Let's have a look at the squared portfolio. We're still long of one lot, ESU 24, which gives us an allocation in nominal terms of about 28 percent in equities. And in bonds, I did buy the 100, 000 worth of each in IEF and TLT. So we are balanced as it were. We have got, we've built nothing in any other part.

We've completely screwed it up in terms of timing it, but that is what sometimes happen and hopefully it won't hurt too much. We 1 percent and we're not because of my very inept timing. It is what it is. Now, order entry. On Monday, I am going to roll the 1 USU24 to Z24. And I will, of course, post on the website after FOMC.

So expect any time after the 2pm announcement, I need to read the summary of economic projections and see how consistent it is. But, likely by 8pm. Around 3 30 on Wednesday, you could have multiple posts, some commenting on what they've done, some commenting what asset class should benefit and which shouldn't, if any, and the trades that I will be doing.

So please look out and be sure that you subscribe to our website. Now let me show you that. Please, if you want to receive an email when I post one of these updates, then you must insert your email here and sign up. And as far as comments are concerned, I only look at the comments about Two or three times a week.

So if you have anything which is urgent in terms of a market related question That is time sensitive Please send me an email Otherwise, I won't see it odds are I won't see it and therefore I will not respond So, please let's make that very clear If you want to see The updates as they happened, and we've tested the email you will get within 30 seconds of me posting an update.

Then please have your email in our database. Otherwise, you need to have the site open all the time and refreshing. So it really pays to put your email in there. And if you have a question, which is market related and time sensitive, please send me an email. Do not write in the comments. Thank you very much indeed.

And something will be up here for sure on Wednesday, if not earlier. Bye bye.