

Est 2021 Facts & Integrity

ISSUE 35 until Fri 13 Jan '23

YOUR Community Newsletter

All Issues Online at www.pkmarketing1.com/wetherby-free-press

Castlegate Stationers * Gourmet Café * Bob Shop Mason House Stores * Pubs Printed copies at Library * Baltzersen's * Churches * Morrisons Entrance & Café * & many other places



to our 1000s of Readers - Let's Make Wetherby a Better Place in 2023

5 bins have been replaced so far thanks to Diane Otley and her Cleaner Neighbourhoods Team at Leeds City Council.

New Year - New Bins New Year - New Fares

£2 single fares on all Transdev & Connexions buses from 1 Jan to 31 Mar.



This means return to York is £4 and to Scarboro' or Whitby is £8 via York / Leeds.

Inside: Our Review of 2022 P5, 7 & 8

Wetherby Civic Society's Year - P3 **Fitness Centre Pushes Limits - P6** Cllr Hawkins quits Welcome to Wetherby - P6 Penny Stable's Year - P4

No Wetherby News in 'Wetherby News' - P8 (how come we find plenty?)

Shop Closure?

Sophie Hattersley, Manager of the M&Co Store in Wetherby has confirmed on social media that M&Co **Trading Limited has** gone into administration.



Optimistically, she says: "Hopefully someone will purchase some or all of the brand and we will continue trading". The alternative is eventual closure.

Sophie added that the plan is to continue trading as normal with a few restrictions in place. "We have a lot of lovely stock and want to keep Wetherby looking trendy for as long as possible".

She expressed her deep appreciation of all the support, kind words and understanding they have received so far. "This is a massive blow to us too, we are a close team and love having the opportunity to help, style, dress and just chat with you all on a daily basis. So for now, we are hopeful for a good outcome, and ask you are kind when we are bound by our administrators rules, hopefully we will be with you for years to come."



Next Issue on Fri 13 Jan is ONLINE ONLY at www.pkmarketing1.com/wetherby-free-press



TRANSPORT NEWS

BUS SERVICES:

New Year's Eve, Sat 31 Dec

Saturday service - gradually reduced from 1800 with no services after 2000.

New Year's Day, Sun 1 Jan 2023

None except Black Prince 87 (White Rose Centre - Morley)

Bank Holiday, Mon 2 Jan 2023 Sunday service

Bus Co. Warns of More Cuts

Times are tough for bus operators at the moment. Rising costs, driver shortages, reluctant passengers after Covid are the main reasons. *Connexions* were featured on *BBC Look North* recently saying they need a larger subsidy to run the 412 Wetherby to York, and they were successful with their plea until 31 March anyway.

Transdev are informing the media of their possible cuts too. The Yorkshire Post reported the possibility of no buses between Malton & Whitby. This would leave the residents of Pickering, Thornton-le-Dale and Heartbeat's Goathland more isolated, and with fewer visitors. This route, Coastliner's 840, won a national survey 'Britains Most



Scenic Bus Route' a few years ago. It runs over the glorious North York Moors with doubledeckers. The survey was organised by the Editor and his business, PK Marketing (see @mostscenicbus on Twitter). It featured in many daily papers, including The Times and *The Mirror*, as well as many online news outlets, like Mail Online. But the largest publicity was from national BBC News who sent a camera

crew and reporter to highlight the real need for such rural routes for locals as well as visitors. The Editor was happy to be interviewed and featured in the final edit. ITV's This Morning also had a 3-minute feature on the route, too.

A Pickering resident has started an online petition to save this route. Please sign it at:

https://t.co/3N62L4T1Lq



BBC News reporter Simon Gompertz

Such a route like this should not be at risk. Everything should be done to get people out of cars, especially in our treasured National Parks. Many Wetherby residents enjoy this scenic bus trip across the Moors, so let's hope it is saved for everyone's sake. The more that we 'Use it', the less likely we 'Lose it'. It is free for passholders and only £2 per single ticket from 1 Jan to 31 March.

412 & 923 - Still No Saturday Service



Direct travel to York & Otley has not been possible on Saturdays since May 2022, 7 months ago. This has meant no buses at all at the weekend to these places. We were told it was because of driver shortages but we have noticed Connexions do have enough drivers to run the free service to the racecourse on race-days.

£4 return to York

The new national £2 single fare does not affect trips

within West Yorkshire, as we already have it. But it makes a big difference to North Yorkshire journeys. A day in York for £4 return is much more reasonable for a single person. At £8 for two travelling together though, car owners may not be tempted by this offer.

Let's hope passengers can take advantage of this fare on Saturdays soon, too.



923 to Otley bus not serving Scarcroft & part of E Keswick

Thanks to WFP reader and bus user, Lewis Redhead, who told us that the route misses out Scarcroft. It turns right at Rigton Bank traffic lights. The bus should wait for 10 minutes in East Keswick to keep to the timetable, until Metro / WYCA change the times to reflect this shorter journey. In East Keswick the 923 used to run along Lumby Lane but now uses Whitegate & Crabtree Lane.

The reason for both these changes? Overgrown Trees! Apparently, Connexions buses suffered 12 damaged windscreens over the summer. They had sent a list of overgrown areas requiring action to the Highways Dept at Leeds City Council. Cllrs Firth and Batty are chasing this up.



Craig Temple of Connexions is meeting with the Transport Authority Metro / WYCA, to discuss this and other Wharfedale routes.





WALKS AND OPEN DAYS

We led guided tours of Wetherby during Heritage Open Day and the Wetherby Festival. Both were well attended, with a total of 56 people learning more about Wetherby's history. In October, we also led a tour for Year 6 from Crossley Street Primary School. This year we ran our first "Open Wetherby" day, inviting the public into 7 buildings which are often not open to the general public.

VISITS AND TALKS

In September, members visited the Leeds Discovery Centre, where all material belonging to the Leeds

embers of the Society at the Garden of Res

Museums, which are not on display are stored. There we were shown and handled pottery shards and jewellery from the Wattle Syke excavations. We also had a tour of their warehouse which had an amazing variety of items including, a 14C boat carved out of a tree trunk, restored after bomb damage in World War 2, cases of dead butterflies confiscated at Leeds Airport and 6 stuffed foxes! In October Professor Joyce Hill gave an excellently presented talk on "The Vikings in Yorkshire", which explained how the Vikings came to be in

We are currently putting together our 2023 Programme which will include, among others, talks on "Swinnow Hall – A House and Its People" and "Anglo-Saxon Churches in Yorkshire" and visits to Wetherby Sewage Works, Lawnswood Cemetery and Calverley Old Hall.

RACECOURSE APPROACH

In early November, along with Better Wetherby and Wetherby Town Council, we have been involved in further talks with developers, Taylor Wimpey. Following our pressure, their plans for the site have been heavily modified, the main changes being:

- Number of dwellings reduced from 795 to 763
- Number of house types reduced from 5 to 4
- No gas supply onto the site and all heating via air source heat pumps

Yorkshire and many of the reminders of their presence in our place names and the words which we use.

- Bungalows now included on site
- Moving one of the pond areas

A number of other changes have been made, such as modifying one of the brick designs to have a line of decorative bricks to break up otherwise bland walls. However, significantly one of our requests, that there should be no false chimneys on the site has been, ignored. Upon enquiring why this had not been changed, Taylor Wimpey informed us that these were required by Leeds City planners – ignoring the written requests of all the representative groups in Wetherby! We are pursuing the position with Leeds Planners.

As you may have already seen, Lidl has now submitted a planning application for a store and care home on the site of the Mercure Hotel. The updated proposals can be viewed on wetherby.expansion.lidl.co.uk. You can comment on the planning application 22/06966/FU on the planning portal: www.publicaccess.leeds.gov.uk/online-applications/. You might need to log in or register if you haven't commented on a planning application before. We have yet to finalise our comments but we are likely to reiterate that we would welcome a Lidl store in Wetherby but that this is not the best location because:

- The site is allocated in the Leeds Site Allocation Plan for retirement housing; not for retail
- There could be significant problems with traffic entering and leaving across the busy A58
- Most people will have to drive through the middle of Wetherby to the planned Lidl
- That a previous application from Sainsburys had been rejected on a number of grounds which were still pertinent.

REMEMBRANCE SUNDAY

On Remembrance Sunday, our Chairman was in the Parade and laid a wreath on behalf of the Society and attended the subsequent church service at St James. It was heartening to see the numbers lining the streets but those attending the church service were disappointing.

BATH HOUSE

The saga of the Bath House is not yet over. The story so far four years ago vandals broke the windows of the Bath House; Wetherby Town Councillors investigated and found a supplier of robust window frames and windows; Wetherby Town Council appointed a consultant to investigate; his report included such things as kitchen facilities and under floor heating for the Bathhouse; a planning application including all these frills was submitted to the Leeds City Council; arguments about the design of the windows ensued (they were only installed in the 1990s!); Wetherby Civic Society tried to push everything forward and failed. Upon our subsequent pushing, we have now heard that the windows have been approved and the quotation is being updated! Don't hold your breath!

MUNICIPAL BUILDINGS

One of our aims for 2023 is get positive action on the former Wetherby Rural District Council Offices, Westgate so that they may be both preserved and fully utilised. They contain an Art Deco staircase and an unspoilt Art Deco Council Chamber which is well worth preserving. We have now written to Leeds City Council Asset Management team requesting a meeting to discuss their designs and to find out their plans for the building. We await a reply.





Local Democracy Page - Our MP in 2022

Alec Shelbrooke, our Conservative MP, has not engaged with the Wetherby Free Press. We offer him free space in each issue to say what he wants, unedited. What we learnt about our MP this year:

- * Rebelled for first time against the party whip in March
- * Refused to say whether or not he supported Boris Johnson before the No-Confidence Vote (unlike many of his colleagues)
- * Gave strong support to Liz Truss in Leadership Battle (18 Tweets in 1 day, 200+ in total)
- * Promoted to Ministerial post in September and left it within 2 months
- * Told 17,000 Twitter followers to follow him on Facebook (3,000 followers) instead
- * Does not inform his 17,000 Twitter followers when he is appearing on TV or at PMQs
- * Is against trains coming to Wetherby again for 3 reasons Issue 14
- * Claimed expenses of about £195,000 in 20/21 inc staff and accomm Issue 15
- * Spoke publicly about Ukraine, Endometriosis, Mesh Implant Scandal & his support for Liz Truss
- * Received a pay rise of £2,200 in April
- * Visited Washington DC, Madrid & British Grand Prix
- * Said 'women are being let down by the NHS every day' in April
- * Produced news-sheet in Dec expressing no regret at the embarrassing and harmful consequences of the Boris & Liz premierships
- * Criticised on Calendar News his Tory colleagues who wanted to get rid of Liz Truss
- Featured in Private Eye twice (see Issue 26 & 34)
- * Given many interviews to Talk TV & GB News, for which he gets paid

If supporters or critics of Alec have any more facts about him, please send them to us and we will publish them in the next issue.



We asked our Conservative Wetherby Town Councillors & Leeds City Cllrs Harrington, Lamb & Richards, left, for their achievements of 2022 and hopes for 2023.

None received



alec.shelbrooke.mp@parliament.uk

Editor of
Yorkshire Post,
James
Mitchinson,
giving his
personal
opinion on
Twitter
about Boris &
Brexiteers
this year



Penny Stable's Year - Green Party

We haven't met Penny or received any funding from her or her party. All we can say is that she seems to work hard on important issues and in keeping people informed. If other political parties would like to tell us what they are up to, please contact us. A true democracy needs choice.

Jan - I helped plant 300 trees in the new Wattle Syke Wood alongside the Boston Spa, Wetherby and Villages Community Green Group (I am Chair).

Feb - As part of the Church Street Action Group, I successfully fought off an inappropriate development in the heart of Boston Spa Conservation area.

Mar - I delivered a talk to children at St. Joseph's Catholic Primary School, Wetherby, about helping the environment and reducing their carbon footprint & increasing biodiversity locally. The school are now a collection point for hard to recycle items, like crisp packets and ballpoint style pens, and they have successfully applied for a grant for funds towards environmental projects in the school grounds.

I also conducted a Traffic Survey on Linton Road, Wetherby which found excessive speed amongst other issues. This research led to suggesting action to Wetherby Town Council.

Apr - In support of the Keep Britain Tidy Litter Pick, I organised a local team to help keep the paths, green spaces and verges of our roads free of unsightly and damaging waste.

May - I stood for the Green Party in our local Leeds City Council elections in the Wetherby Ward and achieved 34% of the vote (up from 22% in 2021) unmatched across the city. *Thank you for your 1000s of votes*.

Sept - With Boston Spa, Wetherby and Villages Community Green Group I organised an Eco Energy Fair attended by 150 people who enjoyed talks about installing solar PV, heat pumps and batteries, as well as improving home insulation and ideas as to how to save energy and reduce bills.

Nov - I laid out significant concerns to West Yorkshire Mayor, Tracy Brabin, at the Big Bus Chat, highlighting that reduced number of buses per hour, a lack of reliability and costly ticket prices around Wetherby and Boston Spa is sending people back to car travel.

Dec - I wrote to Wetherby Town Council (WTC) regarding Linton Road Safety measures to be presented at the WTC meeting. I am seeking support for a lower speed limit from 30 to 20mph, a safe crossing point and better signage warning of pedestrians, children and cyclists.

Throughout 2022 the Green Group's Boston Big Bike Fix has continued, resulting in over 370 bikes being donated and most of those have now been serviced, repaired and passed onto people that can't afford to buy one, including refugees and asylum seekers.

If you want to get involved in any of our activities, big or small, we would love to hear from you. Thank you & Best Wishes for 2023. Perwy

4



Review of your Pr



in Numbers



Cost to buy (good value!)



First to Inform you Wetherspoons bought Sant Angelo. Unique Community Newsletter recognised by British Library.

2

Campaigns - 'Wetherby Deserves Better' & 'A1 Sign'. Errors - we Acknowledged & Apologised for. Opportunities - to 'Meet the Editor' (no Cllrs or critics turned up).

24 Issues
183 Pages of News
13,350 Printed Copies
97,000 Printed Pages



Local People Highlighted: Kazia Knight, Claire Wiggins, Abs Green, Dave Gregson, Mark Barrow, Jane Lavocah & Sam Butterworth.



Consumer Items.

Wetherby on TV articles.

Local businesses promoted.



Columns on West Yorks Police, often highlighting their poor communication & lack of accountability. Readers' Letters printed in full.



Local Organisations & Charities supported, including:



Items of Transport News

Bandstand, B Spa Beer Festival, B Spa Gardening Soc, B Spa Open Garden, Choral Society, Civic Society, Churches Together, Clifford Beer Fest, Community Green Gp, Craft Markets, Crossley St Primary School, DalesBus, E Keswick Parish Council, Foodbank, Friends of Sandringham Pk, Ladies Forum, Light Music Singers, Men's Forum, Mental Health Mates, Musical Theatre Gp, Old Men's Parliament, St Joseph's School, Under 12s football & Wetherby in Bloom

100+)

Jokes & Cartoons to brighten your day.

Town centre businesses and organisations printed copies are delivered to: all shops, cafes, pubs, restaurants, takeaways, churches, dentists, opticians, surgeries, hairdressers &

barbers, town hall, library, estate agents, fire station, every care home and most businesses on Sandbeck Estate.

5000+

Online Readers for 2 mths (+ 2,000 Printed) see Issue 34 for proof

46000 Saw our Tweet about broadcasting legend Harry Gration:





Sample of positive items featured: * tree planting * beer festivals * litter & weed clearing * happy bench * Roman finds * Harry Gration tribute * well fed ducks * new bus stop * Red Arrows * eels in the Wharfe * new benches & bins * new businesses (Wetherspoons, Lidl, Tong garden centre etc) * cheap bus fares * handy hints * awards for local hero * good work of many voluntary organisations. We showcase Wetherby with some great photos, too. Our critics ignore all this.

Of course, we report the negative too. We say what we see and reflect reality.



Adverts **50%** of *On Your Doorstep* rates: 1/8 page (size A) - £25 or £80 for 4 issues 1/4 page (size B/C) - £40 or £130 for 4 issues 1/2 page (size D) - £60 or £200 for 4 Sponsorship on front page - £25

We can design your ad FOR FREE Just send us the details & images



Next Issue 36 - Fri 13 Jan



Email: WetherbyFreePress@PM.me

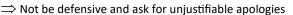
Twitter: @WbyFreePress

Tel: 07840 862861

Cllr Hawkins leaves Welcome to Wetherby

We hope this is the start of a new era, in which the town reaches its potential. The new Chair of this important Council group should:

- ⇒ Not ignore serious issues raised in this newsletter
- ⇒ Consult with residents on social media (on things like £1000 on mugs)



⇒ Be open-minded, imaginative and raise standards, to match rival towns, like Otley



Former Chair

- ⇒ Attract other town organisations to join the ctte (only one so far)
- ⇒ Take ownership and make a concerted effort to attract the £millions passing by on the A1(M) eg A1 sign campaign
- ⇒ Take decisive action to stop the decline of the Thursday market
- ⇒ Make our empty town shops look better (with WBA, owners, etc)
- ⇒ Improve the town's literature for visitors and residents
- ⇒ Improve the town's dreadful website www.wetherby.co.uk

Wetherby Fitness Centre Pushes Limits for Macmillan Charity

Wetherby ladies fitness centre, Gymophobics, went all out for this year's Macmillan fundraiser. A whole body workout takes 30 minutes but one instructor,



Carmen, pushed this to the extreme by repeating the circuit 19 times in a big 'Circuit Challenge'!

The pandemic has affected Macmillan's usual fundraising efforts over the past couple of years. It also added significant strain on cancer services; with the charity estimating that there is an additional 50,000 missing diagnoses to now combat. With that in mind, Carmen decided to take up the challenge! Macmillan has always been a firm favourite of ladies at the fitness centre so they were all eager to get involved and help. Members sponsored Carmen, cheering her on and even completing the circuit beside her. In total they raised £610.19 which includes the raffle that went along with the McMillan coffee morning. Members contributed their own home-made cakes and buns for the event.

Owner of Gymophobics Wetherby, Trish Connor, said: "The reason we chose to fundraise for Macmillan was because it means so much to our members. We have heard many stories from our ladies who have had family & friends receive support and guidance from Macmillan. Our beloved instructor Carmen took the helm and spent an entire day completing our circuit, this has never been done before. We are all really proud of her and I am really proud of all our lovely ladies that cheered her on for the day. Carmen kept going no matter how tired she felt. We are so much more than a gym and part of that is making a difference in our community in any way we can. Carmen truly represents all that we are, you are a hero, Carmen. Thank you!"

For more info on Macmillan visit www.macmillan.org.uk or Gymophobics call 01937 585193 or visit www.gymophobics.co.uk

Wetherby in Bloom 2022

For over 30 years local group and registered charity Wetherby in Bloom have been working to improve the local environment with permanent planting areas and the wonderful display of planters and hanging baskets around the town each Summer.

Over the past 18 months we have seen the positive effects of colourful planting around Wetherby and received many compliments.

Our volunteers carry out regular maintenance on the Wilderness Banking, Jubilee Garden and Anchor Garden. Teams of waterers man our trusty milk float and tractor and bowser each night throughout the Summer.

Planting for the Autumn/Winter months has been done and we are already planning for a colourful 2023!

We would welcome more volunteers. If you would like to join our watering team, please visit our website for details

www.WetherbyInBloom.co.uk/



Church Street

A GREAT BIG THANK YOU TO ALL OUR SUPPORTERS!

n 2022













BARDSEY TREE SERVICES Ltd 01937 573689



These businesses have either paid for advertising or allowed us to display the newsletter. Without advertising, we could not print it.

The often forgotten 1000s who have no internet access, would be completely left in the dark about what is going on in the town. And unable to enjoy our jokes, articles and other unique items.









* Instaphones * Swan & Talbot *



* Phoenix Café *

* Bob Shop - Mason House Store *







& Thank You to Readers for the Lovely Messages you sent us over the Year - they keep us going



Weird & Wonderful World of Wetherby



Pointing at things becomes new craze

















Councillor can't spell Councillor ('councilor')

















Town Hall Event not promoted on Council's What's On





Cllr Praises Polluter of River Wharfe and its regulator







'retires' and

starts new

council job (advertised

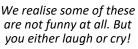
Businesses





MP with 17,000 Twitter followers prefers Facebook









Council spends £1000 on unwanted

mugs





Not one item of Wetherby news in 'Wetherby News' (8 Dec)







After a 46-day break, Leeds began Premier League life again with a tough fixture against Man City. Elland Road saw City squander a

chance in the first minute but the omens were not good. The visitors scored

the first goal just before half time. After the second City goal the home support were chanting as loud as ever. But the result was never in doubt. City won 3 - 1.



Struiik scores with header from corner

Utd v West Ham on Wed 4 Jan at 19.45

Newcastle v **Utd** on Sat 31 Dec at 15.00

Cardiff v Utd on Sun 8 Jan at 14.00 FA Cup Aston Villa v **Utd** on Fri 13 Jan at 20.00 sky sports 🚳

Wetherby & Boston Spa Men's Forum 2023

All on Wednesdays at 9.45am, St. James' Scout Hut, Church Street, Wetherby

4 Jan Calcutta and Darjeeling Railway - Ruth Nettleton

11 Jan Gilbert Scott and Ripon Cathedral - David Winpenny

18 Jan Wellington and The Battle of Waterloo - Peter Palmer

25 Jan Electric Cars - Graham Read

1 Feb Petra & the Levant - John Gilleghan

8 Feb The Hoax Ripper Letters and Tape - Stuart Smith

15 Feb Nice When It's Done.... - John Lyte

22 Feb Yorkshire Folk On Holiday - Christine Leveridge

1 Mar Wetherby and The Railways - Victor Hawkins

8 Mar A Day Trip to New York - Geoff Queen

15 Mar Inca Trail Mum in Peru - Angela Beaumont

22 Mar Life & Leisure. Britain at Ease 1945 to 1959 - D. Davies

29 Mar What Made Yorkshire Great Part 1 -

Stuart Hartley

5 Apr AGM

Details at www.mensforum.wetherby.info/ or call Mike Earle on 07526 007508



Editor: Paul Kirby

Email: WetherbyFreePress@PM.me Twitter: @wbyfreepress

Everyone mentioned in the WFP has a right to reply. The reply will be published unedited.

If facts are wrong, we will apologise publicly and correct the error. We quote directly to avoid any misunderstandings. We don't do

We encourage everyone to write to us with their views, whatever they are. People have died for our Freedom of Expression so never be afraid to use it. You can remain anonymous if you wish. You, nor ourselves, can be sued for libel as long as what is published is:

True or Honest Opinion or in the Public Interest Unjustifiable threats of legal action is bullying behaviour and will not be tolerated.

Please donate so we can continue to print

direct to PK Marketing Acct No 46368560 Sort Code 090127



The British Library at Boston Spa keep copies in their catalogue. The WFP lives forever!





New Year - New Hope

The need for a quality printed news source for Wetherby & area is greater than ever

We bought the £2 'Wetherby News' on 8 Dec and found not a single item of news about Wetherby. Nothing about Wetherby in Letters, Opinion columns, Business, Property, Planning Applications, Neighbourhood News, Court cases and no images. They have 9, yes 9 pages of puzzles though! That is disgraceful when there is so much going on in this town. They are choosing to ignore the issues we raise. They do not attend or report on town council meetings or Leeds City Council where we pay our council tax. So until a better news source comes along, you are stuck with us / lucky to have us.

Since we began we have not been helped by many of the town's organisations and businesses. Some don't even want free publicity for their events - one claiming ignorance of our existence. If true, it proved they were not engaged with the community, as they neither shopped in town nor joined local social media groups; both places where we have a high profile. Nobody has yet provided us with a reasonable explanation as to why they refuse to engage with us. Very strange, if they don't have anything to hide.



After 35 quality issues of WFP, it's clear there is still a 'chumocracy' in Wetherby. Chumocracy is defined in Issue 2: "ignoring issues or not probing enough because of self-interest / laziness / lack of imagination, or simply because they're too chummy with the people involved."

This town still has a conservative, insular, parochial mindset where nobody dares to rock the boat. Some in authority have many fingers in many pies. Many still refuse to be accountable and respond to our reasonable questions, let alone justified criticism. Our town councillors, and recently the Town Hall clerk too, have set a bad example, lacking any desire to be accountable to 1000s of our readers or the Editor as a resident for over 30 years. They refuse to answer simple questions in writing. This attitude must improve and we hope they change their behaviour in 2023.

Thankfully, there are far more mature adults than not in this town; good people who act with decency and integrity. They make good judgments based on facts and their own experience, not swayed by others' biased opinions.

Like we say above 'the truth will always win'.... in the end. It needs help to come out though. Good people should take action sooner rather than later, please don't leave it to others. Incompetent, lazy and self-serving people need to be helped on their way to the door.

Please do something in 2023; either ask questions face-to-face, send an email or post/tweet on social media. And