

Are you craving some pickled eggs? Maybe a batch of homemade spaetzle or BBQ meatballs? The Frontenac Farmers Market is back this Saturday from its winter break. Its opening theme is Valentine – “Bee There for Your Honey”. Head over for meats and treats. Lions Hall 9 – noon. And mark next Saturday too. The Heritage Society will have a display in honour of Heritage Day. When you go, bring a non-perishable item for the Rural Visions food bank. This is the time of year when stocks get low.

It's Verona Festival planning time and what better way to get involved than to join their annual pot luck thank you to volunteers and welcome to new faces. It's the best kind of pot luck, too, because you don't even have to bring anything! The Festival activities planning committee brings enough homemade yummy stuff for all the volunteers and new folks. You watch a DVD of Festival highlights and get an overview of how things work. No need to RSVP. Just show up at the Lions Hall on Tuesday, Feb. 19 at 6:00. You won't be sorry.

Evelyn Snider sends us word of the next Sisters By Heart event: Tired of the winter cold and snow? Ready for a "pick me up"? Need some laughter with some great friends? Join Sisters By Heart in “Espresso Your Spirit” Guest Speaker Jen Wagar and Music by Cathy Casement. Tuesday Feb. 19 7PM at the Verona Free Methodist Church. \$5 at the door or advance. RSVP if you can, and bring a friend or two. 374-2587 or 374- 1232.

We are a lucky community to have excellent local medical services. Not only do we have regular medical staff, but Drs. Dempsey and Wilson see to it that support for such things as chronic disease management and mental health are covered through special clinics. The Verona and District Medical Services Committee is moving along in its plans to keep continuity of these services well into the future, and they're ready to share some ideas with you. Come to one of the two public information sessions on Wednesday, Feb. 20. There you'll hear information about future doctors in the village, the expanding role of nurses and nurse practitioners and very importantly, hear the first stages of the fundraising plan that will keep our community well served. The one hour afternoon session will be repeated in the evening. Feb. 20 Fellowship Hall, Trinity United Church 3:00 PM and 7:00 PM.

Did you miss the Land O' Lakes Artisans' Guild show and sale at just before Christmas? Well, you've got another chance. “Land of Inspiration” show and sale opens with a gala evening Thurs. Feb. 21 and continues through the weekend. Not only can you see some of the finest artisanal work around, you'll also get demonstrations and refreshments! Soldiers Memorial Hall (Oso Township Hall) Sharbot Lake. Thurs. & Fri. 12-4 with gala from 6-9. Sat. & Sun. 10-4. The show and sale coincides with a grand celebration by our friends and neighbours to the north in Central Frontenac. They're mounting their second annual heritage festival. Be sure to watch for all the great events.