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A NOTE FROM THE EDITOR

Welcome to our festive
February/March Edition.

To many February 14th is a time to celebrate our loved ones on Valentine's Day but it is also the beginning of National Nest Box Week.

Nest Boxes can be homemade, recycled or bought new, but as well as making sure the birds in your garden are fed, putting up a nest box is the single biggest thing we can do for our feathered friends.

By installing a nest box, we are giving birds a safe place to raise their next generation, and this is a truly worthwhile way to look to the future and the prospect of new beginnings. Shrove Tuesday occurs on the 4th of March this year, when we traditionally eat sweet or savoury pancakes. You don't have to be religious to enjoy this custom, it dates back to the 15th century when people would race and have competitions tossing pancakes.

Schools, libraries, and bookshops will celebrate World Book Day on the 6th of March. This year's theme is 'Book an Adventure', celebrating 80 years of bringing stories to life and encouraging young readers to explore new worlds and embark on literary journeys. Children can obtain a £1 book token and choose a free book. (worldbookday.com)

Mother's Day falls on the 30th of March this year, so be sure to celebrate your Mum and make her feel special. Many local retailers are happy to work with you and create a bespoke gift for the special mother in your life.

As always, we have prepared a few interesting reads for you to enjoy: from seasonal foods and recipes to an article about telephone and online scammers to a piece written by a local group turning waste in food.

Dates for your calendar:

14th February - Valentine's Day; 17th March - St. Patrick's Day; 30th March - Mother's Day; 30th March - Daylight Saving Time starts.

However you decide to spend next couple of months - keep your heart and your business local.

Yours, Stonesthrow Publications.

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WE CAN COMMUNITY CIC:

TURNING YOUR WASTE INTO HOPE

In a world where waste management is becoming a critical issue, We Can Community CIC offers a simple yet impactful solution: transforming your waste into support for those in need. Built on a unique model, our organization strives to change mindsets while making a real difference in the lives of the most vulnerable.

WHO ARE WE

We Can Community CIC is a social enterprise dedicated to collecting and recycling waste, especially cans and other recyclable materials. But this is more than just an environmental initiative; it's also a humanitarian project. By collecting and repurposing waste, we generate funds to buy food for local food banks, helping families and individuals in need.

WHAT DO WE DO

Since its creation, We Can Community CIC has transformed thousands of cans into meals for struggling families. We work with individuals, schools, businesses, and communities to encourage waste collection and recycling. These collective efforts not only help reduce waste in the environment but also provide vital support to those going through tough times.

Our mission is simple: to help communities see their waste as a valuable resource, capable of creating both social and environmental change.

WHY IT'S IMPORTANT TO DONATE YOUR WASTE TO WE CAN

1. Reduce waste and protect the environment: By giving us your cans and recyclable materials, you're directly contributing to reducing pollution and lowering the carbon footprint.
2. Support a meaningful cause: Every can collected represents an opportunity to help a family in need. Through our initiatives, your waste becomes a powerful tool to fight hunger.
3. Promote a local circular economy: All funds generated from recycling are reinvested directly into local communities, ensuring a visible and lasting impact.

THE FUTURE OF WE CAN COMMUNITY CIC

We firmly believe in the future of We Can Community CIC. But to continue growing and meeting rising demands, we need your support. Joining our initiative means being part of a silent revolution where waste becomes a symbol of hope and solidarity.

Imagine what your street, school, or workplace could achieve if everyone committed to collecting and recycling regularly. Together, we can expand our impact, help more families, and raise awareness about the importance of recycling and mutual aid.

HOW TO JOIN US

- Individuals: Gather your cans and recyclable materials and contact us to arrange collection.
- Businesses and schools: Set up collection points on your premises and become a key player in the movement.
- Volunteers and partners: Share your skills or resources to support our mission.

Every small act counts. By joining We Can Community CIC, you become a changemaker, a quiet hero transforming waste into opportunities for others.

So next time you hold an empty can, think about this: it's not just waste, it's a chance to change lives.

Let's do it together. Because we can.

For details about your nearest collection point please visit Facebook Group called We Can CIC.





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CHOOSE SEASONAL FOODS

WINTER 2025 EDITION

Celebrate the best of seasonal produce by trying two fabulous February foods – sweet potatoes and celeriac, which make versatile, tasty and inexpensive dishes. Rob Bullock looks at just how versatile and tasty these two seasonal foods can be.

By shopping seasonally we can get produce at its most delicious, nutritious and reasonably priced. Two of my favourite February foods are sweet potatoes and celeriac. Here are some suggestions on how to enjoy them.

SWEET POTATOES

Sweet potatoes brighten up your kitchen during the cold winter months. With vibrant orange flesh and a satisfying sweet flavour, this root vegetable is the perfect ingredient for a light lunch or tasty supper.

Sweet potatoes are one of the most nutritious vegetables you can eat. They're packed with nutrients that help fight inflammation and enhance immunity. Health benefits of sweet potatoes including support healthy vision, aid good digestion, help manage diabetes, enhance brain function and boost the immune system.

BAKED SWEET POTATOES WITH CHEESE AND YOGHURT

This meal is highly nutritious, filling, easy to make and inexpensive and a novel play on an old favourite. Preheat a hot oven and use a fork to poke holes into the sweet potatoes and set them in your oven. Bake for 40 to 50 minutes, or until the skin has puffed up and you can easily pierce them with a fork. The most important thing is do not that wrap them in foil. To get that delectable, puffed-up crispy skin cook them unwrapped. Substitute plant-based cheese and yoghurt to make this meal deliciously vegan.

CELERIAC

Don't be put off by its appearance – there's perfection beneath a celeriac's imperfect skin. A variety of celery cultivated for its edible roots; celeriac has a tough, knobbly outer layer that hides creamy white flesh underneath. But be warned when you peel it, celeriac will discolour quickly, so place in water with a squeeze of lemon to keep it fresh.

February is a good time to eat this hero of the vegetable world which tastes better than it

looks with its subtle, celery-like flavour, with nutty overtones.

Celeriac is thought to have several health benefits, such as improving bone and heart health, and helping to reduce the risk of diabetes.

CELERIAC POTATO AND HAZEL NUT SOUP

For a tasty, easy to make lunch or comforting supper why not try this soup.

In a pan, gently heat some oil. Add some thyme, bay leaves and chopped onions. Season well. Cook through and add some garlic, then put in a chopped celeriac and a potato. Add some vegetable stock, bring to the boil and cook for about half an hour until the vegetables are soft. Stir in cream, remove from the heat and blitz until completely smooth. Just before serving add some chopped hazelnuts. Serve piping hot with crusty bread.

Sweet potatoes and celeriac are in season in February, they are good to eat and at their most nutritious and there are so many delicious possibilities for you to enjoy!





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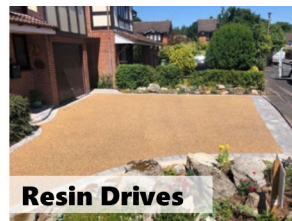
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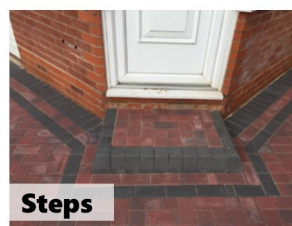
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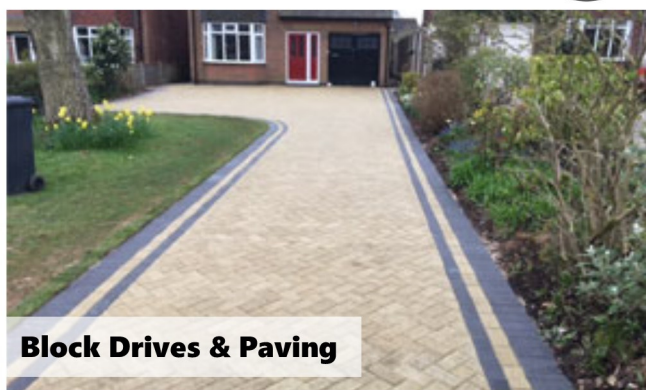
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Ask anyone who sings with a choir or sings anywhere, and they will all agree, Singing is Good for You. Practices are followed by a refreshing trip to the local pub immediately afterwards. If you are interested in joining our choir please contact us at kmvc14@gmail.com or for more information visit www.knowlemalevoicechoir.org.uk

Friends in Retirement

Date: varies / Time: varies / Venue: Elmdon Heath Community Centre B91 2SF; Hobbs Moat Assembly Rooms B92 8JN; Knowle Village Hall B93 0NH; Bentley Heath Community Centre B93 9BQ; Solihull Women's Institute B91 3DQ; Whar Hall Community Centre B92 0PG
FIRS (Friends in Retirement) is a charity where groups of people enjoy a range of activities. Yearly membership is £3 and each activity costs anything from £1.20 to £5. Contact us: www.friendsinretirement.co.uk; email firs.solihull@yahoo.co.uk; call: 07535 669 018

Donate your old glasses

Working with our sister Lions club in Chichester, your old pairs of used glasses are collected, sorted and distributed each month to eye clinics as far as Papa New Guinea, Ghana, Nigeria and Nepal. Don't worry if your spectacles are broken as they will be recycled for their scrap metal and the funds used to support eye-related projects both in the UK and overseas. Knowle and Dorridge Lions Club are being supported by these opticians in B93: Alan Tyler Opticians - Dorridge, Bannister Eyecare - Knowle, Vision Express - Knowle. Just drop your used glasses into them and we'll do the rest! Thank you!

Knowle Renew Café

Date: every Wednesday / Time: 2pm - 4pm / Venue: Guild House, Knowle
All welcome, no booking required. A shared wellbeing space where you can enjoy a calm cuppa; spend time with a coffee (activities available or bring your own); have a chat with others; join an optional prayer & meditation session. For more information please visit: www.kpc.org.uk

Dorridge Striders and Strollers

Date: Thursdays fortnightly / Venue: Dorridge

Village Hall

We meet for a sociable local walk. New members welcome. Contact Margaret on 01564 773856.

Knowle & Dorridge Round Table

Date: every other Tuesday
Knowle and Dorridge Round Table 812 was founded in 1963. We are an organisation run by and for Tablers as a hobby. We bring smiles to the local and wider community by helping and raising as much money as we can whilst having as much fun as we can. We're not just about fund raising. We meet every other Tuesday and indulge in various activities like sports, tours and lots of 'ings' such as gliding, hiking, biking, riding, shooting, kayaking, fishing, rallying, karting, off-roading, making, climbing, bowling, cooking or just enjoying the odd pint (or two). Please email to get in touch: kanddr@gmail.com

Rapport Social Group

Rapport is a, non profit making, social group for unattached adults age 50+ on their own and would like to meet new friends. We have a varied monthly programme of hosted events, including coffee mornings, lunches and evening meals, cinema, theatre and National Trust visits, day trips, walks and pub nights. For more information contact Jenny Brown on 07725 094123

Free Digital Training for older Solihull residents

Various times and Age UK Solihull are offering free digital training for older Solihull residents who would like to improve their digital skills. Group courses and one-to-one support is available, for both beginners and those who already have basic digital skills. The training can help with online shopping, video calling, searching for information, accessing online learning, downloading and using apps, and more. For more information, contact Ashlee on 07397 718 455 or visit www.ageuk.org.uk/solihull/digital-champions

Knowle Probus Club

Date: 3rd Tuesday of the month / Venue: The Solihull Masonic Centre, Warwick Road, Knowle
The Knowle Probus club is a luncheon Club for retired and semi-retired Professional or Businessmen living in or around Knowle. We meet for an excellent three course lunch followed by interesting and informative talks. If you would like to know more go to www.knowleprobus.org.uk or Phone Paul on 07713 94228.

Drinking cans collection

Venue: Ale rooms, Knowle
Please support Ryan's work by dropping off your empty aluminium cans in the blue bin situated right outside the Ale Rooms, Knowle High Street. Ryan from "We Can" collects aluminium drinking cans, crushes them and trades them for money to help buy food to address food poverty locally.

Age UK Solihull Weekly Thursday Friends Lunch Club for Over 65s

Date: every Thursday / Time: 12pm - 2.30pm / Venue: Red Lion Pub, High Street, Knowle
Run by Age UK Solihull staff and their volunteers. Come along for a hot meal, tea/coffee, social activities and great company. Cost is £8 (£6 for hot lunch and refreshments, £2 for raffle, bingo/entertainment). For more information please call 0121 704 7846 (Mon-Thurs) or email befriending@ageuksolihull.org.uk.

Ladies Circle

Date: Wednesdays / Time: 11am / Venue: Dorridge Methodist Church, Mill Lane, Dorridge B93 8NY
Ladies living locally meet for a coffee & a chat. Every fourth week there will be singing, speakers or games.

Welcome Wednesdays

Date: last Wednesday of every month / Time: 2 - 3.30pm / Venue: Eascote Park Care Home and Retirement Village, Knowle Road, Barston B92 0JA
This is a chance meet new people, enjoy a hot drink and a slice of cake, and help raise funds for Age UK Solihull. Everyone is welcome, including carers, older people, and anyone who wants to break up the week and enjoy some company. We ask for a suggested donation of £3 per person to attend, which includes a hot drink and cake. The proceeds will come to Age UK Solihull to help us to provide our services for older and vulnerable Solihull residents who need us. Please let us know if you are planning on coming by calling us on 0121 704 7842 (leave a message) or emailing events@ageuksolihull.org.uk.

Knit & Natter

Date: 3rd Monday of the month / Time: 2- 4pm / Venue: Bentley Heath Community Centre, Widney Road B93 9BN
Bring your own project. Just turn up no charge. Contact Dennise on 07899 914 228

New Knowle and Dorridge Dementia cafe opens

Date: every Tuesday / Time: 10.30am - 12.30pm / Venue: Dorridge Methodist Church, Mill Lane
The café is run by home care company Unique Care, aims to provide a supportive and friendly environment for individuals living with dementia and their carers. It is designed to be a warm, welcoming space where attendees from the surrounding areas, they can enjoy a variety of activities, socialise, meet people in similar circumstances and find helpful information and resources. Activities will include art and painting sessions, singing, and exercise, all aimed at stimulating and engaging people living with dementia. Professional organisations will also visit to offer support and advice. Sessions, including refreshments, are £3 per person and will be guided by experienced care professionals and dedicated volunteers.

South Solihull u3a

Date: 2nd Monday of each month / Time: 1:45 pm for 2:00 pm start / Venue: Bentley Heath

Community Centre, Widney Road, Bentley Heath B93 9BQ

We are a very friendly group of retired or semi-retired people aiming to really enjoy our 3rd age years, learn new skills and make new friends along the way. In addition to the monthly meeting when we usually have an invited speaker, we also have a wide range of over 20 activity groups meeting throughout each month. For further information please visit www.ssu3a.org and contact our Membership Secretary, Richard: membershipssu3a@yahoo.com for an invitation to a 'taster meeting'. We look forward to meeting you!

Mum2Mum Market

Date: 8th February / Time: 10.30am — 12.30pm / Venue: Dorridge Village Hall

A Nearly new sale, indoor table top event selling preloved items age 0-6. A fantastic place to buy tons of baby and children's items at a fraction of the high street cost. Clothes, toys, books, baby equipment .

Beer Festival

Date: 14th, 15th March / Time: 6p on Friday, 12 noon on Saturday / Venue: Royal British Legion Knowle & Dorridge Round Table are excited to bring your our annual Charity Beer, Gin and Prosecco Festival. We will kick things off on Friday at 6pm and then on Saturday reopening from 12noon where will show the final three matches of the Six Nations Rugby. Come along and join us to try our selection of local real ales and ciders. We also have a good selection of craft gins and if that isn't enough to tempt you then enjoy some bubbles by treating yourself to some prosecco. As always we will have some great food to help keep everyone fed!

Charity fundraising golf day and evening dinner dance

Date: 11th April / Venue: Belfry Resort
The Lily Mae Foundation, a local Charity, supporting parents & families after the death of a baby, is holding its annual Golf Day and Evening Dinner Dance. GOLFERS: the cost for a team of 4 is £600, which includes a day on the Brabazon Course and entry to our evening dinner dance. NOT A GOLFER: join us for the dinner dance for £60 per person, to include a three course dinner, Take That Tribute band and disco. For further information and to book your places, please visit: www.lilymaefoundation.org/events and scroll down to Golf Day.

While we do our best to ensure the accuracy of our listings, events may be postponed or cancelled without notice. Please confirm with the organiser before making any plans for attending events.

For your news, events and group meetings to be featured free of charge on our What's On Page please email Ksenia: info@stonesthrowpublications.co.uk

ARE YOU SURE THAT CALL WAS REAL?

In 2024, one in three people fell victim to scams involving AI-driven technologies and voice cloning. Imagine attending an urgent Zoom meeting set up by your manager, asking you to make an immediate payment to a supplier to improve business relationships. Or a vendor calls you up requesting an urgent update to their account details after a supposed data breach. Or receiving a phone call from a family member needing money. Acting in good faith on what seems like a legitimate request from people you know and trust, you comply—only to discover later that it wasn't really them.

This is the unsettling reality of deepfakes, a threat growing rapidly and even catching large companies with advanced cybersecurity measures and trained personnel off guard.

In a world where criminals are now using advanced sophisticated AI tools to mimic voices, faces, and expressions with startling accuracy, it has become easier to fool colleagues, friends, and family members into believing requests for money or sensitive information are real. These scams are getting more sophisticated by day, posing serious risks for both individuals and businesses. Criminals know that people tend to follow instructions from authority figures, and they exploit employees' trust and loyalty to gain access to sensitive information, resources, or funds.

SO HOW TO SPOT A DEEPFAKE

Detecting deepfakes can be challenging, but there are some common warning signs to watch out for:

- Unnatural Facial Expressions or Eye Movements.

Deepfake technology at this stage struggles with realistic eye movements and subtle facial expressions.

- Mismatch in Voice and Lip Movements: If the audio doesn't match the person's lip movements precisely, or if there's a slight delay, it could indicate a deepfake.



- High-Pressure or Urgent Requests: Scammers often create a sense of urgency to push people into quick decisions. If a caller on video is pressuring you to act immediately, pause and verify the request through another channel. The same rule applies to emails and messages—urgency can be a major red flag!

PROTECTING YOURSELF AND YOUR BUSINESS FROM DEEPFAKES

Verify Requests Through Other Channels: If you receive an urgent request, confirm it using a separate contact method—never use the same method to verify the request. Using multi-factor authentication for payments and sensitive Data transactions also helps ensuring the legitimacy of requests.

Head Movements: If you are not sure about the person on the video call ask the person to turn their head sideways to 45 degrees. Deepfake technology struggles to maintain realism with certain angles and movements. (Be creative when asking for it, like that's an interesting book on your bookshelf prompting them to turn their head.) (If you want to see how head-turning can affect a deepfake, there are some examples in a [Metaphysics.ai](#) blog post.)

Trust Your Instincts: If something doesn't feel right, don't hesitate to take extra time to verify. Encourage your employees, colleagues, and family members to do the same. Fostering a culture of caution and verification can help protect everyone from falling prey to financial loss or Identify theft scams.

On a final note, always verify before you trust, and question before you obey. Staying cautious is your best defence against these evolving scams.

Written by Alessia Widowski, Business Continuity & Compliance Consultant

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HOROSCOPES: FEBRUARY

ARIES

(MARCH 21 - APRIL 20)

Pioneering Mars, retrograde in the sensitive sign of Cancer, remains strong in your domestic area all through February, suggesting that some excellent opportunities for innovative new home projects and ventures will begin to emerge very soon. Love planet Venus arrives in your sign on the 4th, your social life should be on a roll now; there is much to be gained from courageously marching forward into new friendships and relationships.

TAURUS

(APRIL 21 - MAY 21)

Strong Aquarian energy is at the highpoint of your chart, indicating that now is the time for keeping an open mind on all your potential goals, including some that you may have previously dismissed. Pluto in Aquarius offers the chance for total transformation - will you take it? Venus, your ruling planet arrives in fiery Aries on the 4th, romantic matters are now also on a high - this could be a good time for taking time out with a partner to explore the world.

GEMINI

(MAY 22 - JUNE 21)

Pluto, Mercury and the Sun together in Aquarius during February, suggest that the pull to broaden your horizons and take up new lines of study becomes stronger than ever. Action planet Mars remains in Cancer all month, this placement highlights your finances and earning potential, assisting your ability to work with your intuition when making important decisions. Things get easier after the 24th as Mars starts to move forward.

CANCER

(JUNE 22 - JULY 22)

Higher education and distant travel are on your mind this month. With so many planets in Pisces your long held dreams and aspirations take centre stage. The independent minded Aquarian Sun emphasises your need to break free and explore entirely new dimensions in your life. Take time out to make new plans concerning your career prospects, the time could soon be right to take the plunge and begin a brand new project.

LEO

(JULY 23 - AUGUST 23)

The radiant Aquarian Sun, Mercury and transformational Pluto are strong in your opposite sign during February. This powerful combination is emphasising the fact that you might need to address any difficulties in your relationships. The full moon in your sign on the 12th throws some light on an issue that's been troubling you for a while, good communication will help tremendously as a creative solution comes into view.

VIRGO

(AUGUST 24 - SEPTEMBER 22)

Mighty planet Jupiter, very powerful at the highest point of your chart, offers the potential for some big changes to your goals and to your career. After the 4th be on the lookout for some important new information related to better your financial plans. The current planetary trends also suggest that this is a good time for restructuring a nutritional review, particularly around the new moon in your opposite sign on the 28th.

LIBRA

(SEPTEMBER 23 - OCTOBER 23)

Some new and exciting creative opportunities are suggested during February as the Sun, Mercury and Pluto all occupy this important area of your chart. Innovative new ideas can flourish and as Venus, your ruler, arrives in courageous Aries on the 4th you should find yourself at the top of your game. The auspicious Leo full moon on the 12th illuminates your many talents and offers the chance of a brilliant new networking opportunity.

SCORPIO

(OCTOBER 24 - NOVEMBER 22)

Saturn, Venus and Neptune in Pisces are gathered in the sector of your chart concerned with your creativity, self-expression and joy. This is the perfect month to explore your talents, maybe even a hobby that you haven't visited for a while. The Aquarian Sun and Mercury are both active in your domestic sector, indicating that radical change could now be on the horizon, particularly around the Pisces new moon on the 28th.

SAGITTARIUS

(NOVEMBER 23 - DECEMBER 21)

February's powerful Leo full moon on the 12th accentuates your craving for long distance travel and all forms of further study. It's time to pull out all the stops and get busy with major initiatives; your strong intuition now may prove to be spot on in the months ahead. Mighty Jupiter, your ruling planet, leaves the retrograde phase after the 4th offering you the chance to view your decisions in a very different light.

CAPRICORN

(DECEMBER 22 - JANUARY 20)

Transformational Pluto, the Aquarian Sun and communication planet Mercury are strong in your financial area, indicating that it's a good time for initiating any sort of innovative change and for reviewing your earning potential. The powerful Venus Neptune conjunction in mystical Pisces is suggesting there may be some loose ends to tie up before you embark on an entirely new life journey; use your intuition and you can't go wrong.

AQUARIUS

(JANUARY 21 - FEBRUARY 18)

Expansive planet Jupiter is strong and courageous in the area of your chart concerned with self-expression, joy and creativity, particularly as the energy gets stronger after the 4th. This could turn out to be an exciting month as your new ideas seem to just fall into place. The Pisces new moon on the 28th highlights finances and asks you to use your analytical abilities and problem-solving skills to make important changes.

PISCES

(FEBRUARY 19 - MARCH 20)

The month starts with the coming together of Saturn, the moon, Venus and Neptune all in your sign - what could be better for a brand new start? This is the start of a new cycle, it's time to plant seeds of intention and dream about the possibility and potential of 2025. Venus in your sign ensures that you are attractive to others and also enhances your intuitive ability. Tuning in and trusting your inner guidance will make the way ahead look so much clearer.

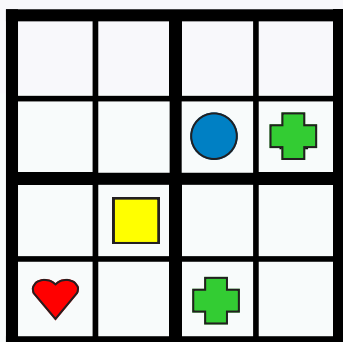
Christine Chalklin, Inspirational Astrologer and Life Coach.

Take a refreshing new look at the year ahead by booking an astrological reading now - Consultations are available on Skype, Zoom, WhatsApp or telephone.

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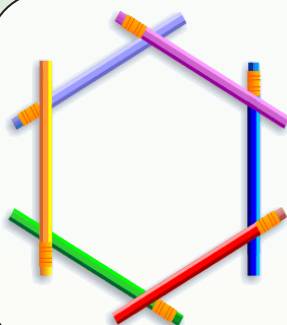


SHAPE SUDOKU

Can you fill in the grid so that each row, column and 2x2 box, contains the shapes



WITH NO REPETITION



PENCIL PUZZLE

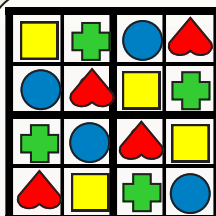
In the picture the six pencils are placed on a table so that every one of them touches two others. This arrangement is easy, try it. Now can you place the same six pencils on the table so that each pencil touches every other pencil?

RIDDLE-DIDDLE

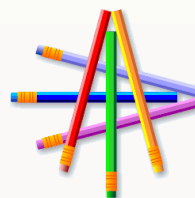
Look at my face and you see somebody.
Look at my back and you see nobody. What am I?

RIDDLE ANSWERS
A mirror
A clock

I have a face but cannot see. What am I?



SHAPE SUDOKU SOLUTION



PENCIL PUZZLE SOLUTION

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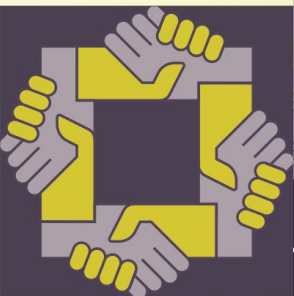
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