

## Subscribe for updates

### Description

[vc\_row][vc\_column width="1/1?][vc\_column\_text]There are many ways you can subscribe to my content.

#### Subscribe by email

To sign up for my occasional (3-4 times a year) newsletter, use the form below:

[vc\_column\_text][vc\_column][vc\_row][vc\_row][vc\_column width="1/1?][vc\_raw\_html]JTVCbWFpbHBvZXRfZm9ybSUyMGlkJTNEJTlyNCUyMiU1RA==[/vc\_raw\_html width="1/1?][vc\_column\_text]**Subscribe via Facebook**

Go to my Facebook Page at <https://www.facebook.com/councillorzamprogno/> and click "Like" or "Follow".

Third, do the same for the Hawkesbury Liberal Councillors Facebook page at <https://www.facebook.com/hawkesburyliberalteam/> for updates from the whole team.

#### Subscribe via YouTube

You can subscribe to my [video updates on YouTube](#) (click "Subscribe"), or you can use the following special URL's to subscribe to the same video content in the form of Video or Audio Podcasts, which (depending on the way you subscribe) will appear *automatically* on the device of your choice, such as your smartphone.

#### RSS Feed links

A test feed of my website posts:

<https://councillorzamprogno.info/feed/>

A URL for the audio of my Youtube videos (for your podcasting app):

<https://listenbox.app/f/3EFJDsDah2rK>

A URL for a video podcast of my Youtube videos:

<https://listenbox.app/v/3EFJDsDah2rK>

**(Right-click the above links, copy to your clipboard, and paste into your newsfeed or Podcasting app of your choice).**

#### **Date Created**

August 2017

#### **Author**

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