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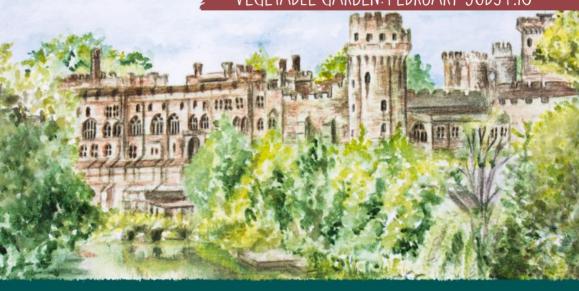
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ANOTE

Welcome to our February/March Edition!

February is a day longer in 2024, and the 29th is traditionally the day that women can propose. The custom began in 5th century Ireland when St Patrick decreed that the extra day in a leap year would be the ideal opportunity for a woman to ask for a man's hand in marriage. Nowadays, anyone can propose at any time, but around 6 million people worldwide get engaged on the 14th of February. If you are still deciding how to celebrate the day of love and romance, head to page 25 for some ideas.

Shrove Tuesday occurs on the 13th of February 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 7th of March. This year's theme is The Great Big Footy and Booky Quiz. It's always a fun celebration usually marked with fancy dress competitions and activities based around storytelling. Children can obtain a £1 book token and choose a free book. (worldbookday.com)

Mother's Day falls on the 10th 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.

The first day of Spring is officially the 20th of March 2024, so look out for all the daffodils and tree blossoms in your local neighbourhood. Easter celebrations occur at the end of March. Then the clocks will go forward in the early hours of Sunday the 31st of March, essentially giving you an hour less to consume all of those Easter eggs!

A few of dates for your calendar: 14th February - Valentine's Day; 10th March - Mother's Day; 17th March -St. Patrick's Day; 29th March - Good Friday (Bank Holiday); 31st March -Daylight Saving Time starts; 1st April -Easter (Bank Holiday)

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

Yours, Stonesthrow Publications.

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The Misty to Clear website allows total transparency of the customer experience. You can log into the website and view work that I have carried out. You can also leave feedback on social media. Therefore I give a 5 year guarantee on all new double glazed units fitted by Misty to Clear.

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I started Misty to Clear mindful that the cost of repairs is probably key to most people's budget when using tradesmen to do work on their behalf in their homes.

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Non-Emergency Police Enquiries 101
Warwickshire Police 01926 415000
Leamington Police Station 01926 451111
Crimestoppers 0800 555111

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 Warwickshire Fire & Rescue
 01926 423231

 Electricity Power Loss
 0800 6783105

 Transco Gas Leak
 0800 111999

 Severn Trent Water
 0800 800151

 Emergency Drainage
 01926 315485

 Floodline
 0845 9881188

 RSPCA
 0300 1234999

LEISURE & SPORTS

 St. Nicholas Park
 01926 495353

 Newbold Community Centre
 01926 882083

 Warwick Library
 0300 5558171

 Freedom leisure Warwick
 01926 49977

 Warwick School Sports Centre
 01926 776466

 Warwick University Sport
 02476 523011

TRAVEL.

 Chiltern Railways
 0345 6005165

 National Rail Enquiries
 03457 484950

 West Midlands Trains
 0333 3110039

 Bus Travel Line
 0871 2002233

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 08705 808080

 Coventry Airport
 02476 308601

 Birmingham Int' Airport
 0871 2220072

GENERAL.

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 Citizen's Advice Bureau
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February can be a busy time in the vegetable garden with jobs including sowing seeds, cropping winter veg, garden organization, and projects to plan.

The days might still be short, frosts heavy and snow lying on the ground, but February is a busy month in the vegetable garden and gardeners can get a head start on a busy spring. Here are some jobs to do in February.

SEEDS TO SOW IN FEBRUARY

Some seeds have a long germination time, and you can sow many seeds both undercover and outdoors.

OUTSIDE SOWING if the ground isn't frozen, now is the time to plant shallot sets, broad beans, and garlic directly in the soil.

(OLD SOW INDOORS seeds that you can sow now undercover include winter salad leaves, sprouting broccoli, leeks, spinach, kohlrabi, peas, and onions. Undercover can mean in an unheated greenhouse, but also on a bright windowsill in the house.

HEAT LOVING SEEDS TO SOW IN FEBRUARY propagators and grow lights can help get your seeds started early by providing extra warmth and light when both are in short supply. Seeds you can sow in February undercover with heat include tomatoes, peppers, aubergine, globe artichokes, and chillis.

ORDER AND CHIT POTATOES

February is a great time to order and chit seed potatoes. There are hundreds of potato varieties, but the ones we tend to grow fall into categories of cooking type and how long they take to harvest. First earlies generally take around 55-70 days from planting to harvest and should be chitted first.

ORGANIZE SEEDS AND SEED PACKETS

February is a perfect time to organize your seeds. Why not look through your stock and check the use-by dates, then buy new ones. Most seeds will have a good percentage that will germinate after being kept for some time, but generally the longer the time that has elapsed, the fewer seeds will sprout.

GENERAL FEBRUARY GARDEN JOBS

February is a great time to start with a clean slate. Why not reorganize and deep clean the greenhouse, pots, cloches, and labels. Check your tool kit and repair, service, and replace broken tools. Why not sit down and draw up your garden plan for this year. It will help you use your space more efficiently and decide what you want to grow where.

FEBRUARY GARDEN JOBS (HE(KLIST Organize seeds and place orders.

Seeds to sow in February: tomatoes, aubergine, chillis, kale, winter salad leaves, peas, sprouting broccoli, leeks, spinach, kohlrabi and globe artichokes.

- Plant shallots and garlic.
- Order and chit potatoes.
- Plant bare-root fruit trees and bushes.
- Prune fruit trees and bushes.
- Mulch perennial vegetables.
- Harvest brussels sprouts, parsnips, cabbages, cauliflower, kale, and leeks.
- Build raised beds, install a greenhouse, create garden paths, weave raspberry cane edging, build a raspberry trellis.
- Remove weeds, create a seedbed, turn the compost heap.

Rob Bullock https://robbullockauthor.blogspot.com





WHAT'S ON LOCALLY

Warwick Market

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

Warwick Lions would like to say a big thank you to all the people who have kindly donated old and broken spectacles to our stall at the Warwick Saturday Market. The glasses are cleaned & refurbished then sent to eye camps in Africa, India & Eastern Europe. We aim to collect redundant glasses on our stall every third Saturday.

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

A friendly group, beginners welcome. Talks, workshops. See:

www.wsdstratford.blogspot.com Or: www.wsdstratford@gmail.com

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/ Email: enquiries@warwickshire.vision

Phone: 01926 411331
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. Contact Jenny Brown on 07725094123

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

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 Secretary James on 07581 578732.

Milverton Folk Dance Group

Date: every Thursday / Time: 8pm - 10pm / Venue: Budbrooke 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/

Warwick Memory Singers

Date: Wednesdays / Time: 1pm - 2.30pm / Venue: All Saints Church, Vicarage Fields, Warwick, 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 or call 07722 632242

The Arts Society, Royal Learnington Spa

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Kenilworth Over 30 Swimming Club

Date: Every Sunday / Time: 8am - 8.55am / Venue: Newbold Comyn, Newbold Terrace East, Leamington Spa. CV32 4EW

We swim at Newbold Comyn whilst the Abbey Fields facility is being rebuilt. Only two members in each of the reserved four lanes to date - new members very welcome (£12.50 a month subscription) a great way to start your day! Please contact Simon Morton

simonmorton8@yahoo.co.uk for more details or a trial swim

a tilai swiiii.

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.

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.

Saturday talks in support of Fusiliers Museum
These will be on Zoom. To receive an invite,
contact the Secretary by email on
rrfwarwickfriends@outlook.com, about a
fortnight before. All talks begin at 14.00 hours UK
time and last about an hour.

Beer Festival

Date: 23-24th February / Venue: The Lord Leycester Hospital.

Warwick Court Leet presents The Lord Leycester beer festival in The Great Hall. Tickets £8. Available from www.warwickbeerfestival.com and from the Visitor Information Centre and Torry's Hardware Shop. Friday's session will run from 4pm – 10pm, with Saturday's session opening at 12pm – 10pm, or when dry!

Saturday Talks in Support of The Fusilier Museum

Date: 24th February / Time: 2pm / Venue: Zoom 'Hannah Snell-an 18th century female icon' by Chris Kirby: hear the most remarkable and disputed story of Hannah who disguised herself as a man to join the Sixth of Foot (later Royal Warwicks) and ended up a celebrity on the West End Stage.

To receive a Zoom invite, contact the Secretary by email on friends.fusiliermuseumwarwick@gmail about a fortnight before. All talks begin and last about an hour.

Ballroom Board Games

Date: 27th February, 26th March / Time: 2-4pm / Venue: The Court House, Jury Street

A fun social afternoon with table top games such as dominoes, scrabble, whist, cribbage and more. Please reserve your place in advance by dropping into the Visitor Information Centre or call us on 01926 492212. Alternatively email info@visitwarwick.co.uk. £2 to include refreshments. Cash on the door please. Organised by Unlocking Warwick and the Town Council.

Saturday Talks in Support of The Fusilier Museum Date: 30th March / Time: 2pm / Venue: Zoom 'Women and Children First' by David Seeney: the incredible story of how this code of conduct was born when the Birkenhead was wrecked in 1852 with the 6th Foot (later Royal Warwicks) and other Regiments on board; on show will be artefacts from the wreck and a medal awarded to a man who survived. To receive a Zoom invite, contact the Secretary by email on

friends.fúsiliermuseumwarwick@gmail about a fortnight before. All talks begin and last about an bour.

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:
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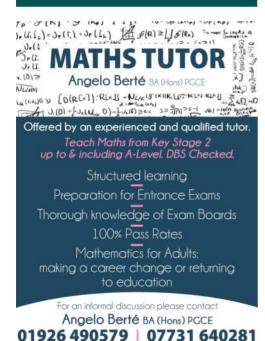
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HOROSCOPES: FEBRUARY / MARCH

ARIES (MARCH 21 - APRIL 20)

Mercury, Venus and Mars are occupying the highest point of your chart this month, indicating that this the perfect time to make a go of anything career related. Stay alert to any opportunities that come your way. The spectacular new moon and the start of the Dragon year on the 10th both highlight the beginning of exciting new adventures and new friendship groups forming. March will be a rather introspective month for normally bold and dynamic Aries. The powerful combination of the Sun, Jupiter and Neptune in the deeply intuitive sign on Pisces will probably cause you to reassess many things in your life. Mercury arrives in your sign 27th bringing some tough choices your way.

TAURUS (APRIL 21 - MAY 21)

February opens up some brilliant opportunities and ideas for further education and detailed travel plans. The new moon on the 10th is particularly important as its powerful energy encourages you to broaden your horizons, especially on the career front. The Virgo full moon on the 24th offers up a romantic opportunity, it also encourages you to be at your most creative. March is all about finding a much gentler way of life, particularly if things have been rather hectic during the last year. The Sun, Jupiter and Neptune are joined in spiritually minded Pisces and encourage you to tune in and connect with your life purpose. Creativity is highlighted and this is the year to find your deepest passion.

GEMINI (MAY 22 - JUNE 21)

February suggests that your financial plans will need some reviewing. Mercury. Venus and Mars are all in responsible Capricorn, excellent placements for assisting with practical long lasting decisions. The pioneering Aquarian new moon and the start of the auspicious Dragon year on the 10th, both ensure that you have some innovative new ideas to increase your prospects. March is a powerful career month with the emphasis on you reaching your goals, whatever they might be. Optimistic Jupiter in mystical Pisces highlights your soul journey and the many things that still have to be accomplished. Venus and Mars both arrive in innovative Aquarius on the 6th, enabling you to get those new plans underway.

CANCER (JUNE 22 - JULY 22)

The first part of February offers you a great deal of energy as Mars, Venus, and Mercury are all challenging you in your opposite sign of Capricorn. This could indicate some relationship issues that will very likely come to the surface now. Jupiter and Uranus, both in the down to earth sign of Taurus offer heightened intuition steering you towards making the right decision. March: Finances and resources are in the spotlight this month as Mercury and Saturn ask you to begin a through reassessment. Keep yourself focussed as you now have the power to be very persuasive in any negotiations. Jupiter in Pisces offers great intuition, use it wisely and this should turn out to be a profitable and productive month.

LEO (IIII.Y 23 - AUCHST 23

The Sun and Pluto are strong in your opposite sign during February emphasising any difficulties arising in your relationships. The Aquarian new moon on the 10th will throw some light on any issues that have been troubling you for a while. Dynamic planetary energy in the health and fitness area of your chart also suggests that you will have more drive and vitality to follow a new regimen. March suggests that health and lifestyle balance will be top priorities for you this month. The Pisces new moon on the 2nd offers great insight and your renewed confidence enables you to push any new ideas forward. Jupiter and Neptune are strong in Pisces and this combination indicates a marvellous energy boost.

VIRGO (AUGUST 24 - SEPTEMBER 22)

February offers some big changes in the love and romance sector of your chart; be on the lookout for some important new information related to your plans. Mercury, your ruler, is in quirky Aquarius on Valentine's Day — be prepared, anything could happen! Jupiter and Uranus, both in down to earth Taurus, will help you to reach a positive outcome, be mindful and trust your intuition. March: The full moon in your sign on the 18th helps you to apply your energies to constructive pursuits. The Sun, Jupiter and Neptune are all prominent around this time and highlight inspirational and intuitive experiences. New and exciting ideas to push you forwards occur at the spring equinox on the 20th.

LIBRA (SEPTEMBER 23 - OCTOBER 23)

New and exciting creative opportunities are suggested during February as transformational Pluto and the radiant Sun occupy a pivotal part of your chart. Romantic encounters are also in strong focus, particularly around the time of the powerful Aguarian new moon on the 10th. . The Dragon year begins and partnerships could take on a much more spiritual aspect. March: The month's events hinge around Venus, your ruling planet, arriving in the most creative area of your chart on the 6th. Be sure to talk to partners and colleagues about the bigger issues and dig deep to unearth new truths. The Equinox on the 20th shows that freedom and individuality are more important than ever

SCORPIO (OCTOBER 24 - NOVEMBER 22)

February puts you in a rather assertive mood, as you strive to take on a more independent approach to life. Your communication sector is stirred up by Venus, Mars and Mercury all suggesting that renewed insight helps you to remain positive; big ideas can lead to brilliant results. The Aquarian new moon on the 10th offers some radical change, particularly in your domestic area. March: This month's planetary activity turns your attention to communicating trust and intuition, by doing this you'll benefit most from a harmonious atmosphere. Venus and March enter your domestic area on the 6th, you can use your organisational skills to perform everyday jobs and plan your schedule in a more efficient way.

SACTITARIUS (NOVEMBER 23 - DECEMBER 21)

Three planets in your financial sector all suggest an active and very positive start to this month. With your enhanced resourcefulness it's a good time to make some major decisions concerning your goals for 2024. The exciting Aquarian new moon on the 10th highlights all types of communication and gives you extra powers of persuasion and insight. March is dominated by a restructure of your personal finances and earning capacity. As both Venus and Mars arrive in Aduarius on the 6th you'll find that if you stick to your plans you have a really good chance of succeeding. The Virgo full moon on the 18th suggests that a long term creative project can finally get underway.

CAPRICORN (DECEMBER 22 - JANUARY 20)

Three planets in Capricorn ensure that this will be a breakthrough month. Dynamic Mars and romantic Venus are both strong in your sign, emphasising matters of the heart and suggesting that a new love interest may be on the horizon. Positive thinking is the way forward and the exciting Aquarian new moon on the10th looks set to bring some great opportunities your way. March indicates that finances and resources are in the spotlight, challenges and change are on offer and you'll need to make some important decisions. The intuitive energy of Jupiter and Neptune in Pisces can assist you when looking at your choices. The spring Equinox on the 20th will reveal more about changes of the inevitable kind, particularly on the home front.

AOUARIUS (IANUARY 21 - FEBRUARY 18) February is your birthday month and the favourable and dynamic new moon in your sign on the 10th ensures that positive change is not far off. Communication planet Mercury arrives in Aquarius on the 5th, followed by Mars on the 13th and Venus on the 17th. This is truly an inspirational month, bursting with new ideas and the opportunity to act on them. Your intuitive nature should ensure that you make the right decisions. March is a very important month as both Mars and Venus arrive in your sign on the 6th. indicating innovative insight and big changes in the pace of your life. The Sun, Jupiter and Neptune in mystical Pisces offer Inspirational energy and a renewed

PISCES (FEBRUARY 19 - MARCH 20)

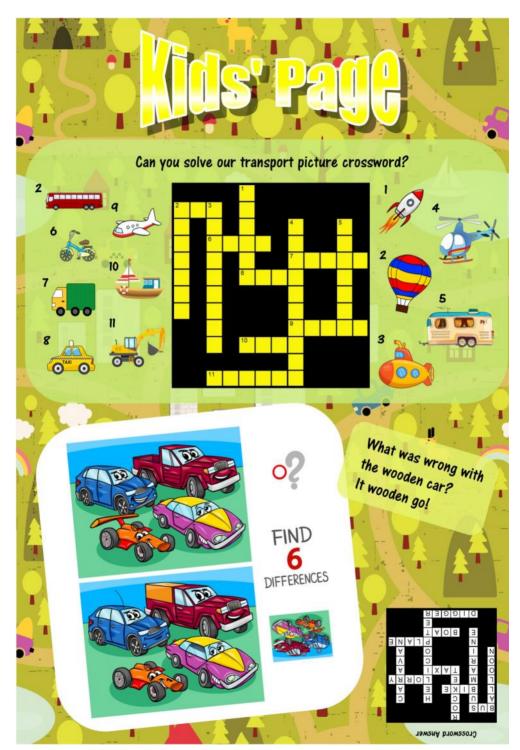
interest in anything spiritual or creative.

Venus, Mars and Mercury start the month in the practical and resourceful sign of Capricorn, indicating renewed connections where friendships and group endeavours are concerned. Jupiter and Uranus highlight your powers of communication, pushing you to take full advantage of this chance to usher in a whole new era of confidence and success. The full moon in Virgo on the 24th illuminates and important issue. March: The powerful full moon in your opposite sign of Virgo on the 18th brings much needed clarity and focus into many areas of your life. This is a time for illuminating new beginnings, particularly where love and romance are concerned. Venus and Mars both arrive in analytical Aquarius on the 6th, it's time to be decisive!

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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HOW DO YOU CELEBRATE

VALENTINE'S DAY?

If you're stuck for ideas on how to celebrate your love this Valentine's Day, here are a few ways you can celebrate and show you care.

Valentine's cards can be shop-bought or homemade, simple or extravagant, as long as they show a bit of thoughtfulness and affection.

Chocolates and flowers are the most popular gifts for Valentine's Day. Florists will be happy to help you choose a more personalised bouquet or plant for your sweetheart. A box of chocolates or treats can mean so much more if it's bespoke and most confectioners, bakers, or sweet shops can help you put together something truly special for Valentine's Day.

It's very traditional to show your love with a good meal. Booking a table for two in their favourite restaurant is always a winner. Make sure to book well in advance, you could even pre-order the meal if you know their favourite dishes. If your sweetheart is a more adventurous diner, try somewhere new and make the occasion exciting for both of you.

Cooking a meal can be a great alternative. If you are proficient in the kitchen, take charge and cook something you know they will enjoy. If you're not a confident cook, you could buy some provisions from a local market or delicatessen. Keeping things simple is the key to success; pre-prepared starters and desserts will give you time to concentrate on the main course. Alternatively, organising and cooking a meal together can be a lot of fun, and sharing the preparation will reduce stress.

A surprise date or getaway takes a lot of planning and thought, but it needn't cost a fortune. You could organise an outdoor adventure, hiking, biking, or exploring somewhere new. Find a natural landscape, a park, or a stretch of coastline to discover. If the weather is warm enough, you could pack a picnic and enjoy some romantic time in the great outdoors. If your loved one prefers more urban getaways with cultural activities, you could spend some quality time in an unfamiliar city or town and investigate it together. Most places have museums and art galleries, shows, and events that you can research and book online. Make sure you take photos to capture all those new memories

You could create a photo book of a special time together, this romantic memento makes a really thoughtful Valentine's gift. Most local photographic shops can help you put together an album or choose an image to frame for your loved one.

Try something you've never done before. Book a spa day for two, or a class for both of you, it could be something creative or physical, mentally stimulating, or relaxing. You could learn how to dance, attend a pottery workshop, learn a new language, or paint portraits, the possibilities are endless. Check your local listings and events pages to explore your options.

Whatever you decide to do this Valentine's Day, if you put some thought into it you can show your loved one how much you really care.

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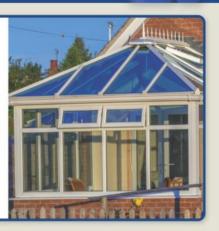
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