is the cause – we also know that seahorses live in Cardigan Bay and their existence signals the sea's health. We took these elements and crafted a story relevant to the 21st century and we have told it over three events. The final event in October brings everything together and the whole story is revealed for the first time.

Peter Stevenson, a well-known illustrator and storyteller, will be inviting you to contribute to making a Crankie – an ancient form of animation. He will then tell the story.

We commissioned Andrew Coomber, one of Wales's top silversmiths to craft us a contemporary Torc. He used five meters of gilded silver. The Torc is on display in the visitor's centre at Harlech Castle where everyone can view it. If you are very lucky, you may be allowed to try it on...

So come to the festival - surprise yourself, join in, listen, learn, be excited, be joyful and be welcomed into the heart of Welsh culture.

Maria Hayes is Project Manager for the Fire and Sea Festival.

01766 830049

FOR TICKETS: WWW.EVENTBRITE.CO.UK/ SEARCH HARLECH

GŴYL TÂN A MÔR HARLECH FIRE AND SEA FESTIVAL

27 OCTOBER 2018

10.00 - 4.00

FREE workshops and stalls
– Memorial Hall

5.00 - 6.00

Procession through town to Harlech Castle

6.30 - 10.00

Music in Harlech Castle (ticketed)

Guto Dafis: Vri: Efen: CALAN

10.00 - hwyr

FREE Session in the Hall

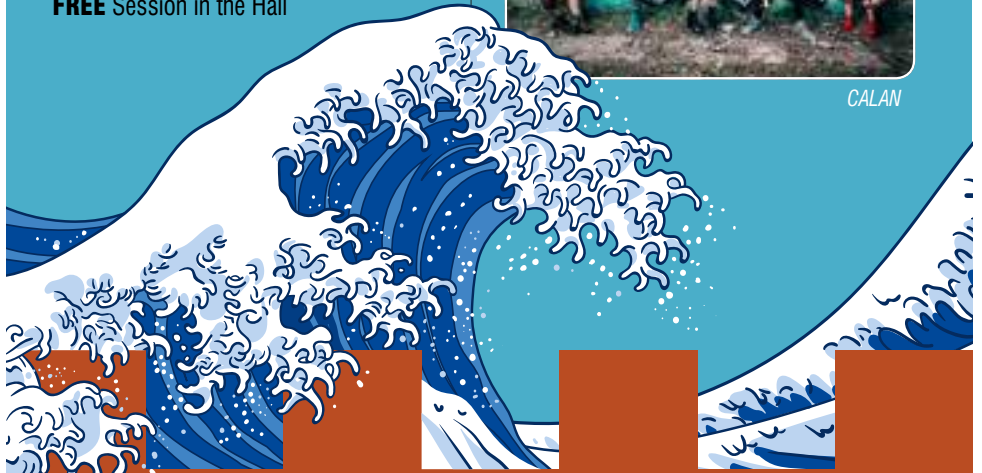
28 OCTOBER 2018

10.00 - 3.00

FREE workshops and stalls – Memorial Hall



CALAN



Cyflwynir gan Gymdeithas Twristiaeth Harlech
Presented by Harlech Tourist Association

Find us on 

WWW.VISITHARLECH.WALES/FIRE-AND-SEA-FESTIVAL

[#gwladgwlad](https://twitter.com/gwladgwlad) [#findyourepic](https://twitter.com/findyourepic)



Farm Hacks

Holly Black

New entrants to farming in Britain are often faced with a long list of challenges before they even put their wellies on. Defra's 2013 report, *Future of Farming Review*, details a vast array of barriers faced by new entrants to farming, and highlights the shocking figure that only 8% of British farmers are first generation.

Across the pond in the United States, a different phenomenon is occurring: the arrival of the Greenhorns. In farming terms, a greenhorn is a novice or new entrant into agriculture, and this grass-roots group aims to help them. The Greenhorns have been

making waves with their 2014 documentary on young farmers, and they are helping to change the landscape of field-to-fork farming by using technology to organise and up-skill new farmers. Recently, the Greenhorns have developed a specific tool to help connect the diaspora of new farmers spread across the United States – it's called the 'Farm Hack', and it has now arrived in the UK.

What's a 'Farm Hack'?

'Farm Hack' is a concept coined by the Greenhorns. Think 'i-fixit' combined with Wikipedia. Lots of problems – and lots of solutions – all on an open-source, easily accessible platform that allows members to interact, debate and build on each other's ideas. Although the term 'hack' evokes images of computers with Matrix-style numbers flashing across the screen and a virus eating your computer from the inside out, it actually has myriad meanings.



These range from the ability to cope well with something to breaking up the surface of soil. In recent years hack has also come to mean a congregation of people (online or offline) aiming to take action or work together to solve a problem.

Taking action and problem solving is exactly what occurred on a sunny spring day in 2015 at Ruskin Mill at an event organised by the Landworkers' Alliance. A group of farmers – some new entrants, some old hands – gathered together to share their knowledge and see how they could help one another address a wide range of issues faced on the farm.

This first UK Farm Hack was launched by Severine von Tscharner Flemming, the founder of the Greenhorns, with guests of honour L'Atelier Paysan, an innovative group of French farmers, that are reclaiming farming knowledge. It got off to a flying start, with the attentive attendees ready to soak in the energetic atmosphere.

The highlight of the morning's demonstrations was a bicycle-powered mill from Fergus Walker and the Fife Diet. Coined the 'People Powered Flour Mill', it was an ingenious box that looked like a red rocket, and it ground wheat into flour at the turn of a pedal. The afternoon saw a host of inspiring workshops, covering compost tea preparation, 3D printing and how to set up food hubs with the Open Food Network. Alongside all this were welding, blacksmithing and green wood-working drop-in sessions.

The second day culminated in an extremely productive Open Space session that identified projects for collaboration, with a short period devoted to the development of these projects. The Open Space session allowed attendees to get stuck into what they really came for – exploring their ideas, finding solutions and offering help to others. Suggestions were made for regional working groups to skill share and to create training and barter systems, as well as tapping into expertise outside of farming from engineers, CAD experts, coders, academics and architects.

These other networks provided an alternative perspective on solving farming problems by framing the issues differently. For example, a blacksmith may have the expertise to fix a broken tool, but an engineer may suggest a different tool with a new shape or a different attachment to do the job better. It was a team effort – and if you didn't know the answer, there was almost always someone in the room who did!

Is technology the solution?

Technology is often seen as the golden ticket to problem solving. But driverless tractors, drones and robots are not necessarily the answer (despite what the Daily Mail may want you to think). Instead, we need problem-solving tools that can make a real difference in the hour you have at the end of the day when you choose either to sit at the computer or water the tomatoes. The introduction of organisational tools such as Farm at Hand, Trello and the Farmhack wiki could potentially change the face of farming.

Farmbrite is designed for record keeping and is mobile enabled so it is accessible out in the field. The Open Food Network and Farmdrop support small-scale farmers by connecting customers directly with producers in their local area. And there is

Buckybox, an organisational platform designed specifically for community-supported agriculture (CSA) projects.

One of the best ideas of the day was to invite older and more established farmers to share their expertise to help find better working systems. Meeting in real life rather than by email meant ideas could flow more freely, connections could be made and interests shared. Farmers need support through shared best practice as well as from new developments in the field. The wisdom imparted from established farmers who have seen it all before is incredibly valuable. Once this group of farmers got going, the ideas were flowing faster than Severine could note them down – a sign that a network of farmers, old and new, focused on solutions and assisted by technological tools is just what the future of farming might look like.

Holly Black is a filmmaker, producer and communicator at Black Bark Films.

<https://sustainablefoodtrust.org>

Farm Hack Wales and CSA Gathering

October 6th and 7th
(pre event 4th and 5th of October)

The Venue: Tyddyn Teg, Tyddyn Berth, Bethel, Caernarfon, Gwynedd LL55 3PS

Come join us to learn, share skills, network and get down and dirty on the details of how to build a sustainable food system including:

Setting up a CSA

DIY open source on-farm robot

Communicating with customers and building CSA memberships

Metal work, using a forge, tool sharpening and reconditioning

Nursery Management

Low impact homesteading

CSA for livestock farmers

Machinery and tools for small scale producers

Wood work tools, carpentry and round wood construction.

A joint venture between Social Farms & Gardens, the Farm Hack Network and the Landworkers' Alliance Wales

tony@farmgarden.org.uk

07969 541133

See Calendar

Advice To Fellow Travellers from...

Mr Grumpy



Manchester

Airport, 6am, late September. Where do these people think they are going? They can't all be trekking in the Himalayas or jogging across the

Gobi Desert. Don't they realise you can buy liquids, gels, and creams just about everywhere in the world? And how can they afford to take a six month holiday? What, they're just going for a fortnight? My goodness, what unit do these folk measure their luggage allowance in, the Wardrobe? No wonder they thought our hold luggage was hand luggage at check-in!

Do you people dress like this normally? Flip flops, and beach wear at sunrise on a wet day in Manchester? Really? And are you and your missus bound for the same destination, because she seems to think she's going to a reception at the embassy, and you are dressed for a teenage beach party. The rate the two of you are necking those vodka and limes says to me you won't be very steady on your surf board by the time you arrive in paradise, and her line in witty repartee is going to be very limited.

Yes, I know they've announced we can board now, but if everyone gets up at once, we all just stand in a queue, and what's the point of that? The plane won't be leaving until we're all onboard. You've already been allocated your seat. Oh and by the way, the pilot and co-pilot have first dibs on the front seats, so what's your hurry?

Yes, travelling makes most of us anxious and irritable alright. Some years ago, I

attended a lecture on obsessive-compulsive disorder at a UK conference. The American lecturer confessed that he had checked his passport several more times than strictly necessary during his journey from the States. For myself, I can never quite meet the baggage checkers gaze without flushing slightly, and I'm as prone as the next person to frantic bag rummaging as I run over, and over, the packing checklist in my head.

What can the airport experience teach us, about travelling, and about life?

- ☑ Authenticity plays well the world over. Wherever you go, there you are, so you may as well be comfortable and be yourself everywhere.
- ☑ Take things as they come. Over-preparing will make you anxious and awkward. It's no bad thing to cast your eye over the guidebook, and to have a rough idea where you are going, but you only need inform yourself of the territory, not the precise route. If your expectations are too elaborate, you will only see what you expect is there, and miss what there is.
- ☑ Travel light. Have faith in the generosity of the World to supply what you need when you need it.
- ☑ Have confidence in yourself to work out how you need to act in any new situation as it occurs. Pause, breathe out slowly, relax your face and hands, drop your shoulders. Be open to new learning. All will be well.

(Mr Grumpy is the alter ego of Adam May, CBT Psychotherapist based in Llanddaniel on Anglesey, who is better able to maintain his affable persona on those days when he does not have to catch an early, long haul flight.)

adamatclothhall@gmail.com

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a guide to inspiring events in north wales



OCTOBER NOTICEBOARD

BLACK HISTORY MONTH ~ MIS HANES

POBL DDUON October 1st - 31st. The theme this year is 'Icons of Black Wales'. October events include: Storytelling in Llangollen on 19th; A Tribute to Cesaria Evora Workshop on 6th in Wrexham; see *Calendar*. **Also:** 29th September, 12 - 4pm: BHM Launch in Bangor: 12pm Bloco Swm Drumming Group with Capoeira performance. 12.30pm Bangor Town Hall - Food tasting from across the world. 1pm - Official Opening of BHM by Mayor of Bangor, followed by an afternoon of music dance poetry and more. Info 07738 570313. 30th September, 2 - 6pm, as before at Ty Pawb, Market St., Wrexham LL13 8BB, info/stalls 07791 956817. All Welcome! **Also:** 1st October BHM Launch - Aberystwyth University with performances by Jazzy Africana Band, Bongo Clive; African food. 07758 291018. Find out more: bhmwales.org.uk

RADIO AMORE 13th October. A live musical mixtape of works by Italian and British composers. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org See *Calendar*

CHANTING SESSIONS A weekly group on Tuesdays, led by Laura Knott, 7.45 for prompt start at 8pm, finish 9pm. Bring a cushion if you want to sit on the floor, bring percussion. £5 suggested donation. Quaker Meeting House, Dean St, Bangor. Facebook: Tuesdays Chanting: Meditative Songs from around the World

AUTUMN BIO ENERGY MEDITATION RETREAT *Book before 30th September!* 5th - 7th October. Held at Ty Mam Mawr, Cynwyd, nr Corwen. See Facebook of same name.

DEATH & MEMORY In the 2nd Branch of the Mabinogi. 3rd November. Join Dr. Gwilym Morus and the Anglesey Druid Order for an afternoon exploring the themes of death and memory in the second branch of the Mabinogi. With a Calan Gaeaf ceremony to conclude. Refreshments included. 2pm, £20. Llanfaelog Community Centre, Ty Croes, Ynys Môn, LL63 5SS. Bookings: adoawenydd@btinternet.com

DECARBONISE YOUR LIFE Understand the links between human activity and climate change. Treborth Gardens, Bangor. See *Calendar* 17th

PRE-HACK AND FARM HACK Innovative skill sharing, alternative technology and a peer-to-peer network, based on open source for agricultural projects. Tyddyn Teg Cooperative, Bethel, Caernarfon LL55 3PS. See 4th & 5th and 6th & 7th.

CRAFT FAYRES VENTURE supporting Mencap Mon Hub, High St., Llangefni; Saturdays in October: 6th, 13th, 20th, 27th.

WILDLIFE GARDENING The Snowdonia Society needs you now to help with all kinds of gardening! Most Mondays at Tŷ Hyll. Contact 01286 685498, dan@snowdonia-society.org.uk

PALESTINE - REFRAMING THE DEBATE CONFERENCE 3rd October, with Stop The War Campaign. A day discussing and networking, around the issues Palestine faces today. Chester. See *Calendar*.

MOON INTENTIONS WORKSHOP For 4 weeks on Sundays in October, Colwyn Bay. See *Calendar* 7th.

HELFPULPEEPS.COM A social platform for peer-to-peer - our ethos is simple - just ask for help when you want and help others when you can. Find out more from helpfulpeeps.com

STORIES OF KINDNESS See 12th October in *Calendar*.

HIRAETH ARTS FESTIVAL 18th October in Llandudno.

No act of kindness, no matter how small, is ever wasted. Aesop

CROESO MENAI is part of a nationwide scheme which gives community groups the opportunity to play the lead role in resettling a Syrian refugee family in their neighbourhood.

Wales is at the forefront of Community Sponsorship with families already settled in Fishguard, Haverfordwest, Narberth, Cardigan and Aberystwyth. Croeso Menai would be the first group in North Wales to receive a refugee family, entirely supported by the local communities of Anglesey and Gwynedd. The project has the full backing of Citizens Cymru (citizensuk.org/cymru) who have already guided other communities through the maze of bringing families to live in their community. The first stage is to raise £9000, find a suitable private house to rent and engage the community.



If you would like to play a part in this exciting project, then please contact Catherine Griffiths 07749 830141 or ccbgriffiths@gmail.com Facebook: Pobl I Bobl See *Calendar* 13th: UNA

HWYL FAWR 2018

9th, 10th, 11th November



UK AUTUMN BODHRAN SCHOOL NORTH WALES

*Bodhrán classes and workshops at the award-winning
Youth Hostel in Conwy*

**A fantastic learning opportunity to improve your bodhrán skills
with renowned teachers**



including
**Alan Drwm
and
James Christian**



Limited places.

These classes and workshops
are for players at all levels
from beginner to experienced



All inclusive price provides accommodation and meals. Cost £245.

Non residents (Includes meals) £185

Additionally there will be sessions on ritual and meditation drumming.

Also an amazing opportunity to have the world famous WeeBagBand
all to yourself for acoustic session jamming on Saturday night.

**Contact Jo Hughes at jo@joconsultancy.co.uk +44 (0)7833 300206
for details and application form.**

October Calendar

1st MONDAY

Mingle Hosting Jelly Event Jelly events are casual, co-working events where home workers, freelancers, small business owners, volunteers, office based people and entrepreneurs come together with their laptop or notebook in a relaxed, informal, social, working environment to maximise creativity and minimise the isolation that being your own boss or working alone can bring. It's FREE...free Wifi, free desk-space and free coffee, so come along and give it a try! Pop in for an hour and find out what support is on offer. 3 - 7.30pm, free. Denbighshire Council Services, Well St., Ruthin LL15 1AF. eventbrite.co.uk

Gong Bath Breathe and relax... release stress and return to a harmonic balance. 7.30pm, £13. Canolfan Thomas Telford Centre, Mona Rd, Menai Bridge LL59 5EA. Steph Healy 07534 118899, puresound.org.uk

Get Online General digital support, 30 minute sessions, 10am - 12pm and 1.30 - 3.30pm. Please book your place, Caernarfon Library 01286 679463, licaernarfon@gwynedd.llyw.cymru

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

Mamma Mia! Here We Go Again Sing-A-Long (PG) Film. Come dressed as your favourite character or Abba member. 2.30pm & 7.30pm. £5, £4 U15s. Theatr Colwyn, Colwyn Bay LL29 7RU, 01492 577888, theatrcolwyn.co.uk

Life Is A Dream Dance from Ballet Rambert. A symphony orchestra playing the rich music of Witold Lutoslawski and dramatic, lyrical dancing from Rambert's brilliant ensemble, this is a rich retelling of the 17th century play by Pedro Calderón de la Barca. 7.30pm, £25.50 - £16.50. Venue Cymru, Llandudno 01492 872000, venucymru.co.uk

1st MONDAY - 4th THURSDAY

Build A Tiny House Learn how to make a beautiful and bespoke tiny house from the ground up including the timber frame structure, interior and relevant renewable systems. We strongly advise you to bring waterproof clothing and steel toe-cap boots are mandatory. 18+ yrs. More info: CAT, Machynlleth 01654 704966, cat.org.uk

The Seagull (12A) Film. Romantic and artistic clashes between a fading actress and failing playwright. Various times. Neuadd Dwyfor, Pwllheli 01758 704088, neuaddwyfor.com

1st MONDAY - 5th FRIDAY

Staying Mindful: 5 Day Retreat For those who have completed the 8 week course. Through familiar and new mindfulness practices, this retreat provides an excellent opportunity to deepen our mindfulness practice and further develop aspects considered in the eight-week course in a safe and nurturing environment. Shared room £725, private room £825. Held at Trigonos, Nantlle LL54 6BW. Bookings: mindfulness-secular-retreats.org.uk/Calendar/

1st MONDAY - 6th SATURDAY

Writing for Children Whatever age you want to write for, from pre-school to teenagers, the tutors will share some tricks of the trade and provide helpful feedback on your work, with a mix of writing exercises and one-to-one tutorials. £495 - £625. Tŷ Newydd Writing Centre, Llanystumdwy, Criccieth LL52 0LW, 01766 522811, tynewydd.wales

2nd TUESDAY

The Healing Well Hands on Healing, by donation. All welcome, 7 - 9pm, Ganolfan Pentrefelin, nr Criccieth. Mayamara 01766 770874.

Conwy County Peace Group Meets 1st Tues/month, 7.30pm, St. John's Church Hall (between the two M&S stores on Mostyn St., Llandudno). Contact Don Saunders 07748 927643, donsaundersopt@aol.com

Cygnus Café in Chester 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

Meditation Practice Group Three meditations, including a body scan and mindfulness of breathing, led by an accredited mindfulness teacher. 7.30 - 9pm, £6. All Saints Church Hall, Wrexham LL13 7RP. Alan Butterworth 07816 988124, newmindfulness@gmail.com

Meditation at Hillside Retreat is a mixture of guided meditation, silence and some sharing, finishing with a cup of tea. No charge, just donations towards refreshments. It is not necessary to have done any meditation before - everyone welcome. It is helpful if you can email me to let me know you are intending to come. 7.30 - 9pm. 1st Tues/month. Hillside Retreat, Rhosesmor, nr Mold CH7 6PP. Contact helen@soul-life.co.uk, soul-life.co.uk

Rambert Open Rehearsal Join Ballet Rambert for an open rehearsal and enjoy a behind-the-scenes look at how their dancers prepare for performance. Hear from the company's rehearsal director about the choreography and the work the dancers are preparing for in a relaxed and informal setting. 4 - 5pm, free. Venue Cymru, Llandudno 01492 872000, venucymru.co.uk To register interest contact Rosie Hebb 020 3053 3321, rosie.hebb@rambert.org.uk

Noddfa Circle Dance 1st and 3rd Tues/month, from 2 - 4pm. Noddfa, Penmaenmawr 01492 623474, noddfa.org.uk

Tree Thinning We will be helping the warden to thin out sections of the woodland in order to promote a healthy woodland which is easily accessible and manoeuvrable for its many bird species to live and nest in. Any additional wood from the day will go towards providing a home for the local insect population in the form of habitat piles. 10am, booking essential. Pencychnant Centre, Conwy. Contact Snowdonia Society 01286 685498, owain@snowdonia-society.org.uk

Rhos Bodhran Class We run a beginner's class in bodhran, 7.30 - 9.30pm, £8 per session, playing at 5 Church Drive, Rhos on Sea, LL28 4LL. Drums provided or bring your own. Call 07876 255 601 for details and to check availability.

Chanting Sessions See Noticeboard

Gong Bath Breathe and relax... release stress and return to a harmonic balance. 7pm, £13. Memorial Hall, Penmorfa, Porthmadog LL49 9RY. Steph Healy 07534 118899, puresound.org.uk

Loveless (15) Film. A 12-year old boy disappears after witnessing a brutal fight between his divorcing parents. 7.30pm, £5; membership available. St Mary's Creative Space, St. Mary's Hill, Chester CH1 2DW. Enquiries 01244 371750, chesterfilmfans.co.uk

2nd TUESDAY - 13th SATURDAY

Lord of The Flies Step into a terrifying dystopia where rules don't matter, law means nothing and school kids rule the world. This is a bold and contemporary staging of William Golding's classic. 7.30pm daily; 1pm 27th & 2.30pm 29th. Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrclwyd.com

3rd WEDNESDAY

STOP THE WAR COALITION



Conference: "Palestine: Reframing the Debate"

Organised by Stop The War Coalition, Chester. Programme includes: boycotts, divestments and sanctions, supporting Palestine in the North West and Wales Local Activism; UK issues affecting Palestine, winning Peace for Palestine. This day for Palestine will involve speakers from a wide variety of political, religious, media, academic, social justice, NGO and civil society backgrounds, who help explore ways to promote peace and justice for the Palestinian people. Ample opportunities for networking and workshops will be included in the programme. 10am - 4pm. Chester venue tbc. More from Facebook: Palestine Conference ~ chestercnd.org.uk

NCT Family Walk Come and join us on a pram, sling and toddler friendly walk, while meeting other parents and enjoying our beautiful local area. 10.30am, free. Penrhos Coastal Park, Ynys Mon. Meet at picnic tables by public toilets. Facebook: Ynys Mon NCT Family Walk

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. Rosie Green 01248 345325, saorimor.co.uk

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

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

Vintage Matinees (PG) 1st Weds/month, 1pm, for 1.30pm, free! Comedy. Theatr Twm O'r Nant, Denbigh. denbighfilmclub.co.uk

3rd WEDNESDAY & 4th THURSDAY

Opera for Babies Bringing together gentle classical music with familiar nursery rhymes and games in an interactive musical adventure for babies. Join us for musical tickling, stretching, chomping and stamping as we journey together through the day: waking, eating, playing and sleeping. 10.30am, 12.30pm & 2.30pm. 40 mins, £8 children/1 parent/carer ticket free with each baby. Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrclwyd.com

3rd WEDNESDAY - 7th SUNDAY

Dadani - Rebirth The 1st of 6 retreats - Bedrock and Lore. Foundations, ways of working, philosophy and guidelines for practice. Historic and archaeological context from the stone people to now, getting to know each other, building trust, deepening into group mind. Looking at deities that have been revered in this land, archetypes and their mark in our landscape. Each retreat will be £390, all inclusive. Participants must commit to all 6 retreats over 3 years. Held at Cae Mabon, Fachwen, Llanberis LL55 3HB, 01286 871542, caemabon.co.uk To find out more visit: dadani.org

4th THURSDAY

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

NW Arthritis and Chronic Pain Support Group 1st Thurs/month. Helping people living with pain. 8.30 - 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.

Llandudno Town Hall Welsh Craft Fair Crafters, Welsh Pottery, carvings, prestige pens, jewellery, glass, handmade, hand crafted in Wales. 9am - 4pm, 50p entry, includes tea /coffee. Llandudno Town Hall, Lloyd St., LL30 2UP. Contact 07989 955541.

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. 3 - 8pm, Ty Glyndwr, 1 Castle St., Caernarfon. 01286 238280.

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

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

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

Drum Journey Meditation Circle Gathering around each New Moon and Full Moon, this Circle intends to support intention setting, relaxation, Community connection and connection to the Higher Self, Guides, Teachers and Ancestors. We will begin with a guided meditation to promote relaxation and gently encourage you into a receptive space ready for the journey together in circle. Bring mat, blanket, water, cushion. 7pm, £10. Mochre Village Hall, Conwy. Bookings: Claire Freeman 07426 894 640, claire.sourcehealing@gmail.com farm hack wales

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

John Owen-Jones West End actor and singer brings his talent here to sing from his album 'Spotlight'. 7.30pm, £26. Theatr Colwyn, Colwyn Bay LL29 7RU, 01492 577888, theatrcolwyn.co.uk

4th THURSDAY & 5th FRIDAY

Pre-Hack for Farm Hack Wales 2018 Calling all farm innovators! All open source technology enthusiasts and anyone interested in the future of sustainable



food! Ahead of our core Farm Hack Weekend we are inviting anyone who wants to have some extra time to really get into some projects to join us for two days. The content of these two days

will be driven by the participants and we invite you to share your ideas and creativity before and during the event, bring any inventions or questions with you. Food will be provided. Come and share your inventions and creativity. You are invited to participate in skill shares and farm hacks relating to land-work based appropriate technologies. We are not charging tickets for the event, but will be charging £5 per meal that you eat with us. Tyddyn Teg, Tyddyn Berth, Bethel, Caernarfon LL55 3PS. Tickets: pretix.eu Please confirm that you can attend by emailing: farmhackwales@gmail.com Facebook: of same name. See page 6

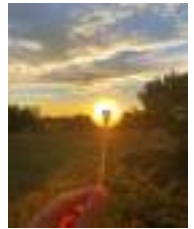
5th FRIDAY

Eco Printing workshop/Gweithdy Eco-argraffu During this workshop, you will explore the technique of eco-printing, using leaves and onion skins to obtain prints on fabric and paper. For artists with no or limited experience in working with natural dyes and would like to explore this technique. Please bring lunch. 10am - 4pm, £14.61 - £28.62. Tutor is Mel Baugh. Held at Woodland Skills Centre, Bodfari, LL16 4DT. Enquiries: katie@helfagelf.co.uk - eventbrite.co.uk

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

Gong Bath Breathe and relax... release stress and return to a harmonic balance. 7pm, £13. Rhuddlan Community Centre, Parliament St, Rhuddlan, Rhyl LL18 5AW. Steph Healy 07534 118899, puresound.org.uk

Theatre of Dreams An invitation to explore your dreams in a unique, safe way. Gain new perspective and receive the true message from your subconscious. All welcome. 7 - 9.30pm, £5 booking necessary, (limited space) held at the Yurt, Trefor, LL54, Llŷn Peninsula. More from Liz 07732 470482.



The Post (12A) Film. A drama based on true events in the US 1970s newspaper industry. 7.30pm, £7, U18s £4. Theatr y Ddraig, Barmouth LL42 1EF, 01341 281697.

A Taste of Italy Vegan night tasting. Transporting you to Italy with 3 courses of traditional cuisine with a vegan twist. £18.95 2 courses. 7pm. Set The Bar, Lord St., Wrexham LL11 1LF. Facebook: of same name

Welsh Chamber Orchestra Music from Mozart, Bach, Stokowski, Debussy, Hilary Tann, Morfydd Owen and Schubert. 7.30pm, £12, £10 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Bonnie Dobson with The Lords of Thyme plus Keith Christmas. Folk music legends, 8pm, £8. Neuadd Ogwen, Bethesda LL57 3AN neuaddogwen.com

5th FRIDAY - 7th SUNDAY

Yoga & Mudra Retreat Discover how mudras (hand gestures) can add potency to your yoga practice and bring balance to your life. In this weekend retreat you will learn how to use yoga and mudras to harmonise yourself physically, energetically, emotionally and spiritually. £375 shared, £445 single. Dru Yoga, Bethesda, 01248 602900, druyoga.com

5th FRIDAY - 8th MONDAY

Exploring with Mixed Media and Collage Working on paper and canvas and combining paint, craft papers, tissue papers, inks, acrylics, textured materials and organic materials, exciting results can be achieved. £328 - £357. Plas Tan Y Bwlch, Maentwrog LL41 3YU, 01766 727600, eryri-npa.gov.uk

6th SATURDAY

Chunky Forged Silver Bangle Learn some basic forged silversmithing techniques, using hammer and anvil to create a gorgeous and elegant bold bangle. We will practice the design in copper, mastering strong hammer blows, then you will make your finished piece of bespoke jewellery in sterling silver. Max 6 people to ensure personal attention. 10am - 4pm, £160. Caernarfon, LL55 1RR, 01286 672472, siopiard.com

Climb Snowdon This is an 'Open Event' and, you will be joining other like minded trekkers. 8.45 - 4pm, £42.50. Llanberis Mountain Railway LL55 4TY. Contact 01286 479902.

A Tribute to Cesaria Evora 1941-2011 Singer from Cape Verde. 7pm til late. with National Theatre of Wales, Music and Djs, Celebrating Black History Month. Vasco da Gama, 30-32 Lord St, Wrexham LL11 1LR. Bookings: 07791 956817.

100 Thousand Poets and Musicians For Change
The 4th North Wales gathering of poets and musicians as part of this global event. Come and join us, 1 - 6pm, free entry, light refreshments. NWAMI, 10 Greenfield Rd, Colwyn Bay LL29 8EP. Info from Denni: k-tac@hotmail.co.uk

Voice Workshop with Marian Brydfdir and Kiefer Jones. Reinforcing the breath and body connection we will work on exercises for flexibility and to help extend the range of the voice and access the upper and lower notes without strain. 10am - 2.30pm, £20, £15 concs., £10 students. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Apple Day Gather up some apples from your garden, someone else's garden or crab apples from the hedgerow (windfalls are fine as long as they are not rotten) and bring them to the Centre where you can put them through our crusher and press. Book a 2 hour slot for £10. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT, 01745 710626, woodlandskillscentre.uk

Footpath Maintenance Learn about the importance of water management and landscaping as we maintain the footpath along Cwm Tryfan. There will be a heavy focus on hill walking during most of the day as we work our way along the footpath. 9am, booking essential. Ogwen Valley. Contact Snowdonia Society 01286 685498, owain@snowdonia-society.org.uk

Hotrock Pilgrims Bluegrass / old-time super-group. 7pm, £10, bar only, Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

Gong Bath Breathe and relax... release stress and return to a harmonic balance. 7pm, £10. Neuadd Goffa, Mynydd Llandygai, Bangor LL57 4LQ. Steph Healy 07534 118899, puresound.org.uk

Stolen Using live music and the spoken word, brimming with dreamlike images that will haunt you long after the performance ends, The Devil's Violin will take you on an epic journey to The Land Of No Return. 7.30pm, £8. Neuadd Dyfi, Aberdyfi, 07977 943249, mail@neuadddyfi.co.uk

Met Live: Aida Opera by Verdi. Set in ancient Egypt and packed with magnificent choruses, complex ensembles, and elaborate ballets; Aida is a love story. Sung in Italian with English surtitles. 5.55pm, £10, £8 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org Also Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrclwyd.com

Snowdonia Photography Workshop Landscape photography workshop in the stunning surroundings of Snowdonia National Park hosted by Simon Kitchin, author of Photographing North Wales. 9.30am - 4pm. £85. Cwm Idwal, Ogwen Cottage, Bangor LL57 3LZ. Contact 07973 281161.

Kitty Macfarlane Somerset-based singer and songwriter. 7 - 10pm, £11. Gwaenysgor Village Hall, Trelawnyd and Gwaenysgor LL18 6EL. eventbrite.co.uk

6th SATURDAY & 7th SUNDAY



Farm Hack Wales Community Gathering Farm Hack is a peer-to-peer learning network, based on open source and horizontal sharing of on-farm appropriate technology solutions. Anyone interested in, sustainable agricultural farming, robotics, appropriate open source technology (both new and ancient) and DIY solutions is invited to join us to learn, share skills, network and get immersed in the nitty gritty technicalities of how to build a sustainable food system. The day includes workshops and skill shares, ranging from horse drawn cultivators and iron age forgery, to DIY open source farm robots. We are collaborating with Social Farms & Gardens to run a joint Welsh Farm Hack and Community Supported Agriculture Gathering. Do you have any inventions or good ideas to share? Get in touch! 9am - 4pm. Tickets are available for the whole weekend or just a single day and range from £20 to £95 depending on what you feel you can afford. You can buy them here: <https://pretix.eu/farmhackwales2018/fhw2018/> Held at Tyddyn Teg Cooperative, Tyddyn Berth, Nr Caernarfon LL55 3PS. More info from: 07737 970229, farmhack.org Also see Pre-Hack get together 4th & 5th. Camping is available onsite free of charge. See page 6.

Christopher Robin (PG) Film. The young boy who loved embarking on adventures in the Hundred Acre Wood with a band of spirited and loveable stuffed animals, has grown up and lost his way. 10.30am both days. Galeri, Caernarfon 01286 685250, galericarnarfon.com

6th SATURDAY - 8th MONDAY

Real You Project This is a one day seminar designed for you to know the real you. It will be fun and relaxed but also challenging with no role play. Starts 9.30am, £25. Porth Eirias, The Promenade, Colwyn Bay LL29 7SP. eventbrite.co.uk

7th SUNDAY

Women's Gathering A monthly gathering where women come together to spend time with each other, between 12 - 4pm. A regular open space; it's your group - come and help it evolve. Bring your knitting, sewing, art, book or songs, or just yourself; bring cushion or chair - the stove may not be on; also cake, snacks and any drinks, dietary needs you have or donations towards. Please note there is no electricity in the yurt, but there are tea and coffee making facilities in the nearby barn. Trefor LL54, nr Caernarfon, between Gyrn Coch Caernarfon side and Llanaelhaearn on Pwllheli side. Directions/details on Facebook: Womens Gathering October 2018. Ring Bea 07979 595019 if you need to know more.

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

Get Grounded Yoga Workshop With Claire Mace. Working with Forrest Yoga poses and intention setting, you will work to feel your legs and your hips, establishing a better connection with your lower body. You will also explore how different breathing patterns can help you to feel more centred and steady. 10am - 1pm, £20 (concessions available). Held at The Old Rectory, Llanfachraeth, Ynys Môn LL65 4YA. Bookings: Claire 07970 409724, inspiratrix.co.uk

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

Green Woodworking 1st Sun/month. Everyone welcome, from 10am - 4pm with Bill. Eternal Forest, Boduan, Pwllheli. 01758 612006, 07968 167204, eternalforest.org

Groove Dancefloor An invitation to move your body in a safe, fun and creative way. We explore a variety of rhythms and styles, no experience necessary, no lefts and rights. All ages/fitness levels welcome. 6.30 - 8pm, £5, £2.50, discount on first class. 128 High St., Bangor, opposite Kyffin Café. Liz 07732 470482. Also 21st

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. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT, 01745 710626, woodlandskillscentre.uk

Introduction to Willow Work Tutor Helen Waterfield will explain how to source, treat and work with willow. You will learn how to make willow rings, willow stars, sunflowers and candle-holders. £60, deposit £30. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT, 01745 710626, woodlandskillscentre.uk

Big Allotment Growing Day 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 name and chill out with a brew. 11.30am - 4pm. Tyn ynant, Llanfihangel Glyn Myfyr, Nr Corwen. Facebook: Eco Fferm Frywthau/Gift Economy, or wellhealthcooperative@googlemail.com

Moon Intentions Yoga Workshop Every Sunday in October. If you are feeling disconnected with your self, this workshop will bring in deep connection and understanding. Cathy will be providing you with tools such as yoga, meditation, journaling and more that will support your growth. There are 4 sessions which will run from 11am - 1pm on 7th, 14th, 21st and 28th. The workshops should be attended as a whole rather than it being stand alone sessions. The cost for the 4 sessions is £60. Source Yoga, Nutrition and Health, 294 Conwy Road, Mochdre, Colwyn Bay LL28 5DS. Cathy 07704 437415, cathy@hotmail.co.uk



8th MONDAY

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



Wellbeing Sessions 2nd Monday of every month, Porthmadog. See ad on page 32.

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

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

Iolo Williams ~ A Career in Conversation Iolo Williams has been a familiar face on our television screens for nearly 20 years but before that, he spent 15 years working for the Royal Society for the Protection of birds in Wales. Here, Iolo will recount tales from his childhood as well as his career. 7.30pm, £20, £18 concs., Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrclwyd.com

Holyhead Writers Group 2nd & 4th Mon/month. PenFriends is a creative writing group who offer support and feedback on each other's work and also do fun writing exercises to stretch our creative muscles! 7pm. £1. Harvest Moon, Newry St., Holyhead (opposite Holyhead Library). Karen 07929 069235.

8th MONDAY - 10th WEDNESDAY

The Miseducation of Cameron Post (15) Film. A rebellious teenage girl is forced into a gay conversion therapy centre by her conservative guardians. Various times, Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

8th MONDAY - 13th SATURDAY

Low Energy Buildings (Part A) This course aims to enable students to synthesize an understanding of the conceptual aspects and appreciate the complex nature of the inter-relationships that exist between occupant comfort, energy flows in buildings and energy efficient building design. £700, concs/low waged £625. CAT, Machynlleth 01654 704966, cat.org.uk

9th TUESDAY

New Moon in Libra 4.47am

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](https://www.facebook.com/northwalesguitarcircle)

Chanting Sessions See Noticeboard
Rhos Bodhran Class See 2nd

This Incredible Life In a time when fake news has made it into the vernacular, and the line between fact and fiction becomes blurred, does truth really matter? Drama. This Dementia Friendly production will be supported by workshops and activities. 3pm, £12. Pontio, Bangor 01248 383823, pontio.co.uk Contact canoe@canoetheatre.co.uk for more information.

9th TUESDAY & 10th WEDNESDAY

Exodus Four neighbours build a plane on an allotment and take off down the high street. This drama, accompanied by a live score, is a new adventure from the valleys that makes anything possible. 8pm, £10, in English. Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrclwyd.com

10th WEDNESDAY

World Mental Health Day Focussing on Young People and Mental Health in a Changing World. There's still significant social stigma and shame surrounding mental health and one way to break the circle is to be open and talk about it. Use your knowledge and the resources linked above and reach out to family, friends, and colleagues whenever the occasion rises. More: wfmh.global

World Mental Health Day Celebrations An afternoon dedicated to mental health and wellbeing. A host of community organisations on hand with information for you to learn how to look after your own wellbeing. Learn about singing, Green Champions, Dementia Friends, volunteering. 1 - 4pm, free. Glyndwr University, Mold Rd., Wrexham LL11 2AW. eventbrite.co.uk

Time To Change World Mental Health Day drama performance. An interactive, drop in session where you can join the team from Time to Change, the growing social movement changing how we all think and act about mental health. Whether you have five or twenty minutes, know a lot or little about mental health, whatever age, all are welcome! 1 - 5pm, free. The Kitchen, Storyhouse, Chester. Nicole Williams 07483 301198, nicole.williams@rethink.org

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

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.

Snowdon Litter Pick This litter pick will concentrate on the Llanberis Footpath, as part of the Real 3 Peaks Challenge. 7.45am, booking eEssential. Snowdon. Snowdonia Society 01286 685498, owain@snowdonia-society.org.uk

Comparative Religion & Self-Healing Including a Self-led Meditation for helping Human Relationships. A talk by Helena Hawley, author. 7 for 7.30pm, £5.50, £3.50 concs., Quaker Meeting House, Frodsham St., Chester CH1 3LF. Enquiries 01244 370461, chestertheosophy.org See *Helena's ad on page 30*.

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

Frantz (PG) Film with Occasional Cinema. Two years after the end of WWI this drama involves two soldiers who met during the war. 7.30pm, food from 5.30pm. Mill Bistro Seoint, Caernarfon. 01286 676549, info@occasionalcinema.org Booking essential for food: sophiawilliams@btinternet.com

Llandudno and District Writers Group This month: Chris Hirst "Writing Comedy". 2pm, all welcome! Llandudno Public Library. Contact: llandudno.writers@aol.co.uk/Gavin Pike

Chester Music Society Celebrity Concert Jess Gillam, saxophone and Zeynep Özsuca, piano. 7.30pm, £16. St Mary's Creative Space, Chester, CH1 2DW, 0333 6663366.

Friends of the Earth Conwy Meet 2nd Weds/month in the rear room of the Albion Ale House, Upper gate St., Conwy LL32 8RF. The meeting above replaces our usual monthly meeting. 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

inTarsi Acrobatic skills combined with wit, humour and slick choreography make this show one for all the family. 7.30pm, £14, £12 concs. Pontio, Bangor 01248 383828, pontio.co.uk

11th THURSDAY

Theosophical Society Colwyn Bay Mystery Schools, Symbols, Spiritual Self-Development and Latent Human Powers, are some of the subjects of this study and discussion with Eric McGough. Theosophical Society. 2pm, £5, TS Members £3. Held at Parkway Community Centre, off Rhos Rd., Rhos-on-sea. New enquirers are always welcome. Enquiries Pauline 01619 804942 Mobile 07547 135491, p.owens@live.co.uk ~ theosophywales@yahoo.co.uk

The Ecology and Management of Marine Aliens The spread of invasive non-native species, often termed aliens, is a global problem, with a range of impacts. Stuart Jenkins discusses why some species are successful invaders, what makes some habitats more likely to be invaded than others and how research helps to address the problems. 7pm, free, booking advised. Part of The Year of The Sea Lecture Series. Mostyn, Llandudno 01492 879201, mostyn.org

Waymarker Installation Over the next few sessions we will be looking to install waymarkers in places throughout Coed Felinrhyd, a Celtic Woodland that has its place in Welsh legend. 10am, booking essential. Contact Snowdonia Society 01286 685498, owain@snowdonia-society.org.uk

The Submerged Cathedral A special tribute to one of the twentieth century's most charismatic composers, Claude Debussy. Debussy's music is introduced in a theatrical context which combines visual and literary elements, asking who was this remarkable man and who and what were his main influences, ranging from the sublime to the every day. 7.30pm, with Iwan Llewelyn-Jones on piano and Bethan Rhys Roberts presenting. £15/£13 over 60s/£5 students and under 18s. Pontio, Bangor 01248 383828, pontio.co.uk

Mindfulness Practice Group ~ Bala 2nd & 4th Thurs/month. Primarily for those that have completed the 8 week Mindfulness course but a warm welcome to anyone interested in sharing the practice, interested in Mindfulness or have had some previous experience. 6.30 - 7.30pm, £3; Gorwelion, Bala. Contact rowenna73@hotmail.com or visit FB page Mindfulness Bala

Jailhouse Rock (U) Dementia friendly film screening of Elvis film. For those with dementia, their friends and carers and also general public. Relaxed atmosphere where people can move around or sing along. Carers free, tea & coffee free. 2pm, £4.50. Theatr Colwyn, Colwyn Bay LL29 7RU, 01492 577888, theatrcolwyn.co.uk

People Magnet! The art of attracting supporters to your community project, with Eden Project Communities. We'll be using the day to talk about and share ideas for getting people to notice your community project. It's hard to attract people's attention to what you're doing (or want to do) and even harder to get them involved, whether you're asking for something or just trying to let them know what you're offering. 11am - 4pm, free. Plas Madoc Leisure Centre, Llangollen Rd., Acrefair LL14 3HL. eventbrite.co.uk

11th THURSDAY - 27th SATURDAY

Thick As Thieves Theatre performance. This tense, revealing play explores what it means to care for one another and asks who, in a time of increasing disconnect, we expect to look after us. Two women from very different worlds re-meet after a while. Various times and costs; Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrclywd.com

12th FRIDAY

Stories of Kindness Children's Stories 5 - 6pm; Stories for All 7 - 9pm, free entry, free food. Come to share a story or song or just to listen. Please bring donations of money, good quality second hand or new clothes and new toiletries to help people living in refugee camps. Neuadd Gymunedol San Collen's Community Hall, LL20 8HL. *See advert on page 30.*

Lit Soc: Sian Northey A creative writing workshop on translation. Working with texts in other languages, be they languages you're familiar with or not, and having your own work translated into another language can be a valuable exercise. You're forced to think deeply about meaning or to listen carefully to sound and often to collaborate with others and be open to new ideas. 1 - 3pm, £5, £4 concs. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Vikki Stone Musician and comedian. 8pm, £12, Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrclywd.com

The Tamarind Seed (15) Film. A woman meets a Russian whilst on holiday in Barbados, but all is not that simple. 7 for 7.30pm. Theatr Twm o'r Nant, Denbigh LL13 3DA. Lilian Jones 01745 813426, denbighfilmclub.co.uk

Film & Salsa Night Come to one or both. An hour of beginner's Salsa class then a film 'Finding Your Feet' (12A), followed by social. 6.30pm, salsa & film £10, salsa only £6, film only £7/£4. Theatr y Ddraig, Barmouth LL42 1EF, 01341 281697.

Modern Slavery Forum with Haven of Light ~ Hafan o Oleuni. Professionals from UK public sector, community and faith groups and charities will be meeting together for dialogue and discussion, and also sharing with the local North Wales community about the strategies to bring about change. International guests who are actively involved in anti-trafficking work will be sharing their experiences and progress in relation to the issues affecting their countries. 1 - 5pm, free, Porth Eirias, Colwyn Bay LL29 8LA. eventbrite.co.uk ~ Facebook: Modern Slavery Forum

Mountains, Marines, Medics & Motorbikes Ogwen Mountaineering Festival Lecture by Pat Parsons who



climbed and trekked in wild places all over the world and commanded the Mountain & Arctic Warfare Cadre. Pat is now a member of Derby Mountain Rescue Team, following them rescuing him from a severe rock climbing accident. £8, £15, 8pm. Neuadd Ogwen, Bethesda LL57 3AN, neuaddogwen.com

12th FRIDAY - 14th SUNDAY

Yoga & Dance Retreat Drawing inspiration and moves from the Dru Yoga tradition as well as Indian and Western cultural influences, Dru Yoga dance offers a rich and varied opportunity to express yourself through body language. You will learn a dynamic Dru Dance sequence choreographed to music, which you can use anytime to energise and empower yourself. A reasonable level of fitness is required. £375 shared, £445 single. Dru Yoga, Bethesda, 01248 602900, druyoga.com

Introduction to Permaculture This is the first long weekend in a three part, accredited Permaculture Design Course. Each weekend can stand alone if preferred. However, all three modules are required for a Permaculture Design Certificate. The focus of this course is on how to meet our fundamental human needs more sustainably. There is a particular emphasis on how we can design things to work well together. £120 course fee; £100 concs. Held at CAT, Machynlleth. Please book through Aberystwyth University 01970 621580, cat.org.uk

Pixi Camp for local (ish) families More details from Roz Daws - roz4harmony@gmail.com Held at Cae Mabon, Fachwen, Llanberis LL55 3HB, 01286 871542, caemabon.co.uk

Along Cambrian Lines 2 A celebration of these much loved trains heading for the seaside during the 1950s and early 1960s. A great line-up of visiting locomotives will be supported by members of the Llangollen Railway's home fleet, recreating many of the authentic sights and sounds of the period. 9am - 6pm daily. Llangollen Railway, Abbey Road, LL208SN. Contact 01978 860979.

Poetry and Songwriting Exploring the borders between poem and song lyric, this course will appeal both to poets and songwriters. It also welcomes those new to writing and simply curious to test their talent in these areas. Workshops and tutorials. £220 - £295. Tŷ Newydd Writing Centre, Llanysudmwy, Criccieth LL52 0LW, 01766 522811, tynewydd.wales

Mixed Media Weekend Work with any media you like, there will be room for experimentation, combining media or working separately. Build up self-confidence and skill with one to one tuition. £209 - £228. Plas Tan Y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri-npa.gov.uk

Plant Diversity Find out the science behind sorting out members of the Plant Kingdom. By examining their structure and studying the evolutionary processes that resulted in this diversity of form, you will be able to place plants into related groups. £120, £100 concs. Please book onto the course through Aberystwyth University 01970 621 580. Held at CAT, Machynlleth 01654 704966, cat.org.uk

13th SATURDAY

Re-purpose Clothing Bring any clothes you wish to rejuvenate, repair or rejig, sewing machines, embellishments, be as creative as you like. 10am - 4pm; room is £40 so we ask for donations of £5 part day/ £10 full day, or whatever you can afford, don't be put off by costs. We would also love people to offer their skills so we all learn new things. The Vestry Porthmadog. Facebook: of same name

Porcelain Christmas Decorations This workshop is run over two days to allow for kiln firing. (Also 27th). Using beautiful white porcelain and coloured glazes you will create a beautiful set of premium handmade decorations. 10am - 2pm both days, £80. Siop Iard, Caernarfon, LL55 1RR, 01286 672472, siopiard.com

Radio Amore A live musical mixtape of works by Italian and British composers with pieces ranging from baroque to the present day. An evening immersed in the combining of cultures, incredible music, and beautiful performances, Radio Amore is part of Sound Affairs' 30th anniversary celebrations. This continuous performance features a programme of music from Italy and Britain, including new work from composer Charlie Barber alongside music by Vivaldi, Pergolesi, Purcell, Handel, Steve Martland and Michael Nyman. Inspired by the pieces and their origins, Radio Amore is curated with an appreciative nod towards late-night music radio. 7.30pm, £10, £8 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

In Conversation with John Boyne

Author of ten novels for adults and five for younger readers, including *The Boy in the Striped Pyjamas* which was made into a hugely successful film ten years ago, and last year's *The Heart's Invisible Furies*. There will be a post talk Q&A. Also, Palas Print will be selling the author's publications and there will be a signing session near Ffynnon bar. 8pm, £15/£13 over 60s/ £10 students and under 18s. Pontio, Banor 01248 383828, pontio.co.uk



Gypsy Crafts 1 you will learn how to make a number of simple products: Willow stars; willow rings which can be decorated with leaves or flowers to make wreaths; tent pegs and clothes pegs. £55, deposit £30. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT, 01745 710626, woodlandskillscentre.uk

Yoga Training Try-Out in Mold Whether you're thinking about becoming a yoga teacher or want to deepen your personal practice - this day is for you! Meet the tutors; examine the course manuals; have your questions answered and experience the power, joy and stillness of Dru Yoga. You will come away from this day with a personalised yoga programme, tailored to help you achieve greater health, wellbeing and balance on all levels. 1 - 5pm, £25 adv, £30 door. Dru Yoga, Bethesda, 01248 602900, druyoga.com

Great Orme Giant Walk 10 and 20 mile fun walk around the fabulous Great Orme, Llandudno. 12noon - 10pm. Booking essential from £17. Raise money for your favourite charity! Bodafon Farm, Llandudno, Conwy, LL30 1BW. Contact 07525 625375.

Bach Comes Back To Town A concert with the Chester Bach Singers. All six of J.S. Bach's motets over two lunchtime concerts. 1.15pm, £10, all welcome. Wesley Church Centre, Chester. Nicola 01244 470890, info@chesterbachsingers.org.uk

Film as Religion: A Conversation This session brings together John Lyden and Clive Marsh who have written and conversed about religion and film for 20 years. Learn about the broader context of how religion and popular culture inter-relate and explore questions such as; are the practices of popular culture like religion, and in what ways do they differ? 2 - 4pm, free but booking essential. Gladstone's Library, Hawarden, nr Chester CH5 3DF, 01244 532350, gladstoneslibrary.org

UNA Group Meeting Updates on UNA-UK summer conference and Croeso Menai, Refugee Community Sponsorship. Followed by talk at 11.50am with speaker Ciaran Kovach 'Kim Jong-un's North Korea: Its Place in the World and the Prospects for its People'. Free event open to all with refreshments. 10.30am - 12.30pm, Quaker Meeting House, Dean Street, Bangor, LL57 1UP. Facebook: United Nations Association - Cangen Menai Branch See Noticeboard re Croeso Menai



Oktober-Pfest Live Music, with Billy Thompson and Gwybdaith Hen Fran 6pm, £10. Cellb, Blaenau Ffestiniog 01766 832001, cellb.org

World Jazz Night An evening of joyous and original world music grooves with outstanding collaborators Huw Warren, Steve Berry and Zoot Warren. 7pm for 8pm gig, £10, bar only. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

Ogwen Mountaineering Festival Lecture by Rebecca Coles, who has travelled widely across the world as a mountaineer and expedition leader. Climbing ice routes in the UK is her happy place, as well as skiing, cycle touring and all forms of climbing. 7.30 for 8pm, £8, £15, Neuadd Ogwen, Bethesda LL37 3AN, neuaddogwen.com

13th SATURDAY & 14th SUNDAY

Bowl Turning on a Pole-Lathe Learn to turn bowls the really old fashioned way and enjoy the fulfilment of producing this most fundamental possession from raw materials. This craft dates back to the Iron Age and possibly earlier. Using traditional hook tools and a foot powered lathe you'll learn to produce a bowl using techniques that date back hundreds of years. £150, deposit £75. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT, 01745 710626, woodlandskillscentre.uk

Llangollen Food Festival A taste of Wales and the World; demonstrations and workshops. Wales Pumpkin Carving Championships. 10am - 5pm daily. Llangollen Pavilion, LL20 8SW. eventbrite.co.uk

Wetland Weekend Through a mixture of walks, talks, training and practical work you'll finish the weekend as wild about wetlands as we are. 10am, booking essential. Cors Bodgynydd and Pencyhnant Centre, Conwy. You are welcome to attend 1 or 2 days. Free transport from Bangor. Contact Snowdonia Society 01286 685498, dan@snowdonia-society.org.uk

14th SUNDAY

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

Moon Intentions Yoga Workshop See 7th

Dru Meditation Day In this full day workshop, you will practise 3 short Dru meditations you can use at home to melt away stress, bring energy and inner calm. There will be movements and breathing techniques to prepare you to connect with your inner stillness. 10.30am - 5.30pm, lunch provided, £55. Dru Yoga, Bethesda, 01248 602900, druyoga.com

Gypsy Crafts 2 On this one day course you will learn how to make a number of simple products : willow lanterns; Gypsy flowers and Gypsy baskets. These objects use willow and coppice wood and you will learn how to use a draw-knife and a shave horse. £55, deposit £30. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT, 01745 710626, woodlandskillscentre.uk

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. 1.30 - 3.30pm. Galeri, Caernarfon 01286 685250, galericaernarfon.com

15th MONDAY

Bangor Cellar Writing Group 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 Caf , Bangor. Mary Ward - merielward75@gmail.com

Rhos Bodhran Class See 2nd

ROH Live Ballet: Mayerling By Liszt (12A) Screening of The Royal Ballet dancing the glamour of the Austro-Hungarian court full of political and sexual intrigue. 7.15pm, £10, £8 concs., £3 children. Ucheldred Centre, Holyhead 01407 763361, ucheldred.org

Clwb Gwerin Conwy Folk Club Lucy Ward singer. 8pm, £5, £3 members, Conwy Comrades Social Club, 8 Church Street, Conwy LL32 8AF. conwyfolkclub.org.uk

Chester Amnesty International 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



15th MONDAY & 16th TUESDAY

A Hundred Different Words for Love Story of romance, despair and friendship, with live music and songs. 8pm, £10+. Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrclwyd.com

American Animals (15) Film. Four young men mistake their lives for a movie and attempt one of the most audacious heists in American history. 10.30am, 7.30pm 15th; 5.30 & 8.15pm 16th. Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com Also 18th

15th MONDAY - 19th FRIDAY

Writing Popular Fiction You will develop the building blocks for your novel looking at plot, character, setting and point of view. Tutorials and exercises will help you cultivate the skills to complete and polish a manuscript to a publishable standard. The tutors will look at your work and offer constructive advice on avoiding plot holes, saggy middles and other writing pitfalls. £395 - £625. Tŷ Newydd Writing Centre, Llanystumdwy, Criccieth LL52 0LW, 01766 522811, tynewydd.wales

16th TUESDAY

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

Flowers of the Peloponnese - autumn bulbs and spring orchids A talk with Jack Swan - who trained at the Royal Botanic Garden, Edinburgh and has a long career as an Arborist; organised with The Hardy Plant Society Clwyd Branch. 7.30pm, Holywell Community Centre, Flintshire CH8 7TQ. Mike Kennox 07768 423965, clwyd@hardy-plant.org.uk

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

Chanting Sessions See Noticeboard

The Healing Well Hands on Healing, by donation. All welcome, 7 - 9pm, Ganolfan Pentrefelin, nr Criccieth. Mayamara 01766 770874.

Noddfa Circle Dance 1st and 3rd Tues/month, from 2 - 4pm. Noddfa, Penmaenmawr 01492 623474, noddfa.org.uk

Hotel Salvation (PG) Hindi, with subtitles. Faced with his father's untimely and bizarre demand to go and die in the holy city of Varanasi and attain Salvation, a son is left with no choice but to embark on this journey. 7.30pm, £5 guests, membership available. St Mary's Creative Space, St. Mary's Hill, Chester CH1 2DW. Enquiries 01244 371750, chesterfilmfans.co.uk

My Mother Said I Never Should Theatre performance set in Manchester, Oldham and London. A poignant, bittersweet story about love, jealousy and the price of freedom. Various times and prices. Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrlwyd.com

16th TUESDAY - 18th THURSDAY

Deepbridge Chester Arts Fair Buy and view artwork from over 90 UK & international artists at the North's leading artist art fair. £5 - £10. Chester Racecourse CH1 2LY. eventbrite.co.uk

17th WEDNESDAY

Decarbonise Your Life If you'd like to take some personal responsibility for how much carbon is produced by your lifestyle then this day is for you. Cut through the confusion and make a commitment to manage your own 'carbon budget' for the future of us all and our beautiful planet. 10.30am - 4.30pm, free, book please. Treborth Botanic Garden, Bangor LL57 2RQ. Tickets from: farmgarden/org.uk

Chester and District Friends of the Earth 3rd Weds/month, 7.30pm in the Custom House, Watergate Street, Chester. Contact Peter Benson 07740 179939.

Storytelling Club 3rd Weds/month. Special guest wordsmith every month. All welcome. No charge! 7.30pm. The Blue Bell Inn, 19 Castle Street, Conwy LL32 8AT. Suzi & Simon on 01490 460563 or 07984 637068.

Rhododendron Clearance Working in partnership with the National Park Authority the work has been historically centred around Bryn Gwynant YHA. 10am, booking essential. Nant Gwynant. Contact Snowdonia Society 01286 685498, dan@snowdonia-society.org.uk

Breuddwydio Cae'r Nos A Welsh language production. Embrace the Celtic passion of magic, music and myths from the Mabinogion. 7.30pm, £12, £10. Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

WNO Chorus Lunchtime Concert Free tea & coffee provided. 1pm, £5, £4. Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrlwyd.com

Chinese Orchestra of Shandong University Confucius Institute present the Orchestra who will perform a programme of Chinese traditional music. 7.30pm, £10/£8 over 60s/£5 students and under 18s. Pontio, Bangor 01248 383823, pontio.co.uk

Chester Music Society Showcase Concert Imogen Royce (flute) and Imma Setiadi (piano), 7.30pm, £5. St Mary's Creative Space, Chester, CH1 2DW. 01928 787496.

Making Compassion Count Talks, discussions and workshops led by RCN North Wales Branch. 10am - 4pm, free. Canolfan Fusnes Conwy Business Centre, Junction Way, Llandudno Junction LL31 9XX. eventbrite.co.uk

Write Now Meets 3rd Weds/month at 7.30pm. All types of writing welcome, we read our work aloud and share tips and news. Meet in Gales Wine Bar, 18 Bridge St., Llangollen. Rachel 07706 101349.

Mindful Meditation 3rd Weds/month. A monthly meditation group, open to all and suitable for beginners. If you have not meditated before, this can help you get started. Also, experienced meditators welcome to come and practise in a group setting. 7.30 - 9pm. Kit'n'Heels, 3 Penrhyn Ave, Rhôs-on-Sea LL28 4PS. Facebook: Wings of Change

18th THURSDAY

Hiraeth Festival 2018 An intimate arts festival that celebrates classical, folk and eclectic music, books, poetry and the gentle art of conversation around good food and friends old and new. Hiraeth hearkens back to a simpler time when storytelling and conversation around the hearth was enough to warm the heart - along with a glass or cup of something fine and a tasty cawl too. 7 - 10pm, £22.15. Providero, 112 Mostyn Street, Llandudno LL30 2SW. eventbrite.co.uk

Drum Journey Meditation Circle See 4th

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

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

Rich Hall's Hoedown There has never been a better time to be an American comedian in the UK ... 8pm, £17. Pontio, Bangor 01248 383823, pontio.co.uk

Echo Town Multi-instrumental performances and eclectic sound and contemporary freedom songs. 7pm for 8pm gig, £10, bar only. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

18th THURSDAY - 21st SUNDAY

Weaving Colours Create a beautiful wall hanging using Eta Ingham Lawrie's stunning styles and techniques. Materials will be available, working on an upright loom. £410 - £255. Trigonos, Nantlle LL54 6BW, 01286 882388, trigonos.org

Transcending the Polarities of Light and Dark In this magical workshop, we will be exploring, playing with and testing out the inner and outer polarities within us, of light and dark, and how we manifest these in our outer lives. Led by Samina Ali. Cost: Generous £450 (to help cover concessions). Full contribution £395 (£365 discount for booking by Oct 5th). Concessionary £165 for food and accommodation and optional financial donation for facilitation. Cae Mabon, Fachwen, Llanberis. Samina 07946 463543, saminaali78@btinternet.com

19th FRIDAY

Caffi Stori Llangollen Storytelling Café 3rd Fri/month. In celebration of Black History Month, Caffi Stori welcomes back three good friends and great storytellers. Phil Okwedy shares stories from his new book about the drovers (Gomer), & other stories, with music from Mikey Price and crankies from Peter Stevenson. Please come! 7.30pm, £5, £4 concs., Neuadd Gymunedol, San Collen's Community Hall, Regent Street, Llangollen LL20 8HL. More info from Suzi 01490 460563, 07984 637068.

Evening Slow Flow and Restorative Yoga

Session The theme of this extended 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

North Wales 3rd Annual Autism Conference

Embracing the Autistic Voice to Transform Attitudes. An opportunity to hear the lived experience and knowledge from educators, researchers and specialists working in the field of Autism. 8.30am - 5pm, free trade and exhibition area open all day to general public. Catrin Finch Centre, Glyndwr University, Wrexham LL11 2AW. eventbrite.co.uk

April in Paris A comedy theatre production about a couple who win a holiday in Paris. 7.30pm, Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

Songwriter's Circle An evening of songs and stories featuring Bonnie Dobson, Little Sparrow and Elfin Bow. 7pm for 8pm start, £12. Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrclwyd.com

19th FRIDAY - 21st SUNDAY

Yoga and Wellness Weekend Restorative yoga, nourishing homemade food, coastal walks, relaxation time. £360 - £505. Plas Cadnant, Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk

Creative Landscape Photography Come and explore the magnificent and varied landscape of North Wales where we will visit rivers, coasts, mountains and gorges. Weather-permitting we will also visit the ruined slate quarries nearby and possibly see a steam train! Led by Jean Napier, offering one-to-one tuition. £224 - £243. Plas Tan Y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri-npa.gov.uk

Writing Historical Fiction This is a short course that will guide and enable you to create fictional stories about real life people and events. £220 - £295. Tŷ Newydd Writing Centre, Llanystumdwy, Criccieth LL52 0LW, 01766 522811, tynewydd.wales

Textile Basketry - Woven Forms This introductory course provides an opportunity to explore the technique of twining to create a range of woven forms; from small baskets, to pods and pockets. £219 - £238. Plas Tan Y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri-npa.gov.uk

Through The Keyhole We will be walking and listening to the history and folklore of some of the old houses in the area. Some parts will be slippery and muddy with the occasional slope on leaving the slate mines. The routes will not involve mountainous walks. £219 - £238. Plas Tan Y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri-npa.gov.uk

20th SATURDAY

Silver Stacking Rings Create a set of stacking rings in sterling silver. Choose from round or square wire or even a mix. 10am - 4pm, £80. Siop Iard, Caernarfon, LL55 1RR, 01286 672472, siopiard.com

North Wales Vegan Festival 80+ fantastic stalls, including cooked and raw foods, pies, cakes, chocolates, sandwiches and salads, beauty and skincare products, candles, preserves, cheeses, jewellery, crafts, healthy treats, sweet treats, clothing, drinks, juices, smoothies, charity merchandise and more. 10.30am - 4.30pm, £3 on door, U16s free. Plas Coch Sports Centre, Wrexham LL11 2AW. Facebook: of same name. Tickets from eventbrite.co.uk ~ veganeventsuk.co.uk See Back Cover



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

Botanical Painting Classes Led by Doreen Hamilton. 3rd Sat/month. Materials can be supplied at cost if you just want to give it a try and not have to buy expensive materials at the start. 12.30pm - 3.30pm; followed by tea/coffee. £15, students £10. Treborth Gardens, nr Bangor. Booking not required - but please let Doreen know by e-mail the previous week and then just turn up; doreensbotanicals@gmail.com

Yoga and Vegan Cookery Day Retreat Vegan chef Lee Watson will be cooking a delicious plant-based seasonal feast for lunch using produce sourced locally in North Wales, with a smoothie in the morning and more sweet treats in the afternoon. There will also be a cooking demonstration and a Q&A session. And Claire Mace will teach an all-levels yoga session where you will connect to your body's cycles, and explore how listening to your body's needs - and your soul's needs - is crucial to living a grounded and happy life. 10am - 5pm, £79. Prichard Jones Institute, Newborough, LL61 6SY. Bookings: Claire 07970 409724, northwalesretreats.com

Where The Poetry's At Join former Young Person's Laureate for Wales, Martin Daws, for monthly spoken word sessions. 1.30pm, suitable for 12 - 19 years. Venue Cymru, Llandudno. Register: youngcreatives@venuecymru.co.uk

Apple Day Press our apples or bring your own - don't forget containers to take juice home in! 10.30am - 3pm, apple themed refreshments. Bring other fruits for swapping! Llangollen Community Garden. Facebook: of same name

Conifer Clearance See 4th

Richard Durrant ~ Stringhenge Concert guitarist and composer plays a new commission, JS Bach and British Folk from his new double album 'Stringhenge'. 8pm, £10, Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrclwyd.com

Climb Snowdon Challenge 2 Traverse the Snowdonia National Park coming in from the West. This can be done in 1 day, with or without accommodation. Your guide is a fully qualified Mountain Leader. 9am - 9pm, £69, includes packed lunch and local transfers. The Old School, Carmel, Caernarfon, LL54 7AA. Contact 01286 479902.

Baka Beyond 25th Anniversary Concert Inspired by the music of the Baka forest, the group reunites with Paddy Le Mercier, fiddle player for this event. Song, dance, percussion, videos and big smiles. 7.30pm, £12 adv, £14 door. Neuadd Ogwen, Bethesda LL57 3AN, tickets: neuaddogwen.com

Square Rush Basket Rush basketmaker, Rosie Farey will teach you how to make a small square check weave/twill weave basket using English Bulrush. The soft, suppleness of Bulrush makes this course particularly suitable for beginners. All materials and equipment are provided. £60, deposit £30. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT, 01745 710626, woodlandskillscentre.uk

Met Opera Live: Samson & Dalila Music by Saint-Saens. Sung in French with English surtitles. 5.55pm, £10, £8 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org **Also** Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrclwyd.com **Also** Galeri, Caernarfon 01286 685250, galericaernarfon.com

King of Thieves (15) Film. True story of the Hatton Garden robbery, the most daring heist in British criminal history. 7.30pm, Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

20th SATURDAY & 21st SUNDAY

Reiki 1 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, Tregarth, Bangor LL57 4NP. Viv 01248 601388, vivreiki@hotmail.com

Make A Pole Lathe The pole-lathe is the traditional piece of equipment for turning green wood. It is very safe to use, makes no dust and no noise. £160, deposit £80. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT, 01745 710626, woodlandskillscentre.uk

21st SUNDAY

Benjamin Goldscheider (horn) and **Callum Smart** (violin) Play music by Beethoven, Schubert and Brahms. 7.30pm, £10+. Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrclwyd.com

Pregnancy Yoga Workshop We will work with yoga postures and breathing techniques that can be supportive both for your experience of pregnancy and during the birthing process. We will explore tools from a wide range of yoga practices including Womb Yoga, Forrest Yoga and Restorative Yoga. 2 - 4.30pm, £20 (concessions available). Held at The Old Rectory, Llanfachraeth, Ynys Môn LL65 4YA. Bookings: Claire 07970 409724, inspiratrix.co.uk

Moon Intentions Yoga Workshop See 7th

Bullrush Basket Weaving Rush basketmaker, Rosie Farey will teach you how to make a small fruit bowl sized basket on a mould. Using English Bulrush, you will learn traditional techniques such as check weave, pairing and track borders. The soft suppleness of Bulrush makes this course particularly suitable for beginners. 10.30am - 4pm, £45; all materials provided, beginners welcome. Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org

Groove Dancefloor An invitation to move your body in a safe, fun and creative way. We explore a variety of rhythms and styles, no experience necessary, no lefts and rights. All ages/fitness levels welcome. 6.30 - 8pm, £5, £2.50, discount on first class. 128 High St., Bangor, opposite Kyffin Café. Liz 07732 470482.

Elles Bailey Singer-songwriter, country rock. 7pm for 8pm gig, £10, bar only. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

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

22nd MONDAY

Gong Bath Breathe and relax... release stress and return to a harmonic balance. 7pm, £13.

Llanfairfechan Community Centre, Village Rd, Llanfairfechan LL33. Steph Healy 07534 118899, puresound.org.uk

Holyhead Writers Group 2nd & 4th Mon/month. PenFriends is a creative writing group who offer support and feedback on each other's work and also do fun writing exercises to stretch our creative muscles! 7pm. £1. Harvest Moon, Newry St., Holyhead (opposite Holyhead Library). Karen 07929 069235.

Rhos Bodhran Class See 2nd

Jazz Club Non-members welcome, 8pm, free. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Singing Group The session will be run by Ella Speers of Natural Voice Network. You don't need to be good at singing, just want to sing along, have fun and meet new people! Especially for people with learning disabilities/autism but open to the whole community. 7 - 9pm, 18+, free. Meeting Room, Storyhouse, Chester. Ali McAvoyn 07746 422282, ali.peopleschoicegroup@gmail.com

King of Thieves See 20th; time: 10.30am with panad.

22nd MONDAY - 27th SATURDAY

Storytelling: The Spell on the Tongue Poetry, prophecy, prayer, invocation, preaching, storytelling, song... the uttered word has the power to enchant, to cast a spell over its listeners. In this week of experiment and exploration the tutors will examine various kinds and qualities of 'heightened speech'. £495 - £625. Tŷ Newydd Writing Centre, Llanystumdwy, Criccieth LL52 0LW, 01766 522811, tynewydd.wales

23rd TUESDAY

Loot Theatre performance. Dennis works for an undertaker. Hal's old Mum has just died. Ludicrous slapstick meets dubious morals as the two young friends stash the proceeds of a bank robbery in Mum's occupied coffin, all whilst trying to avoid a crazed policeman, a gold-digging nurse and a grieving widower. 7.30pm, £12, £14. Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

Chanting Sessions See Noticeboard

24th WEDNESDAY

Full Moon in Scorpio 5.45pm

Menai Bridge Fair Rides and stalls, Menai Bridge LL59 5DF.

Funny Girl - The Musical Sheridan Smith plays Fanny Brice, the girl who rose from the Lower East Side of New York to become one of Broadway's biggest stars under producer Florenz Ziegfeld. 7pm, £10, £8 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

The Teachings of Alice Bailey A rich field of Esoteric Psychology. A talk by Ted Capstick, spiritual astrologer, with Chester Theosophical Society. 7 for 7.30pm, £5.50, £3.50 concs., Quaker Meeting House, Frodsham St., Chester CH1 3LF. Enquiries 01244 370461, chestertheosophy.org *Sponsored by the Foundation for Theosophical Studies (FTS), Registered Charity 1014648*



Theatre of Dreams An invitation to explore your dreams in a unique, safe way. Gain new perspective and receive the true message from your subconscious. All welcome. 7 - 9.30pm, £5 booking necessary, (limited space) held at The Old Rectory, Llanfachraeth, Anglesey LL65 4YA. Phone Liz 07732 470482.

Gong Bath Breathe and relax... release stress and return to a harmonic balance. 7pm, £13. Canolfan Beumaris, Rating Row, Beumaris LL58 8AL. Steph Healy 07534 118899, puresound.org.uk

King of Thieves See 20th; time: 2.30 & 7.30pm.

24th WEDNESDAY - 9th NOVEMBER, FRIDAY

Funny Girl - The Musical (12A) Film. See 24th for details. £13, £15. Held at Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrclwyd.com

25th THURSDAY

Mindfulness Practice Group ~ Bala 2nd & 4th Thurs/month. Primarily for those that have completed the 8 week Mindfulness course but a warm welcome to anyone interested in sharing the practice, interested in Mindfulness or have had some previous experience. 6.30 - 7.30pm, £3; Gorwelion, Bala. Contact rowenna73@hotmail.com or visit FB page Mindfulness Bala

Singing For The Soul Calling all those who find a soul connection through singing, in particular chants from different spiritual traditions. Led by Felicity Jones, an experienced singer, we meet once a month at Hillside Retreat, Rhosmor near Mold from 11.30 - 1 pm. 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 Inmost Sanctuary A talk by Wayne Gatfield. *'There is a place within where we can retire at any time and drink deep at the wellspring of Spiritual Wisdom. No matter what the external circumstances of our life- this inmost sanctuary remains untouched. This talk explores the sacred place which is the same in every one of us despite apparent outer differences'*. Sponsored by -The Foundation for Theosophical Studies ~ Charity No. 101 4648 and arranged by the Colwyn Bay Theosophical Society. 2pm, £5, TS Members £3. Held at Parkway Community Centre, off Rhos Rd., Rhos-on-sea. New enquirers are always welcome. Enquiries Pauline 01619 804942, 07547 135491, p.owens@live.co.uk ~ theosophywales@yahoo.co.uk

Rhododendron Clearance See 17th

Awakened Belly Dance Taster Session Middle Eastern sacred dances, sound healing and meditation. 7 - 9pm, £10 adv, £15 door. Parkfields Community Centre, Mold, Flintshire. More info and to book: rachelbellydance.wales

La Belle et La Bete Film with Occasional Cinema. Cocteau's original and artistic B & W take on the Beauty and The Beast story. French with subtitles. 7.30pm, membership £5, first film free then £3 after. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

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

King of Thieves See 20th; time: 5.30 & 8.15pm.

Open Doors 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.

25th THURSDAY - 27th SATURDAY

Rambert2 Britain's original dance company. This show takes the company's reputation for bold moves with technical virtuosity, and kicks it up a notch. 7.30pm, £10+. Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrclwyd.com

26th FRIDAY

Ysbyty Gwynedd Radio Concert With Bryn Fon, Gwen Edwards, Tri Tenar, Moniars and Harmoneli. 7.30pm, £10. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Cabaret Pontio: Jamie Smith's MABON Celtic roots acts, the 5-piece band of virtuoso musicians. 8pm, £14, £13 concs., Pontio, Bangor 01248 383823, pontio.co.uk

Only The Lonely Film with Forest Film Club. Anthony Hett brings you his trilogy of short films, letters, waiting and Scrabble, plus short films on the themes of loneliness, old age, and dementia. 7.30 - 10pm, £4.25. Ty Pawb, Market St., Wrexham LL13 8BB. Facebook: Forest Film Club Presents: Only the Lonely

4 Square Folk foursome return for the 10th anniversary. 7pm for 8pm gig, £10, bar only. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

26th FRIDAY & 27th SATURDAY

Brexit, Trump and the Common Good The idea of a 'global common good' implies four things which are increasingly controversial in contemporary political discourse: the 'global', the 'common', the 'good' and the role of human agency. Michael Northcott discusses these elements in light of the current crisis-ridden nature of democratic decision-making in the United Kingdom and the United States, and ongoing pressures from 'populist' political movements in continental Europe. £125, non-residential from £90. Gladstone's Library, Hawarden, nr Chester CH5 3DF, 01244 532350, gladstoneslibrary.org



26th FRIDAY - 28th SUNDAY

Holy Mountain Yoga Retreat Step out of time for a weekend of yoga with experienced Forrest Yoga teacher Claire Mace. Enjoy lovingly crafted vegetarian meals and explore the ancient beauty of Mynydd Tŵr, £249 - £349. South Stack Coastal Retreats, near Holyhead LL65 1YH. Bookings: northwalesretreats.com

Return to Earth The time of the Celtic New Year, Samhain. A time to let go of the year that's past and rest in preparation for the year to come. During our retreat you will be welcomed into a space that will nourish, nurture and hold you in kindness. We will be working with meditation, movement, crystals and sound healing/Gongs. Vegetarian food provided, £285 - £295 all inclusive. Trigonos, Nantle LL54 6BW. 01286 882388, trigonos.org More info from leaders Roz Daws roz4harmony@gmail.com and Belinda Canevali: bcanevali@yahoo.com, Steph Healy: pure.sound@outlook.com

Chamber Music This fourth musical weekend will again be conducted and tutored by Louise Latham from Manchester. String players from all sections are welcome and if you play double bass, especially so!! A list of the works selected for this weekend will be sent to all players a month before the course. Held at Plas Tan Y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri-npa.gov.uk Bookings: Dr Julia Johnson. juliajohnson99@yahoo.co.uk

Gwledd Conwy Feast Food, drink, art and music from Wales. 10am - 6pm, In the town of Conwy. Contact 01492 338083.

26th FRIDAY - 2nd NOVEMBER, FRIDAY

Embodying Love How can our practice of kindly awareness gain fresh inspiration? On this retreat, we will explore opening to metta as an innate quality of our body, heart and being - literally embodying love. £280, £252 concs., Vajraloka Buddhist Centre, Corwen 01490 460406, vajraloka.org

27th SATURDAY

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

Embroidery Masterclass This embroidery masterclass is suitable for those who are new to embroidery and for those whose stitching skills are a little rusty. During this workshop you will learn several crewel work stitches including satin stitch, chain stitch, whipped wheels and french knots. All materials provided. 10.430am - 4.30pm, £55, includes light lunch and refreshments. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Met Opera Live Screening: La Fanciulla Del West Puccini's gun-slinging romantic epic of the Wild West. Sung in Italian with English surtitles. 5.55pm, £10, £8 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org **Also** Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrclwyd.com **Also** Galeri, Caernarfon 01286 685250, galericarnarfon.com

The Little Stranger (12A) Film. After a doctor is called to visit a crumbling manor, strange things begin to occur. 7.30pm, Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

Mindfulness Llanwnda All Day If you have completed an 8 week Mindfulness course before then you are very welcome to join us for the All Days. It is fine to come for just the morning - 9.45am - 12noon; or stay till 4pm. If you have not attended the 8 week programme then the donation is £15 - £35; bring packed lunch, warm clothes and cushion/blanket. Led by Tara Dew. Canolfan Bro Llanwnda, Caernarfon LL54 5UG. Contact: gwyneddmindfulness.co.uk

Adventures at The Leading Edge Sarah McNair-Landry and her boyfriend Erik Boomer will be presenting films, images and stories of their outstanding expeditions. 7 - 10pm, £6.50 - £8. Llangollen Town Hall, Castle St., LL20 8NU. eventbrite.co.uk

Bird Feeders Make at least 3 bird feeders for your garden or to give away as presents. You will use timber from sustainably managed local woodlands and will be able to make various designs. £50, deposit £25. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT, 01745 710626, woodlandskillscentre.uk

Porcelain Christmas Decorations See 13th for details

Alice in Wonderland A fantastical new ballet for all the family. The story comes to life as Alice becomes curiouseer and curiouseer. 1pm & 3.30pm. £7+, suitable for 2+. Forum Studio Theatre, Chester, CH1 2BH. Details from Victoria 01244 341296, studio@tiptopproductions.co.uk

27th SATURDAY & 28th SUNDAY

Spoon Carving During the workshop we will build up your skills using a progression of projects to develop safe and efficient techniques for axe and knifework. A simple toolkit and readily available materials make this an ideal pastime for camping, bushcraft and evenings by the fire. £120, deposit £60. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT, 01745 710626, woodlandskillscentre.uk

Harlech Fire and Sea Festival Learn more about the legend of Meirion and his struggle to harness the power of the magical Harlech Torc. Our journey will now take us to Harlech beach, where we invite the public to build to make a defensive line of Sea Castles against the advance of the Seventh Wave. As dusk falls, join the evening campfire lit and attended by the Knights of Arduwyd and watch as the castles are illuminated by biodegradable lanterns. Harlech Beach LL46 2UG. visitharlech.wales See pages 4 and 5.

28th SUNDAY

Bending, Folding, Arching & Turning - Feldenkrais Method Restore your ability to move as you were designed to, so that your body works in a more integrated way, with Veronica Rock. 10am - 1pm, £30. Verve Health, 2 - 4 George St., Llangollen. Bookings: 07990 825783, vhrock@feldenkrais.co.uk

Volunteer Afternoon at Eternal Forest From 1pm, clearing away unwanted debris and keeping the forest healthy, on last Sunday of every month, check if bad weather. Boduan, nr Pwllheli LL53 8PZ. Bella 01758 612006, 07579 008325, eternalforest.org See Page 31

Estyneto See 14th

Moon Intentions Yoga Workshop See 7th

Funny Girl See 24th for info; except at 2pm today.

Nest Boxes Make at least 3 bird nest boxes for your garden using timber from sustainably managed woodlands. £50, deposit £25. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT, 01745 710626, woodlandskillscentre.uk



Die Walküre Opera by Wagner. The full cycle's four operas journey from the beginning of a world to its destruction, with gods, heroes and monsters. This epic myth portrays every type of human emotion in music and ideas of extraordinary power. The Ring is always a special event in the operatic calendar: once experienced, never forgotten. Sung in German with English surtitles. 5pm, £10, £8 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

29th 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. Kimmel Bay Community Library, Kendal Road, Kimmel Bay, Denbighshire LL18 5BT, 01745 772150, homeinstead.co.uk

Rhos Bodrhan Class See 2nd

ArtlySparklyDesigns A display and sale of nature themed photography and sea glass jewellery. Come and join us in The Lookout. 10am - 4pm, RSPB Nature Reserve Llandudno Junction Conwy LL31 9XZ. 01492 584091.

29th MONDAY - 31st WEDNESDAY

The Little Stranger See 27th

29th MONDAY - 2nd NOVEMBER, FRIDAY

Autumn in the Gardens of Snowdonia and North Wales; Woods and Water Photography course. We shall explore the way the camera can be used to interpret the many different facets of our subjects beyond what the eye sees and the mind remembers. In each garden you will learn about the history, design and plant collections, as well as experiencing autumn colours at their best. £416 - £454. Plas Tan Y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryrnpa.gov.uk

29th MONDAY - 3rd NOVEMBER, SATURDAY

Autumn Working Party The usual classic Cae Mabon working party mix. Contact Eric on eric@fachwen.org to book a place. £5 per day towards food. The rest is exchange. Cae Mabon, Fachwen, Llanberis LL55 3HB, 01286 871542, caemabon.co.uk

29th MONDAY - 5th NOVEMBER, MONDAY

Teacher Training Retreat Level 2 Held at *Trigonos, Nantlle*. Bookings: Centre for Mindfulness, Research & Practice (CMRP), Bangor University LL57 2DG, 01248 382498, bangor.ac.uk ~ mindfulness@bangor.ac.uk

30th TUESDAY

Chanting Sessions See Noticeboard

ArtlySparklyDesigns See 29th

Woodland Workday Whether you'd like to help out with our bird survey or you fancy something a bit more physically challenging like footpath maintenance, join us to tackle this month's woodland tasks! 10am, booking essential. Betws y Coed. Contact Snowdonia Society 01286 685498, owain@snowdonia-society.org.uk

Ralph McTell Known for his virtuoso guitar style, he is primarily a prolific and gifted songwriter - with a style that invites you into a unique world, he weaves a narrative that is both significant and poignant. 7.30pm, £20. Galeri, Caernarfon 01286 685250, galericarnarfon.com

The Healing Well Hands on Healing, by donation. All welcome, 7 - 9pm, Ganolfan Pentrefelin, nr Cricieth. Mayamara 01766 770874.

31st WEDNESDAY

Samhain ~ Noson Calan Gaeaf Marking the beginning of the 'darker half' of the year.

Big Allotment Growing Day 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

Holiday Club The programme includes learning about the woods and what lives in them, bushcraft activities, art and craft work and games. For 6 - 3 year olds, £20 per day and a mid-day meal is provided; £35 for 2 days and 2 children from the same family per day. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT, 01745 710626, woodlandskillscentre.uk

UNA/Bangor University Annual Lecture with Gareth Owen, Humanitarian Director, Save the Children. 'The Power to Hope: a humanitarian view of the future'. 5.30pm. Free event open to all. There is also a pre-lecture seminar with Gareth, 'How to have a career in international development' at 4.30pm. Eric Sunderland Lecture Theatre, Main Arts, Bangor University. Facebook: United Nations Association - Cangen Menai Branch

The Wicker Man - The Final Cut (15) Film. A devout Christian policeman investigates the disappearance of a girl from a remote Scottish island community, which turns into an eerie confrontation of religions in this classic and intelligent folk horror. 7.30pm, £5 guest, membership available. Storyhouse, Chester CH1 2AR. Enquiries 01244 371750, chesterfilmfans.co.uk

31st WEDNESDAY - 3rd NOVEMBER, SATURDAY

The Sound of Music Performance of one of the greatest musicals of all time, 7.30pm, plus 2.30pm matinee on 3rd. £10. Theatr Clwyd, Mold CH7 1YA, 01352 701521, theatrclwyd.com

Copydate for November Issue:

October 18th

info@network-news.org

07777 688440

Workshops in November & December

NOVEMBER

- 2 - 4 **Mindfulness Retreat** Noddfa, Penmaenmawr, 01492 623473, noddfa.org.uk
- 3 **Rush Basket Making** Caernarfon, LL55 1RR, 01286 672472, siopiard.com
- 3 **Welsh Woodlands and Their Birds Conference** Bangor University. Tickets: eventbrite.co.uk
- 9 - 11 **Yoga & Relaxation Weekend** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk
- 9 - 11 **Hwyl Fawr - Bodhran Weekend** Conwy. Jo Hughes 07833 300206, jo@joconsultancy.co.uk
See advert on page 10.
- 9 - 29 **Total Immersion** Vajraloka Buddhist Centre, Corwen 01490 460406, vajraloka.org
- 10 **Voice Workshop** Ucheldre Centre, Holyhead 01407 763361, ucheldre.org
- 10 **Boro Textiles Masterclass** Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk
- 10 **Meditation & Teaching Day** The Hermitage, Criccieth LL52 ONT, 01766 530839, hermitage@ahs.org.uk
- 10 **Beaded Jewellery** Siop Iard, Caernarfon, LL55 1RR, 01286 672472, siopiard.com
- 10 & 11 **Reiki 2** Tregarth, Bangor LL57 4NP. Viv 01248 601388, vivreiki@hotmail.com
- 17 & 18 **Reiki 1** Tregarth, Bangor LL57 4NP. Viv 01248 601388, vivreiki@hotmail.com
- 16 - 18 **Yoga and Mindfulness Retreat** Noddfa, Penmaenmawr, 01492 623473, noddfa.org.uk
- 18 **Singing Bowl Workshop** Mynydd Llandygai, Bangor LL57 4LQ. Steph Healy 07534 118899, puresound.org.uk
- 22 **The Inner Dance Meditation** Mold. More info and to book : rachelsbellydance.wales
- 23 - 25 **Yoga & Relaxation Weekend** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk
- 24 **Christmas Decorations: Slate Bunting** Caernarfon, LL55 1RR, 01286 672472, siopiard.com
- 24 & 25 **Threads - Weaving Masterclass** Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk
- 25 **Improving Upright Organisation - Feldenkrais Method** with Veronica Rock, Llangollen. 07990 825783, vhrock@feldenkrais.co.uk
- 29/11-3/12 **Bhagavad Gita & Meditation Retreat** Dru Yoga, Bethesda, 01248 602900, druyoga.com

DECEMBER

- 7 - 16 **Compassion and Emptiness** Vajraloka Buddhist Centre, Corwen 01490 460406, vajraloka.org
- 8 & 9 **Reiki 1** Tregarth, Bangor LL57 4NP. Viv 01248 601388, vivreiki@hotmail.com
- 9 **Yoga Workshop** Portmeirion. Bookings: Tracey Jocelyn 07809 485323, traceyyogamassage.co.uk
- 19 **Christmas Flowers** Caernarfon, LL55 1RR, 01286 672472, siopiard.com
- 21 - 28 & 28/12 - 4/1 **Practice Retreat For Men** Vajraloka Buddhist Centre, Corwen 01490 460406, vajraloka.org

Syria's beating heart is filled with the treasures emanating from a deep well of artistic creativity. This year's Festival theme is "HOME"; memories of Home will shine through many of the performances, creations and events that we offer you - food, films, talks, concerts, discussions and workshops, together with an exhibition which will run for the duration of the Festival.

Full details from: celebratingsyria.org



Centres in North Wales: Workshops in November & December

Centre for Alternative Technology

Machynlleth SY20 9AZ
01654 705959, cat.org.uk

NOVEMBER

- 2 - 5 **Eco Refurbishment**
12 - 17 **Intro to Sustainable Energy provision
and Demand Management**
23 - 25 **A Guide to Environmental Impact
Assessment**

DECEMBER

- 10 - 15 **Environmental Politics and Economics**

Gladstone's Library

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

NOVEMBER

- 3 - 4 **Hearth: Literary Festival**
8 - 10 **Cracking the Monolith: Liberating
the Bible for Contemporary Life**
24 **Complex Emotion, Detached
Appraisal: Writing Memoir - A
Masterclass with Keggie Carew**

DECEMBER

- 3 - 5 **Film and Theology**

Centre for Mindfulness, Research & Practice (CMRP)

Bangor University LL57 2DG
01248 382498,
mindfulness@bangor.ac.uk
bangor.ac.uk

COURSES IN 2019

- 5 - 12 Jan **Teacher Training Level 2**
26 Jan - 2 Feb **Teacher Training Level 1**
Both held at Trigonos, Nantlle. Book through CMRP

Tŷ Newydd Writing Centre

Llanystumdwy, Criccieth LL52 0LW
01766 522811, tynewydd.wales

NOVEMBER

- 3 **Journalism: Welsh Language Day**
5 - 10 **Writing for Young Adults**
10 **Prose: Welsh Language Day**

DECEMBER

- 3 - 8 **Christmas Retreat**

Plas Tan Y Bwlch

Maentwrog LL41 3YU,
01766 772600 ~ eryri-npa.gov.uk

NOVEMBER

- 2 - 4 **Tiffany Stained Glass Making**
2 - 4 **Machine Embroidery**
9 - 11 **Sock Knitting for Beginners**
9 - 11 **Snowdonia and the Empire**
16 - 18 **Mountains, Lakes, Rivers and
Waterfalls in Watercolour**
26 - 30 **Access and Public Rights of Way, Law
and Management**

JANUARY 2019

- 10 - 14 **New Year Walking**

Woodland Skills Centre

Bodfari, Denbigh LL16 4DT
01745 710626,
woodlandskillscentre.uk

NOVEMBER

- 1 **Holiday Club**
3 **Batik Course**
3 **Managing a Small Woodland**
3 - 4 **Hedge Laying**
4 **Practical Woodland Task**
10 - 11 **Coppice Crafts**
17 - 18 **Willow Masks**
24 **Christmas Crafts**

DECEMBER

- 1 **Christmas Crafts**

Exhibitions



Michael Swire 22nd October - 10th November. Zimbabwe portraits and beyond. A former sculptor, Michael has worked primarily in soft pastel since 1987. He recently won The 2017 North Wales Open. Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrclwyd.com

Nexus Until 18th November. This exhibition looks at some of the ways in which 21st Century artists and makers are changing preconceptions about their art forms. The exhibitors in Nexus are linked by great technical skill, a capacity for free thinking and confidence in their ideas. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Michael Sandle: Monumental Rage Until 7th October. In direct response to the horrors of our age, his work presents a passionate critique of the abuse of power in global conflict, politics and culture, and the accompanying cynicism and hypocrisy. Grosvenor Museum, Chester CH1 2DD. 01244 972197.

Iwan Gwyn Parry Until 6th October. New paintings by the Anglesey-born painter. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

Wayne Clarke Until 18th November. Prestatyn based Wayne Clark makes large sculptural pieces and smaller functional wares, generally from a stoneware body with additives of Ruabon red clay and coarse sand. He uses various ash and shino glazes, as well as vitreous slips to create fascinating surface effects. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Criw Celf Until 11th November. An exhibition combining the work of Gwynedd and Mon children and young people aged 9 - 18 who have worked with Criw Celf, Portffolio and Raising the Bar art groups. Oriol Kyffin Williams, Llangefni, Anglesey 01248 724444, kyffinwilliams.info



Criw Celf

James Naughton Copr, Llechi a Cherrig and Deborah Butler Gwaith Newydd 7th October - 24th December. New works in a variety of mediums. Oriol Plas Glyn y Weddw, Llanbedrog, Pwllheli LL53 7TT. 01758 740763, oriel.org.uk

NW Potters A selection of work by members, October - December. Mostyn Art Gallery, Llandudno LL30 1AB, 01492 879201, mostyn.org, northwalespotters.wales

Poor Taff - Golwg Llundain ar y Cymry / A London View of the Welsh People Until 4th November. This exhibition will show how the Welsh people were portrayed in the popular press in the 17th & 18th centuries. Some Welsh people adopted the images as acceptable representations of national identity. The exhibition explores how stereotypes of Welshness and Welsh identity evolved over time. Oriol Môn, Llangefni 01248 724444, orielynysmon.gov.uk

Theresa Fox-Byrne, Pat Butters, Cheryl Edwards, Anwen Hughes 8th - 20th October. Four-person show examining the beauty and diversity of the sea. Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrclwyd.com



Will Teather 20th October - 24th November. Contemporary images that reveal an adventurous imagination combined with a mastery of traditional skills. The artist's paintings and drawings are diverse in both subject and methodology, but bound together by an interest in escapism, allegory, the uncanny and a sense of spectacle. Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrclwyd.com

Judith Samuel Until 22nd October. Judith paints the seabirds of North Wales in oil and gesso on linen canvases. Oriol Ynys Mon, Llangefni, Anglesey 01248 724444, kyffinwilliams.info

With Other Eyes Until 18th November. A diverse range of international artists and makers, who include photography as an element in their work and who, through this engagement, contribute to the on-going discourse on photographic representation in the applied arts. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Forest + Found ~ Walking the Line Until 18th November. Booth's large, abstract textile pieces are rooted in the conceptual language and materiality of painting, while Bainbridge's sculptural forms hewn from wood, reflect a need to create a tangible, physical presence in space. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk



Pierrots Exhibition 1st October - 31st December. An interactive exhibition show-casing an era of traditional seaside fun about Pierrots in Wales, Will Caitlin and concert parties. 10am - 5pm, Venue Cymru, Llandudno LL30 1BB, 01492 872000, venuecymru.co.uk

Eli Acheson - Elmassy Until 13th October. Artworks ranging across sculptural, digital and painted media including latex to create coloured flexible 'Supple-Body' sculptures and installations which are a kind of meta-object. Using familiar items, Eli takes impressions and re-forms them in order to recondition their role, suggest new alignments of meaning and lays out alternative psyches of shape. This creative activity probes social issues and the wider political domains, including the complex strata of the realisation of personality. Theatr Clwyd, Mold CH7 1YA, 01352 701521, theatrclwyd.com

In Black and White ~ Mewn Du a Gwyn Until 17th February 2019. This exhibition represents examples of his wood engravings and etchings, showing fine art prints alongside works intended for publication and commercial purposes. Oriol Ynys Mon, Llangefni 01248 724444, kyffinwilliams.info

David Grosvenor ~ Paintings Until 10th October.

David's love of the landscape is at once passionate and utterly unsentimental. An exhibition of oil paintings illustrating the coastal and mountainous areas of North Wales. Ffin y Parc, Llanrwst LL26 OPT, 01492 642070, welshart.net



David Grosvenor

Land of Legends

Brenin Arthur a'r Mabinogion Until 3rd November. Through the manuscripts of the National Library of Wales and the wonderful drawings of Margaret Jones, visitors will be able to discover the origins of these legends and enter their world. See some of the medieval manuscripts that preserved the first written versions of the Four Branches of the Mabinogi and include some of the earliest references to King Arthur including the 14th century Llyfr Gwyn Rhydderch (the White Book of Rhydderch) and Geoffrey of Monmouth's *Historia Regum Britanniae* (History of the Kings of Britain), both on display for the first time in north-east Wales. Wrexham Museum, Regent St., LL11 1RB, 01978 297460.

Anne Aspinall, Beth Fletcher & Pete Monaghan

14th October - 7th November. A variety of mediums. Ffyn y Parc, Llanrwst LL26 OPT, 01492 642070, welshart.net

Helpa Gelf Members Exhibition Until 7th October. 1 Plas Brondanw Cottages, Llanfrothen LL48 6SW, orielbrondanw.org

Rhyl Town Centre Until 18th October. There will be a display showing the areas and key considerations of the Town Centre Future Plan, available for viewing during usual Leisure Centre opening hours. 9am - 5pm. Rhyl Leisure Centre, Grange Rd, LL18 4BY, 01824 712661, rhyl.leisurecentre@denbighshire.gov.uk

Dorothy M Williams 23rd October - 18th February 2019. Dorothy is attracted to the man-made environment, often including figures; using sketches with a rich palette. Free entry, open 10am - 5pm. Oriol Hir, Kyffin Williams Gallery, Llangefni, Ynys Mon LL77 7TQ, 01248 724444, oriel@ynysmon.gov.uk

Tom Pryce Until 5th November. An exhibition on the life and career of Tom Pryce, the Formula 1 driver from the Vale of Clwyd. Denbigh Museum, Grove Road, Denbigh, LL16 3UU. Open Mon & Thurs 2 - 4pm, free. 07792 315723, gwyneth.kensler@denbighshire.gov.uk

The 2018 Wrexham Open Exhibition 12th October - 16th December. Hosted by Tŷ Pawb and Undegun, Wrexham with the support of Wrexham County Borough Council, THIS Project, East Street Arts and the Arts Council of Wales. Launch on 12th 6 - 8pm. Undegun, Regent St., Wrexham LL11 1SG. Contact Anders Pleass, 2018 Wrexham Open Co-ordinator: anders@wrexhamopen.com

Tim Williams ~ Irrespective 5th October - 17th November.

Photographs from Derby, London and New York. Oriol Colwyn, Upstairs at Theatr Colwyn, Colwyn Bay LL29 7RU. 01492 577888, orielcolwyn.org



She Sees The Shadows Until 4th November. We are pleased to present the first off-site collaboration by DRAF (David Roberts Art Foundation). "She Sees The Shadows" is a group exhibition of works from the David Roberts Collection that resonate with the ideas found in Space and Sight. Works by over 40 contemporary artists. Each artist has re-conceived day-to-day objects and materials in unexpected ways - a bench, plug socket, grate, section of railing or broom - inviting viewers to see alternative qualities and narratives therein. Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org



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Helena Hawley

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See Calendar for Helena's talk
on 10th October.

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

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

info@helenahawley.co.uk

www.helenahawley.co.uk

the Eternal Forest Trust

www.eternalforest.org

Newsletter 105

Boduan Sanctuary Wood, owned by The Eternal Forest Trust, is the only place in Wales where you can be buried in established woodland.

This has already been such an eventful month that I just have to tell you all about it!

The most exciting event from the Trust's point of view was Rikki Lomas's funeral in the wood. I don't normally write about funerals because they are very personal affairs - apart from Colin's, last year, of course - but as he was the co-founder and inspiration of the whole project and my partner (see Newsletter 100) I felt entitled to share that one with you.

Rikki was a very unusual individual. During the last three years of his life, he spent a lot of time talking about his death, particularly with his celebrant, Alexandra Wilson, who became his trusted friend. One thing he said repeatedly was that he wanted his death to be filmed and made into a BBC documentary: he believed it was important to talk about death, and we agree with him. His death, however, came more quickly than anyone had anticipated and it wasn't possible to film it.

But by coincidence (or was it?), the timing fitted precisely with a long-planned visit by the TV presenter Kate Humble and her delightful dog Teg, who was to be filmed in the wood for her BBC series, *Off the Beaten Track*. Kate had said she wanted to be involved in digging a grave so it was Rikki's she helped to finish, hacking at the hard clay with a pickaxe. He would have been so pleased, he was one of her many fans. When she and the production team heard about Rikki's wishes, they were delighted to come back to film his funeral celebration and burial.

Every burial in the wood is unique - there's no sense of the production line here! - but Rikki's was particularly unusual. Alex created a beautiful

ceremony, complete with coffee and chocolates, and after the burial, invited everybody present to help fill in the grave, all in accordance with Rikki's wishes. Then, again as Rikki had instructed, we danced on his grave to Bob Marley's *One Love*. I don't think any of us had ever - actually danced on a grave before - not in public view, anyway! It was lovely, though slightly surreal.

It was lovely, too, having Kate and Teg in the wood; they are quite as delightful in the flesh as they are on TV. Such a privilege! The program will be shown some time next year, we don't yet know the date but we shall inform you.

We finished lots of jobs in the wood to prepare for filming - naturally, we wanted everything to be as perfect as we could make it. So there's a proper notice board at the wild flower nursery and plenty of plants for people to put on graves, including hundreds of wild daffodils. There's no excuse now for getting the wrong variety!



From left: Julie, our granddaughter; Kate Humble and her sheepdog Teg; Adi (Tina's Fancys & The Eternal Forest); Bella (The Eternal Forest)

The fungus foray, held just over a week earlier, was a success too. We found scores of different varieties of fungi, ranging from Poison Pie, False Chantarelles and Brown Rolltops (all poisonous) to the delicious cep and grisettes that I took home for my supper. The weather was good, the fungi were plentiful, and everybody had a great time while learning about woodland fungi. We are grateful to Charles Aron for leading the foray and we look forward to doing it all over again next September.

Before that, we look forward to Green Woodworking with Billy Bodger. He'll be in the wood from 10 o'clock on 7th October. If the weather's not too bad, I'll be working there on 30th September from about 1.30. Volunteers welcome! Bella

www.eternalforest.org; email eft@eternalforest.org

Follow The Eternal Forest Trust on Facebook

01758 612006 or 07579 008325

Office: Garth, 22 West End Parade, Pwllheli, Gwynedd LL53 5PN.

Healing For Wellbeing

2nd Wed/month 6 - 9.30pm

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

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WANT TO DONATE ITEMS TO HELP REFUGEES?

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The best thing is to "think camping"! We accept good, clean but practical, casual clothes for adults (but nothing bigger than Large size), children and babies - tops, pyjamas, trousers, shorts, skirts, dresses, jumpers and fleeces, raincoats and casual shoes, trainers, sandals, flip-flops and crocs. Please donate summer clothes from February-August and winter clothes from September-January.

We also collect toys, pushchairs, travel cots, bicycles, scooters, sleeping bags, fleece blankets, tents (must be complete). Must be clean and in good working order.

WHERE TO DROP-OFF AID?

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LLANRWST: Menter Iaith Conwy, The Square, Llanrwst. LL26 OLG 9.30-5 Monday-Friday.

Facebook: Pobl i Bobl

THE HEAVENS OPENED

*And Storm Ali lashed up around and down.
Location: Carn Guwch Mountain, Snowdonia.
Date: 19.9.2018. Time: 11.38am*

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of the UK's 2018/19 season
shaking the trees, plants and flowers
it's the hand of Storm Ali
lashing up around and down
showing the force of Nature's power

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Progressive International

DiEM25

Senator Bernie Sanders, the former US presidential candidate, and Yanis Varoufakis, co-founder of **DiEM25**, are calling on progressives worldwide to form an international movement to combat the rise of authoritarianism.

They called for a 'Progressive International' that can bring together people across the globe with a vision of shared prosperity, security and dignity for all.

"While the very rich get much richer, people all over the globe are working longer hours for stagnating wages, and fear for their children's future," said Sanders. "Authoritarians exploit these economic anxieties, creating scapegoats which pit one group against another."

Varoufakis said: "Our era will be remembered for the triumphant march of a Nationalist International that sprang out of the cesspool of financialised capitalism. Whether it will also be remembered for a successful humanist challenge to this menace depends on the willingness of progressives in the US, the EU, the UK as well as countries like Mexico, India and South Africa, to forge a coherent Progressive International."

As a first step, Varoufakis called for the creation of a common council that draws out a blueprint for an International New Deal, a "progressive New Bretton Woods".

"Yanis Varoufakis is exactly right," said Sanders. "At a time of massive global wealth and income inequality, oligarchy, rising authoritarianism and militarism, we need a progressive international movement to counter these threats."

Sanders went on to argue that, "the solution, as Varoufakis points out, is an

international progressive agenda that brings working people together around a vision of shared prosperity, security and dignity for all people. The fate of the world is at stake. Let us go forward together!"

At DiEM25 we have been working hard since 2016 to make our stand as the first pan-European grassroots movement,



powered and funded by people like you. We come together around a humanist, progressive agenda that can take the

fight to the failing Establishment and repair and rebuild our common European project. We are now assembling European Spring, a coalition of progressive political parties from across the continent to compete in the May 2019 European elections to stage a citizen take-over of the EU.

And now, we are playing a key role in bringing together the global progressive alliance that Varoufakis and Sanders are calling for and that is so desperately needed to counter the rise of the hard right. We invite all like-minded political forces in every corner of Europe and beyond to join in!

Together we must send an unmistakable message that the way to beat the Nationalist International agenda of the likes of Donald Trump, Viktor Orbán, Matteo Salvini and the other xenophobes around the world is by running on progressive policies and electing candidates who will represent all of us – as Bernie Sanders says, "on every continent and in every country".

DiEM25 is a pan-European, cross-border movement of democrats.

diem25.org

A Peoples Manifesto For Wildlife

Chris Packham

Let's end the war on wildlife.

'Between 1970 and 2013, 56% of UK species declined. Of the nearly 8,000 species assessed using modern criteria, 15% are threatened with extinction. This suggests that we are among the most nature-depleted countries in the world.

'Of the 218 countries assessed for 'biodiversity intactness', the UK is ranked 189, a consequence of centuries of industrialisation, urbanisation and overexploitation of our natural resources.'

- State of Nature Report, 2016

It's horrifying. Depressing. Disastrous. And yet somehow we have grown to accept this as part of our lives – we've normalised the drastic destruction of our wildlife.

To our shame, we are careless with our language. We say that 'we've lost



97% of our flower rich meadows since the 1930s' or that 'we've lost 86% of the Corn Bunting population'. We speak of 'a loss of 97% of our

Hedgehogs'. Loss, lost... as if this habitat and these species have mysteriously disappeared into the ether, as if they've accidentally vanished. But they haven't – they've been destroyed.

Our lazy, self-excusing terminology is representative of our chronic acceptance

of such appalling catastrophes. We share these shocking statistics amongst ourselves like a vicious game of top trumps – to the extent that they have lost their meaning. We've forgotten that they are a death toll, that they are the dwindling voices of vanished millions, a tragic echo of a recent time of plentiful life.



It's time to wake up. We must rouse ourselves from this complacent stupor,

because we are presiding over an ecological apocalypse and precipitating a mass extinction in our own backyard. But – vitally – it is not too late. There is hope we can hold to, and there is action we can take.

In July this year I conducted a UK Bioblitz and with the help of 785 recorders and 13 recording centres our team clocked up a notable 4,828 different species. Lots of exciting plants, animals and fungi – but also lots of passionate, energetic, skilful, imaginative and creative conservationists. Some were in gardens, some in community wildlife areas,



others on wildlife-friendly farms or big flashy nature reserves – all were making a difference in their own important and impressive ways.

We have plenty of tools in the conservation box – we can rebuild, restore, reinstate or reintroduce. But we have one collective handicap – we are shying away from seeing the bigger picture. Too often we distract ourselves with projects which work, but which are too small to stop the rot. Another successful dormouse re-introduction is great, but it's not going to help redress the degradation of our landscape. We know the bigger issues we need to deal with, and we must summon the courage to face them and fight to fix them. Together.

So all you farmers, foresters, reserve wardens, teachers, students and children, all of you 'ologists', scientists, artists, writers and bloggers, you activists,

volunteers, gardeners, can everyone please see that this is not your last chance to make a difference – it's ours. The UK's conservation community cannot be selfish. We must let bygones be bygones, all put our egos back in the box and forget about corporate strategies or 'our competitors'. We do not all have to agree about all the details – but we must agree on a shared agenda. We must stand shoulder-to-shoulder with all of those who care enough to take some action and be part of making a difference.



Our wildlife needs us – and it needs you more than ever.

Chris Packham is a naturalist, nature photographer and author, and one of the presenters of BBC2's Springwatch.

Download the full Manifesto at:

chrispackham.co.uk

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Conscious Cooperation With Angels

Geoffrey Hodson

If we see a person depressed, and we wish, with all our heart, to drive away the dark cloud and to see the light of happiness shine out in him once more, we may think first of courage and joy, invoking these qualities from within the sufferer. We may will very strongly that the dark cloud shall be removed and be replaced by joy. Then we may invoke the angels of light and power to charge him with their radiant energy until he is full of light and happiness; and to remain after we have ceased our prayers, sweeping away depression, and thereby enabling the light of his own divinity to shine through him once more. In this way the sufferer may be filled with courage, peace, and joy.

Again, supposing we are aware that in a city, a district, a house, or a room, there are influences that we wish to drive away, an atmosphere to be made harmonious and pure. We can expel all evil influences and presences by the force of our own will, and, by the aid of the angels, charge the atmosphere with living light and power. Afterwards, by their presence, they will guard the place and maintain the purity and harmony which have been produced. The dark areas of vice, disease, and poverty which sully so many of our cities may be cleansed, and even permanently purified, by continuous endeavor along these lines.

Group meditation is always a most effective way of achieving these ends. Those who are one-pointed, and united in their aspiration to serve by these methods,

may well form groups for this special purpose. Seated in a circle, they should direct their thoughts to harmony and unity, until they feel themselves and their angel co-workers to be one.

A prayer should be followed by a period

of silence and meditation and, as the angelic power descends, the group should project it, with all the force and concentration of their united wills, upon the place or person chosen as the recipient of their aid. Then the angel members of the group may be directed to act as bearers and conservers of the power, and to labour in the cause for which it was invoked.

As the power available to those who know how to call it forth is boundless, and as the angels exist in countless hosts, there is no limit to the number of causes or of people who can be helped continually by this means. If our hearts are open to the sufferings of humanity, and we practice co-operation with each other and with the angel hosts, we shall soon become adepts at this work, thereby widely increasing the range of our activities and our usefulness in the world.

We may, for example, undertake to help all the patients in a hospital or nursing home, the inmates of a prison, or the staff and patients in an asylum. Daily we may pour the power of our prayers into these places, invoking a host of "shining ones" to enter them and drive away the atmosphere of suffering and depression, and to exorcise the powers of darkness and disease.



An Angel overlighting a sacred ceremony



A Healing Angel

The angels will answer in their thousands, and, as we work regularly with them, as is already being done by certain groups, they will become an absolute reality to us; we shall

discover, with growing joy and wonder, that a great power is in our hands, enabling us to become radiating centers of spiritual life and blessing in the world.

It is conceivable that the reform movements of the future will use the dual method of physical activity, legislation, and altruistic service, on the one hand, allied to spiritual endeavor along these or similar lines, on the other. If groups of people would meet together regularly to meditate upon, and work by the methods indicated for such ideals as international brotherhood, world peace, the women's movement, prison reform, the abolition of poverty, slums, slave traffic, the vivisection of animals, very quickly these great evils would disappear and eventually war would be banished from the earth. Such groups would become sources of power to all movements working for these and other ideals, and the angel co-workers would take that power on its mission of quickening reform, of spreading happiness, tranquility, and peace upon earth. Each individual worker would become a center of force, a radiant messenger of peace, and a healer of humanity.

The time will surely come when it may be said, as of old, "angels walked with humanity," for the blending of angelic and human life and consciousness is part of the

plan for the coming age. The children of the new race will see and recognize their fairy and angel companions and will play and work with them instinctively. Let no one seek to dull their clearer vision by denial of the fairer world and its inhabitants which their young eyes can see. Rather let the elders train themselves to see and feel with them the beauties and the joys that lie outside the range of vision of the older race.

A great and overwhelming flood of new life is already flowing over all the earth. Upon its bosom the pioneers of the coming age will ride, embodiments of its life and joy. Old forms will be swept away by this resistless tide; new forms, of surpassing loveliness, will then appear; for beauty will be the single standard of excellence and wisdom the only guide. Fair cities will arise, godlike races will appear, and angels will share with them the labours of the coming day.

Geoffrey Hodson, 1886 - 1983, was a leading light for over 70 years in the Theosophical Society, and author of more than 50 books, many still in print.

geoffreyhodson.com

Full Moon Meditation Network

Scorpio: October 23rd ~ November 23rd

Full Moon: October 24th at 5:45pm

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.

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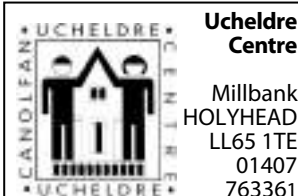


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North Wales Vegan Festival

Saturday 20th October 2018

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**YEARS OF
CELEBRATING
THE MAHATMA**

'I am willing to yield on all points except the one about which I beg you not to press me. I will not take milk, milk-products or meat. If not taking these things should mean my death, I feel I'd rather face it.'

Mohandas K Gandhi