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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 few reasons to plant a tree in one's lifetime.

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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# 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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# 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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## WHAT'S ON LOCALLY

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Date: every Saturday / Time: 9am - 3pm / Venue: Warwick Town Centre, Market Place, Warwick, CV34 4SA

Warwick Market is a great opportunity to shop in a vibrant open-air setting, surrounded by many independent shops & cafes. On our Market, you will find variety and value, sold by new and experienced traders. You'll find stalls selling everything from fresh fruit and vegetables, plants and cut flowers, to fresh baking, fish and clothing, to gifts, & food specialities..

### **Recycle your old glasses**

Date: every 3rd Saturday / Venue: Warwick Saturday Market

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### **Independent South Warwickshire NHS Retirement Fellowship**

Date: every 2nd Wednesday / Time: 10am - 12pm / Venue: All Saints Church Hall, All Saints Road Warwick CV34 5NJ

### **Stratford upon Avon Guild of Weavers, Spinners & Dyers**

Date: 3rd Saturday of the month / Time: 10am - 3pm / Venue: Stratford Methodist Church Hall, Old Town CV37 6BG

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### **Warwickshire Vision Support Centre**

Date: 2nd Friday of each month / Time: 9.30am - 11.30am / Venue: Kenilworth Senior Citizens Club, Abbey End CV8 1LG

Warwickshire Vision Support are a local charity that supports people living with sight loss in Warwickshire. Web: [www.warwickshire.vision/](http://www.warwickshire.vision/) Email: [enquiries@warwickshire.vision](mailto:enquiries@warwickshire.vision) Phone: 01926 411331

### **Warwick Bridge Club**

We are looking for new members. We play twice a week at Hill Close Gardens, Bread and Meat Close

(Warwick Race Course) 7pm-10pm Mondays and Thursdays. We are a super friendly club who are fortunate to be able to play in these beautiful surroundings. Just to add we also have a couple of times a year Cheese and Wine evening.

Contact Ken Mikulsky 07785955805 [skm9inver@aol.com](mailto:skm9inver@aol.com) or Jenny Mikulsky [jenwren200@gmail.com](mailto:jenwren200@gmail.com)

### **Warwick Lions Club**

Warwick Lions aim to provide help and funds for those in need. We assist individuals and families in crisis, provide items of essential household equipment, distribute food parcels and make donations to local schools and other charities. We are all volunteers committed to helping those in need, we are non political, non religious, have no cultural boundaries or gender discrimination. If you would like to know more or to join us in helping others please contact us via our Facebook page or by telephoning 0345 833 5921.

### **Warwick Probus Club No.2**

Date: 1st Wednesday of every month / Time: 10am / Venue: the Pavilion, Hill Close Gardens, Warwick, CV34 6HF

Warwick Probus Club No.2 was formed to give retired and semi-retired business men the opportunity to expand their interests and make new friends over a cup of tea or coffee while being entertained by a guest speaker. We are always pleased to welcome new members. If you think that you may be interested in joining us call our Membership Secretary 07983211467

### **Milverton Folk Dance Group**

Date: every Thursday / Time: 8pm - 10pm / Venue: Buddbrooke Village Hall, Hampton on the Hill, CV35 8QS

We are a friendly folk dance club and welcome complete beginners, individuals or couples and equally those rekindling their knowledge. Come and give us a try if you would like to use your memory and be active! For more information, please contact us on 01926 334808 or 07866 961967, alternatively visit our website: [www.milvertonfolkdancegroup.org.uk/](http://www.milvertonfolkdancegroup.org.uk/)

### **Warwick Memory Singers**

Date: Wednesdays / Time: 1pm - 2.30pm / Venue: All Saints Church, Vicarage Fields CV34 5NL  
Open to anyone living with dementia or other neurological condition, accompanied by their



carer. Led by specially-trained musicians, our weekly sessions can help build new friendships and boost confidence, enabling people to feel more positive and supported. £5 per week, carers go free. First Session free! To book a place or for further information, please contact Sarah Riddell: [sriddell@armonico.org.uk](mailto:sriddell@armonico.org.uk) or call 07722 632242

#### **Thrift Shop**

Date: 1st Saturday of each month / Time: 10am - 12pm / Venue: Warwick Methodist Church Community Centre, Barrack Street CV34 4TH Good quality second hand clothes at bargain prices, typically £1 to £5. Refreshments also available.

#### **Coventry And Warwickshire Schools Liaison Community**

We have speakers on many hot topics and careers. Also activity kits we lend to schools and clubs, all free of charge. [www.schoolsliaisoncommunity.net/CWSLC.htm](http://www.schoolsliaisoncommunity.net/CWSLC.htm) 01926 490 456

#### **Warwick Woodloes Townswomen's Guild**

Date: 1st Wednesday of the month between February and December / Time 7.30pm - 9.15pm / Venue: Woodloes community centre, Deansway, Woodloes Park  
Cost £3 for visitors. 40 pence for refreshments. We meet for friendship, fun evenings, and guest speakers, days out etc. You are assured of a very warm welcome. For more information contact Sarah on 07984 235005.

#### **Coventry And Warwickshire Retired Engineers**

Date: third Thursday of most months / Time: 10:30 for 11AM / Venue: Dunchurch Village Hall CV22 6PN  
All events are open to the general public. [www.retiredengineers.net](http://www.retiredengineers.net) 01926 490 456

#### **Stratford upon Avon Guild of Weavers, Spinners & Dyers**

Date: 3rd Saturday of the month / Time: 10am - 3pm / Venue: Stratford Methodist Church Hall, Old Town CV37 6BG  
A friendly group, beginners welcome. Talks, workshops. [www.wsdstratford.blogspot.com](http://www.wsdstratford.blogspot.com)  
Or email: [wsdstratford@gmail.com](mailto:wsdstratford@gmail.com)

#### **Workshop Wednesdays**

Date: every Wednesday during term time / Time: 1.30pm - 4pm / Venue: Warwick Arts Centre  
Our weekly artist-led workshops allow you to get hands on with creativity, meet new people, and take some time for yourself to unwind. Drop in

every Wednesday afternoon and learn a new creative skill, and experience clay, printmaking, music, and more! Entry is free, donations gratefully accepted. No need to book, just drop in!

#### **Valentine's Market**

Date: 9th February / Time: 10am - 4pm / Venue: Kenilworth Town Centre, Abbey End CV8 1QJ  
A delightful array of traders offering unique gifts and thoughtful presents for your loved ones. Enjoy a romantic atmosphere filled with love, creativity, and community spirit. Don't miss the chance to find that perfect gift and make your Valentine's Day truly special!

#### **Lights of Leamington: Power of Love**

Date: 14th February - 2nd March / Time: all day / Venue: Across Royal Leamington Spa  
A trail of spectacular giant hearts. For more information please visit [lightsofleamington.co.uk](http://lightsofleamington.co.uk)

#### **Pancake Races**

Date: 4th March / Time: 1pm / Venue: Warwick Market Place  
Children/schools £10 per team. If your business would like to enter a team or for more information contact Jackie on 01926 492496 or visit [www.warwickrotary.org.uk](http://www.warwickrotary.org.uk)

#### **Mum2Mum Market**

22nd March / Time: 2pm - 4pm; Kenilworth High School, Leyes Lane CV8 2DA  
Baby and children's nearly new sale. 25+ stalls bursting with bargains. £2 adult entry, kids free.

#### **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](http://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: [info@stonestrowpublications.co.uk](mailto:info@stonestrowpublications.co.uk)*

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Can store up to 48lbs of Carbon Dioxide per annum.

They can lower the scorching heat of summer by nearly 9°C.

Trees have been shown to reduce stress, lower blood pressure, and speed up healing.

A tree lined road has been shown to increase property values by up to 15%.

Areas with the highest tree cover have been found to have the lowest asthma rates.

Trees reduce runoff water by up to 80%, therefore reducing the risk of severe flooding.

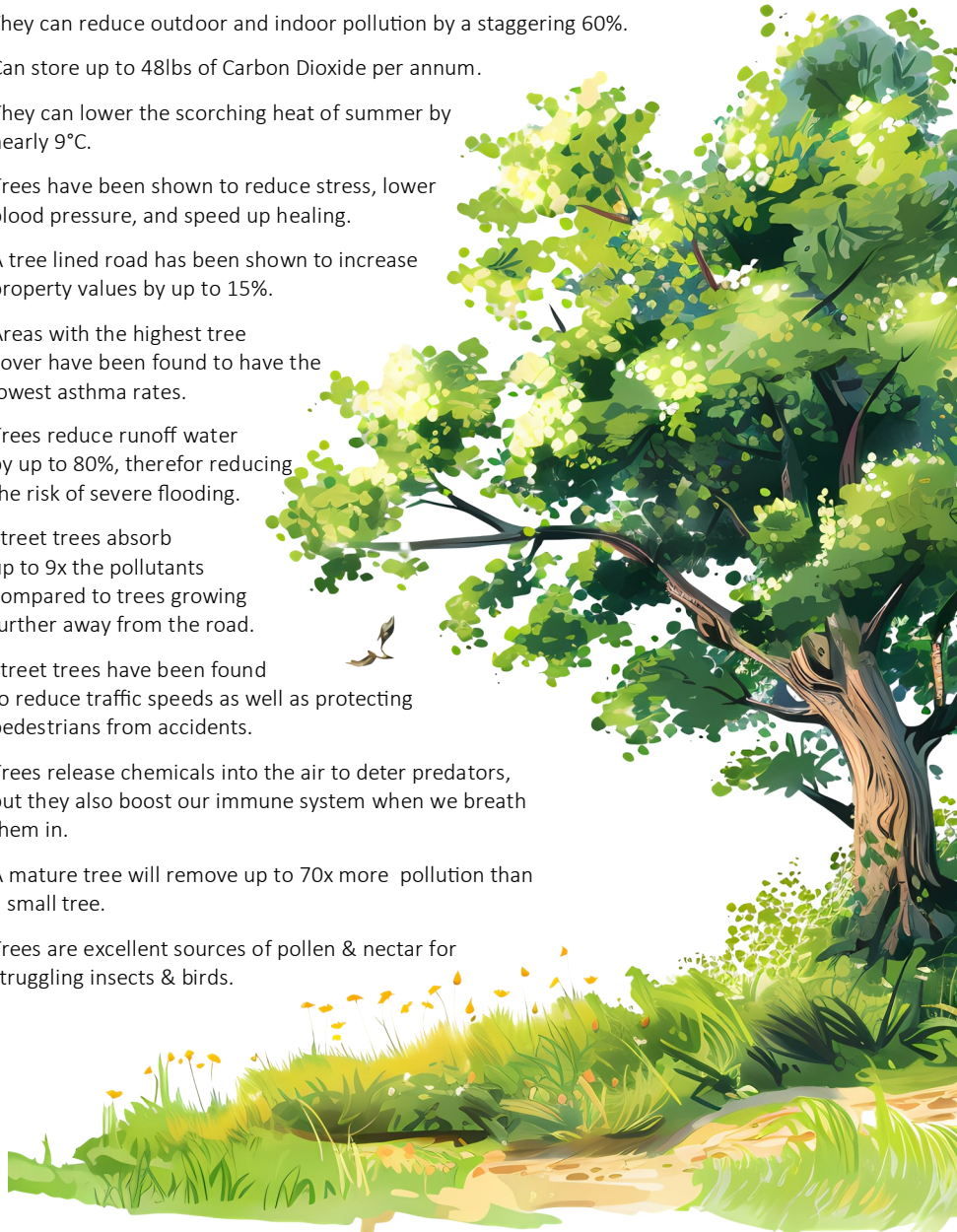
Street trees absorb up to 9x the pollutants compared to trees growing further away from the road.

Street trees have been found to reduce traffic speeds as well as protecting pedestrians from accidents.

Trees release chemicals into the air to deter predators, but they also boost our immune system when we breathe them in.

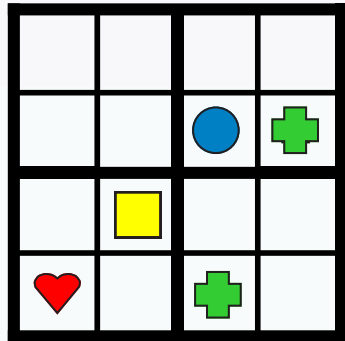
A mature tree will remove up to 70x more pollution than a small tree.

Trees are excellent sources of pollen & nectar for struggling insects & birds.





## KIDS PAGE

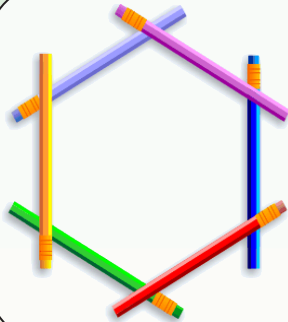


### SHAPE SUDOKU

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



WITH NO REPETITION



### PENCIL PUZZLE

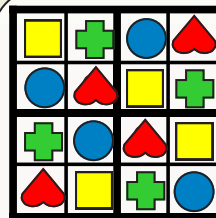
In the picture the six pencils are placed on a table so that every one of them touches two others. This arrangement is easy, try it. Now can you place the same six pencils on the table so that each pencil touches every other pencil?

### RIDDLE-DIDDLE

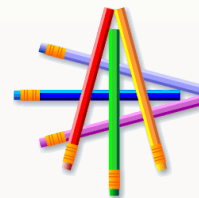
Look at my face and you see somebody.  
Look at my back and you see nobody. What am I?

RIDDLE ANSWERS  
A mirror  
A clock

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



SHAPE SUDOKU SOLUTION



PENCIL PUZZLE SOLUTION



# 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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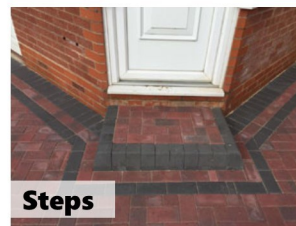
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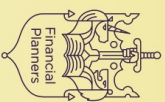


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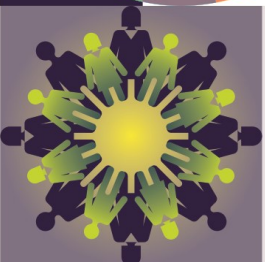
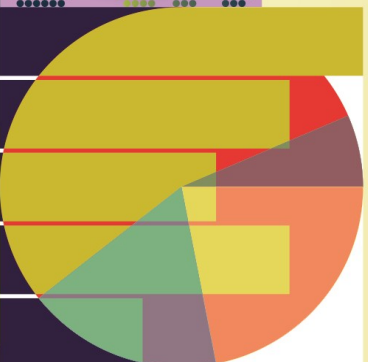
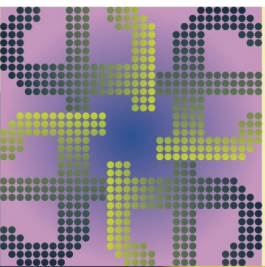
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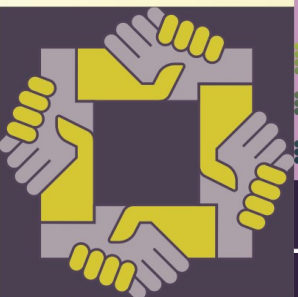
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