



Workshop Sessions  
Creative Writing with  
Michael Wareham



A Guided Walk around  
The Arboretum  
with Kevin Powell



Workshop Sessions  
Chair Yoga with  
Bob Ford



Workshop Sessions  
Be Aware, Stay Safe!  
with Dale Richardson  
Nottinghamshire Police



Workshop Sessions  
Driving Safety Tips  
with Adrian Shipway



Workshop Sessions  
Line Dancing  
with Sue Hillyard



**A keynote address from  
Professor Chris French  
and a full day of workshops  
with a delicious buffet lunch  
Saturday 21st September**

**u3a Notts Network Conference  
Squire Performing Arts Centre  
Nottingham Girls' High School**

**Buy Your Ticket at:  
<https://www.trybooking.com/uk/DOTV>**

## NOTTINGHAMSHIRE NETWORK OF u3as



### Nottinghamshire Network Conference

Saturday 21<sup>st</sup> September

Open to all Nottinghamshire u3a members  
To be held at the Girls High School, Squires Performing Art Centre  
9:30am – 3:30pm,  
9:30am – 10:00am refreshments and registration

#### Keynote Speaker

Chris French, Professor Emeritus of Psychology at Goldsmiths College, University of London specialising in the psychology of paranormal beliefs and anomalous experiences.  
The talk will be entitled:

**The Science of Weird Sh\*\***  
Why our Minds Conjure the Paranormal

#### Admission £30

plus booking fee

Includes refreshments during the day and buffet lunch supplied by Delilah's  
Use link below to register and choose workshops

<https://www.trybooking.com/uk/DOTV>

#### Break Out Workshops

- Guided walk around the Arboretum
- Line Dancing
- Chair Yoga
- Safe Driving
- Creative writing
- Scamming and Fraud

There will be break out workshops in the morning and afternoon enabling members to attend two groups. More detailed descriptions of each workshop will be available when you register where we ask you to choose three options.

A Special Message from Allan Walmsley, current Vice Chair (and now Chair elect) of the Third Age Trust:

*"I am especially pleased that the vibrant Nottinghamshire Network of u3as is organising their Network Conference at the beginning of u3a Week on Saturday 21<sup>st</sup> September 2024.*

*I thoroughly endorse the conference, and intend to be there myself to support and enjoy the day, and hope to meet as many u3a members from Nottinghamshire as possible."*

*"I am really looking forward to the talk by Chris French. Back in 2017 he spoke at the u3a National Conference and I found it incredibly engaging. So much so, that a few years later I set up the Psychology Interest Group at Arnold u3a. He uses everyday explanations to explain ostensibly paranormal experiences." (Rosie Allen Network Support Officer).*

Why don't you check out our promotional video on YouTube:

<https://m.youtube.com/watch?v=ffJkOMoTqR4>

Ensure that you get your conference ticket by going to:

<https://www.trybooking.com/uk/DOTV> and buying yours now!

Admission for the day costs £30 (+ online booking fee) and includes refreshments and a buffet lunch supplied by Delilah's Cafe.

## EQUALITY, DIVERSITY AND INCLUSION WORKSHOP

Equality, Diversity and Inclusion Workshop specifically for Notts Network members  
A date for your diaries!

Wednesday 6th November 2024, 10.00 a.m. – 12.15 p.m. on Zoom

This will be the fourth time we have run Workshops specifically for our Network. The benefit of this is that participants can always follow matters up through our Peer Support Groups or just informally.

This time we have chosen the workshop “Equality, Diversity and Inclusion” which is for Committee members, Interest Group convenors and any member interested in the legislation about this very important topic.

Any member of a Nottinghamshire u3a is welcome to sign up.

Your u3a and Equality, Diversity and Inclusion: An introduction to supporting u3as to enact their legal responsibilities.

The aim of the session is:

- To share information about the Equality Act 2010 and the protected characteristics and what this means for u3as in Great Britain
- To raise awareness of the legal responsibilities of each u3a with regards to equality, diversity, and inclusion
- To provide an opportunity to reflect and discuss what equality, diversity and inclusion means for your u3a and what you might do next.

“I have greater awareness of challenges other u3as are addressing both similar & different to our own.”

“The framework provided by the EDI committee for assessing & improving our practice is helpful.”

To book directly please follow this Event Brite Link –  
Equality, Diversity and Inclusion: u3as and their legal responsibilities Wed 6 Nov 2024 at 10:00

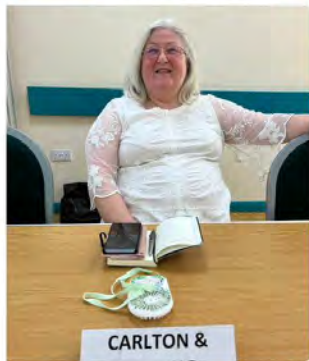
<https://www.eventbrite.co.uk/e/equality-diversity-and-inclusion-u3as-and-their-legal-responsibilities-tickets-983469833747?aff=oddtcreator>

Rosie Allen  
Notts Network Support Officer



# WHO'S WHO AT THE NOTTINGHAMSHIRE NETWORK OF u3as

Delegates at the last Network meeting on 24 July 2024





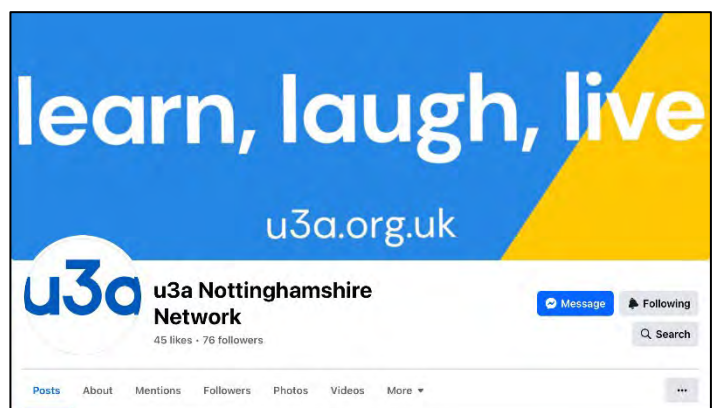


## NOTTINGHAMSHIRE NETWORK OF u3as ON SOCIAL MEDIA

### WHY FACEBOOK? WHY NOW?

In my experience of people in our current demographic, you either love Social Media or hate it.

What cannot be denied is that it has to be embraced as one method of a multi-faceted approach in effectively publicising our u3a movement, what we do for members of our communities by what we offer to older people, and how we make the generation below us aware of us as they contemplate what their leisure and activity choices will be when they eventually approach retirement.



Change in our nation's habits is accelerating. It was recently announced by Ofcom that less than half of 16–24 year olds are now watching TV, and that decline in weekly TV reach among middle-aged viewers (45–54s) also accelerated, falling from 89% to 84% in a single year. In contrast, there has been relatively little change among loyal older audiences aged 65+, with around 95% continuing to tune in to broadcast TV each week. This change in the habits of the younger generations was primarily driven by an increase in daily viewing of video-sharing platforms such as YouTube & TikTok, plus Instagram & Facebook.

Social Media connects people. My 40 year old daughter doesn't post on Facebook, solely on Instagram, Mark Zuckerberg's other platform in his Meta social media empire. If I want to see photos of my grandchildren, I have to turn to Instagram. For my older single son, who's an avid poster on Facebook, I find out about his antics that way.

#### Why Facebook?

The u3a Nottinghamshire Network did not have a public Facebook presence when they started publicising the Conference in June this year. Of the 33 u3as in our county network, 21 have a Public Facebook Page or Group, 5 have no Facebook presence, and 7 have a Private Facebook Group which does not communicate what they're doing to the general public. A couple of the u3as with a public Facebook Page haven't posted new content in a long time, in one case not since 2018.

#### Why Now?

The Committee of the Nottinghamshire Network of u3as has a dilemma.

How do they best get the word out about the Network Conference on 21<sup>st</sup> September to members of individual u3as in our county, and get them to buy tickets and attend?

How do they effectively publicise the event and make it a success?

Clearly 15% of our u3as won't be utilising Facebook, 21% may share about it privately in their "closed" groups, and 9% aren't actively posting to their Facebook pages. So, their question was "How do we as the Network engage with the remaining 65% of our u3as to get them to publicise the Conference to their Facebook audiences?"

On 9<sup>th</sup> July, I was asked to set up and develop a following for a Public u3a Notts Network Facebook Page, utilising the acquired skills and knowledge I've learned about Social Media promotion, to help with publicising the Conference.

The key elements in that strategy, as spending money on Facebook advertising was discounted, is to encourage individual u3a members and u3a Facebook admins to actively Follow the page, and Like, Share and Comment on posts.

There is a mutual benefit to all concerned in highlighting at the new Network Facebook Page the exciting and interesting activities of our individual u3as and their members within the county.

By drip-feeding content about the Network Conference that those local u3as can utilise on their own Facebook sites, an increased awareness about the Conference can be expected across members in the county, and hopefully more bookings.

As of the beginning of August, within a month of posting at the Network's Facebook Page, over 40 posts have been created or shared, with an estimated reach to over 2,700 Facebook users and with over 90 active followers having subscribed.

**That's where you come in**

We need more active followers, in fact thousands of followers.

Visit the page at : <https://www.facebook.com/u3anottsnetwork/> and become an active Follower, Like, and Comment.

Share our posts at your own u3a's Facebook Page/Group. (guidance document available)

Help the u3a Notts Network become better known on Facebook, which will in turn help your own u3a increase their social media presence and impact, but only if you're active!

...and finally, go to: <https://www.trybooking.com/uk/DOTV> to order tickets for the Conference.

John Butler  
Chair Ravenshead u3a





## DUKERIES u3a

Midsummer in Sherwood Forest with the sun shining, the air full of birdsong and the animated chatter of dozens of u3a members – what could be a better way of idling away a beautiful summer's day? Good friends, great company, fine food (not to mention the odd glass or two!) and excellent entertainment. What more could you want?

The RSPB kindly gave their permission for North Nottinghamshire u3as to hold their annual 'Picnic in the Park' on June 26<sup>th</sup>. Members flocked to Sherwood Forest from u3as in Ollerton (Dukeries), Worksop, Warsop, Ashfield, Sherwood, Mansfield and Rainworth and District, and were royally entertained by, amongst others, the gloriously named 'Geriatrics and the Pacemakers' – a Steel Band from Worksop u3a – and Ukelele and Banjolele players from the Dukeries u3a. The Major Oak Chorus – a Male Voice Choir which includes a number of u3a members – gave suitably rousing renditions of standards from the choral repertoire. In addition, there was a wide range of games and activities which went down exceptionally well with a goodly number of members.

The Dukeries u3a – on behalf of the other groups – would like to offer their particular thanks to Alex from the RSPB for all the advice and help he gave in ensuring that the day was a roaring success.



The Dukeries u3a 'Group of the Month' is Mah-jong – a board game invented by the Chinese in the Nineteenth Century which uses beautifully decorated tiles. The object of the game is, briefly, to collect 'suits' of tiles – Bamboo, Circles, Characters, Seasons, Flowers, Winds and Dragons – and subsequently to declare 'Mah-jong'. Incidentally, the name Mahjong is the Chinese word for Sparrow – apparently chosen



because the clattering of the tiles on the board is supposed to imitate the chattering of sparrows in bushes and trees. Mahjong, like Chess, Bridge, Quizzes and Crosswords, is highly recommended by health professionals as an excellent means of keeping the 'little grey cells' ticking over. The group meets on the 1<sup>st</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Thursday of each month at 1 p.m. in Ollerton Jubilee Hall (next to the Ollerton House pub). Why not give it a go?

Mike Mounsey  
Press Officer

## WEST BRIDGFORD u3a

### Via East Midlands run Driving Workshop for West Bridgford u3a

Via East Midlands is the driver training arm of Notts County Council. Last month, over 50 members of West Bridgford u3a benefitted from a free driving workshop aimed at older drivers. A team of four Via trainers, led by Autumn Rose, guided the group through a series of driving issues that become more serious with age. For example, keeping up with changes to the Highway Code, eyesight deterioration, or taking over from your partner if they become unable to drive. Eventually changes like these affect most drivers, but often they happen so gradually that we don't notice the impairment.



Via also issued the group with keypads so that they could vote (anonymously) on topics such as the definition of a dual carriageway or the safe distance between you and the vehicle ahead. An added bonus was that Via made available a limited number of free one-off driving lessons, so that some members of the group will be able to refresh their skills and correct those bad habits!

Joe Colls  
Chair

## EDWALTON GAMSTON & DISTRICT u3a

Edwalton Gamston & District u3a had a fantastic afternoon on Friday 12<sup>th</sup> July celebrating our 10<sup>th</sup> birthday. Over 80 members attended our celebration tea, and amongst these were 22 of our original members.

All guests were served a glass of Prosecco on arrival. We had engaged outside caterers who did us proud with a fantastic afternoon tea. As the picture shows we quickly devoured the food provided.



Our current chair Neil Gibbons gave a brief history of the u3a. He also showed us various things that we had accumulated over the years. As you will see in the photo two of the people are wearing yellow T-shirts. They won these at the tea when their number was called out. They then had to wear them or nominate a new number so someone else won the T-shirt. One of the winners was one of our previous chairmen. The T-shirts were in the original u3a yellow and had been used in early publicity when the u3a was founded.

We have grown over the years and now have around 180 members. As one ex-chair said "we punch above our weight" as we offer over 20 interest groups. In the last two years we have also branched out to short breaks. We have had two very good trips away, firstly to Liverpool and more recently to York.

We are very grateful to all of those who have served on the committees, ran groups and organised trips in our first ten years. We are looking forward to the next ten years

Martin Holden  
Vice Chair



## BINGHAM u3a

Bingham u3a took part in the “open house of flowers” run by Bingham Methodist Church from Friday 19 July to Sunday 21 July. The idea of the event was for people to come in to the Methodist Church Centre to see what happens at the Centre - and who uses it - with exhibits from the various users enhanced by flowers.



Our presentation was put together by Bingham u3a members Jo McHugh and Jeanne Merchant assisted by Ann Porter. Our exhibit - plus the others - were viewed by hundreds of people over the course of the three days.

Veronica Perry  
Chair



### BOOSTING DRIVING CONFIDENCE

Driving is more stressful than it was 50 years ago (when I passed the Test) and advancing age brings additional challenges. So when, at the end of their humorous and educational presentation, the Nottinghamshire Road Safety team offered Stapleford u3a members a chance to take a Driving Assessment, I decided to accept.



The experience was extremely positive.

Phil Lawson put me at ease as soon as we met at Toton Tesco car park.

First of all, I could read a number plate at the required distance. He gently insisted I remove all the potential missiles on the parcel shelf (but why is it called a "parcel shelf"?), and we discussed situations which I find stressful and how I deal with them. At the end of the route into and around Beeston, on to the A52, through Stapleford and back to Toton he completed a report, which we discussed. I have now received a copy from Autumn Rose, the Road Safety Co-ordinator.



I didn't know that in a 20 mph. area it's best to use only 2<sup>nd</sup> gear, in 30 mph use 3<sup>rd</sup> gear, and only at 40 and above use 4<sup>th</sup> (but I did learn double de-clutching in my thirties!). I need to watch more carefully at road junctions for speed limit changes (though I've not had any speeding tickets), and although I anticipate reasonably well, I need to be aware of conditions considerably further ahead.

I am so pleased I did this. It has given me far greater confidence that passengers and other drivers remain reasonably safe when I am on the road.

Marion Edwards  
Business Secretary





## ASHFIELD u3a

Ashfield u3a members have been going out and about a lot lately. The National Trust Group recently visited Waddesdon Manor which was the French chateau home of the Rothschild family. There was so much to see that the group have realised that one visit is not enough.

Members of this group also had a weekend away visiting five National Trust properties. First off was a Tudor Mansion – Coughton Hall, then Lytes Carey Manor, Monticute House. They then had a ride on a steam train from Bishops Lydeard to Watchet and continued on to Dunster Castle and Knights Hayes House. They stayed in a comfortable hotel in Taunton and report they had an excellent time.



Our Miscellany Group visited Newstead Abbey and enjoyed a fascinating tour of the 12<sup>th</sup> century Abbey, followed by afternoon tea in the Victorian Kitchen. The tour guide gave the group lots of information about the poet Byron and the history of Newstead. Some members now plan to attend one of the weekend tours to learn more.

Happy Days Group arranged a trip to Ashford in the Water to visit the well dressing and flower festival there. After lunch they strolled round the pretty village appreciating the work and artistry involved in the making of the wells. They also visited the Flower Festival in the church. Some of the group completed the day with a short drive up to Monsall Head



Ashfield u3a stall at the 'Picnic in the Park'

to enjoy the spectacular view.

Members also visited Barnsdale Gardens where two of the group fell into a pond. All ended well with lots of laughter and smiles. Ashfield u3a took part in the North Nottinghamshire Network 'Picnic in the Forest' day. What a scorcher of a day it was with lots to do and excellent musical entertainment.

Valerie Scott

## MANSFIELD & DISTRICT u3a

### TRENT RIVER BOAT CRUISE

A wonderful time was had by members of Dukeries & District u3a, Forest Town & District u3a and Mansfield & District u3a on Wednesday 10<sup>th</sup> July on the Trent River cruise. Ninety u3a members set off from The River Lodge at Colwick down the Trent towards Newark where the boat turned and headed down to Nottingham taking in a number of well-known sites. We had a delicious two course meal of chicken skewers, wedges, salad, coleslaw and Black Forest gateau served by friendly ship staff. This was followed by a disco where many u3a members demonstrated their dancing skills and danced off the hearty supper. The weather wasn't as good as last year but at least the rain held off, so many of us were able to observe the scenery and sites out on deck. An enjoyable evening was had by all.

Kathryn Henshaw  
Business Secretary







## RAINWORTH & DISTRICT u3a

At the June AGM members were elected to serve on the committee. A thank you presentation was made to Chris Bentley who was standing down as Membership Secretary on completion of his term.

All the group leaders have been busy organising events such as National Trust visits, garden visits as well as cinema visits for Operas and Ballets.

A game of Crazy Golf was held at Ramsdale Golf Club, as usual it was competitive, John Curtis being the overall winner. The 23 members then enjoyed a delicious lunch.

The Strollers group picked one of the hottest days of the year when they set off for a



walk around the Hexgreve Estate at Farnsfield. However due to the heat we cut it short and headed back to the Boiler Room for much needed refreshments. Some members joined with 8 other local groups for The Picnic in the Forest. We were grateful to have our new Gazebo on display, it gave welcome shade on a very hot day. Games were played and music listened to including that by JUGS (Jubilee Ukelele Group Singers)

The History Group have made visits to the Tuxford Walk of Life Museum and the Nottinghamshire Mining Museum.

A wonderful day out at Bomber Command in Lincolnshire was enjoyed by 22 members. We were fortunate that it was International Bomber Command Day and had the privilege of watching representatives from Canada, New Zealand, Australia, USA and Poland paying respects to those who lost their lives by laying wreaths at the base of the Spire. A service was conducted by a serving Minister from one of the nearby RAF bases. Mansfield Male Voice choir provided the music. The afternoon was rounded off by a flypast of 3 Prefect propeller planes and 2 Tornados roaring overhead.



Jackie & Colin Massey







## FOREST TOWN & DISTRICT u3a

Forest Town & District u3a held their second Summer Ball and once again the fabulous Ravenshead Swing Band helped to make it go with a "swing". The room set the scene and guests were served Pimm's on arrival. This year's theme was Black and White and dress to impress and everyone certainly rose to the challenge. All in all we had a most wonderful evening and planning is already going ahead for next year.



Kathryn Cope  
Membership Secretary





## RAVENSHEAD u3a

One of the latest Ravenshead u3a Day Trips, using the Ravenshead Community Transport's 14 seater mini-coaches, was to the inland port of Boston in Lincolnshire, which was once part of The Hanseatic League.



St Botolph's Church, known locally as the "Boston Stump" due to its large square tower, is the tallest parish church in England, and along with the town's Guildhall and Fydell House was included as part of an organised tour for our u3a trippers.

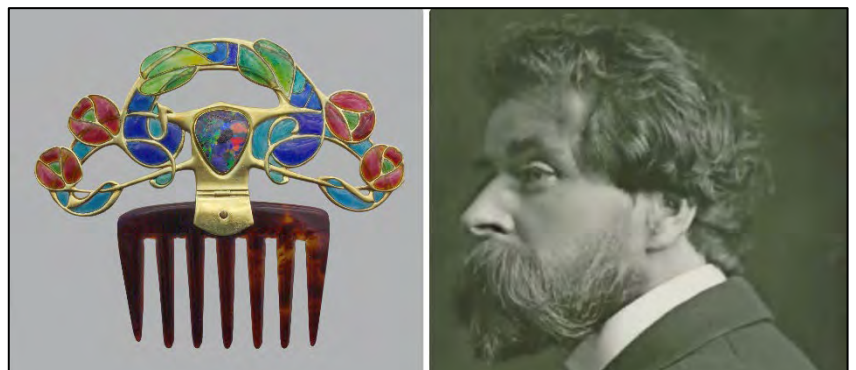
Our outside sporting activity groups, especially the Molkky Group (Finnish Skittles Game) have been enjoying the better weather over the last few weeks, and Molkky has proven to be of particular interest to local residents, as it's played in full view of the public on the lawn in front of the Village Hall. People often stop to ask about the game, and the village bus service also paused briefly as those on board wanted to know more about the goings on!



This may be the holiday season, but our Armchair Travellers Group don't have the hassle of arranging travel insurance. Recent virtual trips to Costa Rica, Corsica and Sardinia will be followed by this month's topic, the intriguingly titled "Five Stans and the Silk Road". The Silk Road was an ancient trade route, linking China with the West, from the Eurasian steppes to Central Asia.

Meanwhile, our Antiques Group continue to develop their passion and learning about their chosen area of collecting.

This month will feature the life and legacy of the Victorian/Edwardian Manx designer, Archibald Knox. After an early career teaching art, he started designing intricate silver items for the famous luxury department store Liberty's of London in the late 1890's.





After a short break to return to teaching, Knox eventually designed over 400 items directly for Liberty's over a further period of 4 years, and became famous for the sheer variety and striking modernity of items he designed and the materials used, mainly involving Celtic Cymric and Tudric patterns inspired by his Isle of Man heritage.

John Butler  
Chair

## NEWARK & DISTRICT u3a

### "Out & About" Group

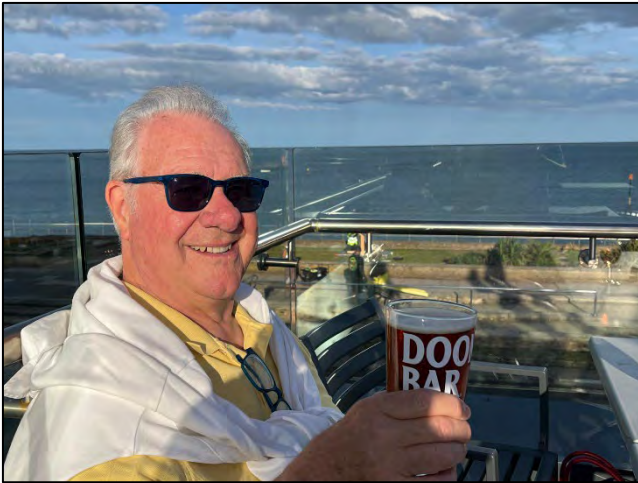
After days of unseasonal cold, wet weather it was with some trepidation that the "Out & About" group boarded the coach and headed to Harrogate. However, the weather gods were kind and treated us to a day of unbroken sunshine.



Once there we had over five hours to sample the delights of Harrogate and for some, Betty's tearooms were the first port of call. Others enjoyed a spot of retail therapy, whilst some were content to photograph the many historic buildings and scenic gardens surrounding the area.

As the group's organiser Chris Handson had been forced to pull out at the last minute, he had taken a leap of faith and entrusted me to ensure that no-one was left behind or missed off the coach. I suspect Chris was blissfully unaware that if anyone was likely to get lost and miss the coach, it would be me! However, I'm pleased to report that the full complement of weary but happy travellers made it safely back to Newark and we were all in agreement that it had been a super day in every way.

A massive vote of thanks goes to Chris, who although he couldn't be with us had nonetheless provided maps on which he'd thoughtfully marked the most important landmarks, (including Wetherspoons and "real ale" hostelries!), for our enjoyment.



Chris has organised an incredible fifty trips over some eleven years and is now taking a well-earned retirement from the role, but not before September, when we head to Oxford's "dreaming spires".

We wish Chris "Happy Retirement" and hope he and wife Anne will be able join us on some future trips under the guidance of new group leader, Sarah.

Maggie George  
Chairman

## GUIDELINES FOR ARTICLES TO NEWSBITES

We will be particularly pleased to receive articles about any unusual or exceptional event that your u3a may have organised or any new activity that your u3a is running. u3as learn from each other and it is very useful for their members to read about new events or activities that they haven't come across before.

- Please send your text in Word format and keep to a maximum 300-word count.
- Please submit photos as separate attachments in formats JPG, JPEG, PNG or similar (not pdf). They must be of good quality and a minimum of 1MB. No collages please.
- Please ensure that all who feature in your photos have expressed their consent for the photos to appear in Newsbites and also for those photos to be posted on u3a and Network websites.
- Please let me have the name of the author of your article and his/her status e.g. member, group leader, chair etc. I do look on your websites but don't always manage to find a full name or status.

Many thanks  
Maria Gabrielczyk – Editor  
maria.newsbytes@gmail.com



## NEWS FROM THE THIRD AGE TRUST

### The AGM Special Resolution – How will it affect our u3a?

If the resolution is passed:



- from April 2025, we will have a more inclusive, modern, UK wide organization where u3as will have better opportunity to influence the development of the u3a movement, with enhanced representation and two-way communication speeding up the implementation of agreed changes.
- u3as' independent operation, committee and trustees' responsibilities and charity status will remain unchanged.
- No increase to the annual subscription is anticipated as most meetings will be on-line to save on administrative costs

Extensive details about the Fit for the Future project were mailed to all u3as during the five-month consultation process, together with on-line and in person presentations delivered to Networks, Regions and Home Nations. Following detailed analysis of all the feedback received, at its meeting in June, the Board of the Trust agreed the terms of a Special Resolution to be put to the AGM on 16 October 2024. These papers were distributed to all u3as on 5 July 2024. This is a very short summary, highlighting only the main points of the Special Resolution and how to vote.

- The special resolution will require a 75% majority of the votes cast to be in favour in order for it to be passed.
- As it is a special resolution proposed by the Board, no amendments are permitted.
- In order to vote, u3as must have completed their annual return and paid their subscription to the Trust. Please remember to register to vote (when invited to do so) and ensure you use the same email address as you will use at the AGM.

The Special Resolution:

THAT the draft Articles of Association [circulated to members of the Company and a copy of which is produced to the meeting] be adopted as the Company's Articles of Association in substitution for, and to the exclusion of, the Company's existing Articles of Association which will, inter alia, establish a new Board and Council with effect from 1 April 2025.

The changes will allow for:

- the formation of a much smaller Board, all of whose officers and members are elected nationally. (Their suitability to stand for election will be checked by a Nominations Committee, composed mostly of ex-trustees.)
- the formation of a Council of elected representatives from all nine English regions, the three home nations, and the chair of Network link, together with some ex-officio members such as Strategy Group chairs. To ensure effective liaison, the chair of the Council will be an ex-officio



member of the Board (without a vote) and a Board member, probably the vice-chair, will attend Council meetings (also without a vote).

- All appropriate elections will be held between November 2024 and March 2025.

A brighter future:

- A more realistic workload for both Trustees and Council members, which should encourage more volunteers.
- The special resolution has deliberately been kept as simple as possible on legal advice. This is to allow for maximum flexibility as the new system is rolled out and used in practice.
- Regular reviews have been built into the programme, as small adjustments are inevitably going to be required.



**DEADLINE FOR THE NEXT ISSUE OF NEWSBITES**

Please send your articles (keep to a maximum 300-word count)  
and good quality photos (as attachments please)  
by 7<sup>th</sup> October 2024 to [maria.newsbytes@gmail.com](mailto:maria.newsbytes@gmail.com)