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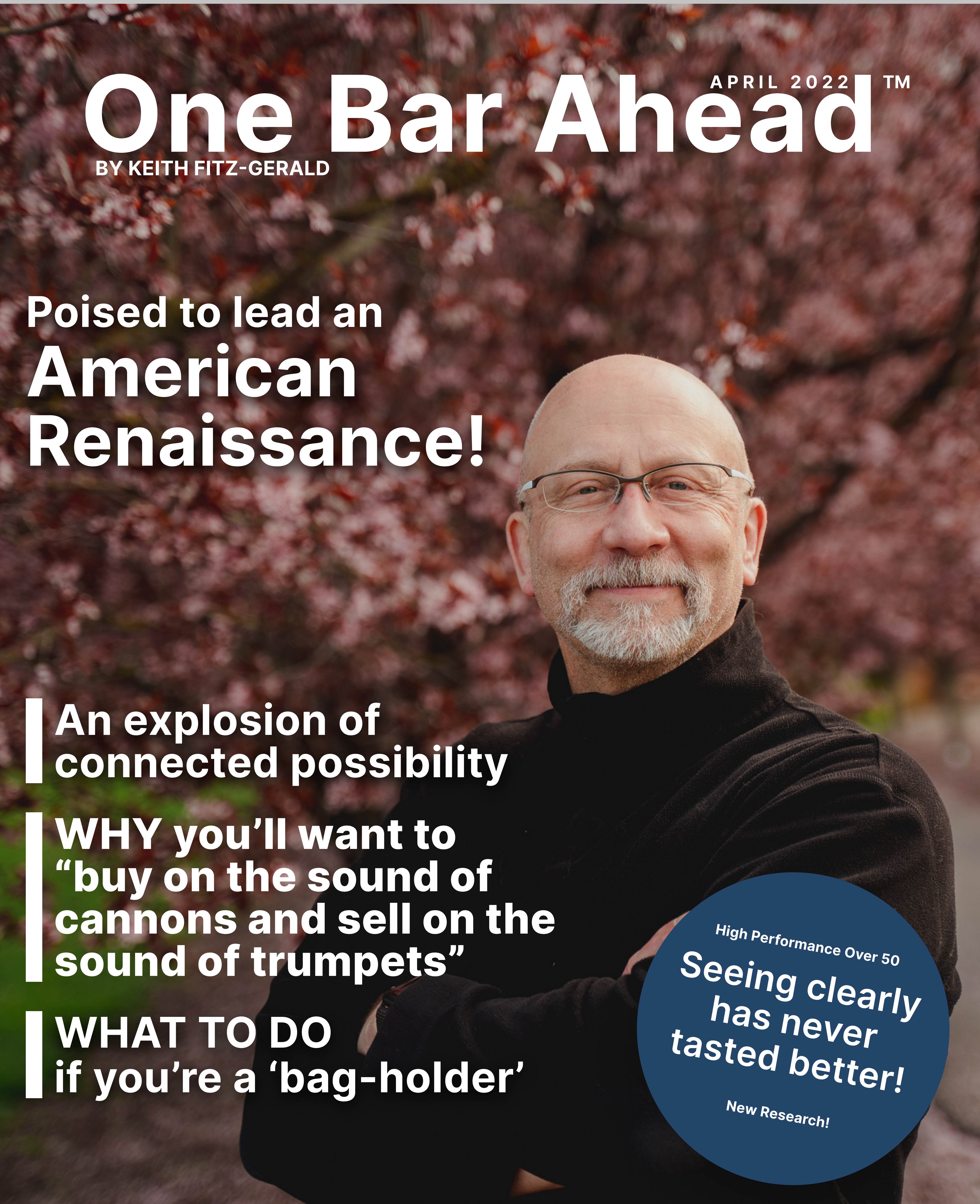

APRIL 2022

# One Bar Ahead™

BY KEITH FITZ-GERALD

## Poised to lead an American Renaissance!

**An explosion of connected possibility**

**WHY you'll want to "buy on the sound of cannons and sell on the sound of trumpets"**

**WHAT TO DO if you're a 'bag-holder'**

High Performance Over 50

**Seeing clearly has never tasted better!**

New Research!

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Keith Fitz-Gerald's ONE BAR AHEAD™

# Letter from Keith

## Dear Reader,

There are lots of people who have written off the stock markets.

It's rigged, they say. Manipulated … dominated by dark pools … at risk of a complete wipeout as Russia rages in Ukraine … China is determined to bend the planet to its interests.

All true!

This may sound crazy, but what if I told you that the US stock market is primed for a golden rally over the next decade. And that the best stocks will create more profits in the next 10 years than the last 50 combined.

I know it sounds nuts, at least if you subscribe to the conventional media anyway. The Internet is filled with all sorts of doom, gloom and nastiness intended to convince you that the end is nigh.

The perma-bears scream themselves silly … inflation will cripple our economy … a recession is imminent … government spending is out of control … we're on the cusp of WWIII.

Believe me, I get it.

The list of things that could wrong is long and far from distinguished. But the list of things that could go "right" is even longer and is, in fact, very distinguished.

No matter how many times I review the numbers or take a deeper dive, the run higher is *already* underway. The fact that most investors can't see it coming works to our advantage.

There are three factors that have driven markets to new highs since the dawn of time: technology, demand, and innovation.

Look at any economic boom in history - anywhere in the world at any time - and you will see what I mean.

Economic progress was linear for thousands of years and directly linked to population growth. Progress was largely limited by human output.

It's a different game entirely now.

Innovation has resulted in a constantly increasing speed of change, especially when it comes to specific technologies. Being "fast" is more important than ever.

The sooner we act, the more money we stand to make.

According to Forbes, artificial intelligence may create 95 million job openings. Humans and machines may split a 50/50 balance when it comes to work as early as 2025 – just three short years from now.

Data-driven organizations may be 23X more likely to acquire new leads than companies without a data-driven strategy according to McKinsey.

A staggering 127 new devices connect to the Internet every second according to Statistica.

Yet unbelievably, many investors spend a lot of time bellyaching about everything that could go wrong. They yearn to return to the way things were and worry about all the reasons why we'll never get there.

The world's most successful investors, on the other hand, have a very different perspective. Like us, they come from a position of "yes, let's make that happen."

This month we're going to start our time with a company poised to lead what I'm calling an "American renaissance." The newly seated CEO is a man with a plan and a long-time industry insider.

His timing couldn't better to my way of thinking. Shares are banging along near 52-week lows and could double in 5 years.

I've also got a few thoughts on what to do if you're a "bag holder" – meaning you've held on to a stock – or any other investment for that matter - a lot longer than you planned or should have.

Believe it or not, there are choices. Deciding what to do right now could contribute to your success years into the future!

There's also a quick portfolio review and, of course, a slew of the latest MMI charts to help you gauge your next move. I think you'll be surprised by which stocks are really undervalued and primed for a move other investors may miss.

And finally, I'll be sharing some interesting new information I learned recently that could help you see more clearly. All the money in the world won't matter one iota if we're not healthy enough to enjoy it!

As always, thanks for being part of the One Bar Ahead™ Family.

I am thrilled we're in this together and will do everything I can to ensure that the trust you place in me is well-founded. And, earned!

Best regards for health and wealth,

Keith

KF

**Note:**

We read every email, note, and message we receive so please don't hesitate to reach out with anything on your mind. Send pictures, suggestions, questions, comments, and ideas – we'd love to hear from you!

The address is **magazine@onebarahead.com**

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www.onebarahead.com

**Upcoming Conferences:**

## MoneyShow

**May 09-11, 2022**

**Bally's/Paris Las Vegas**

**moneyshow.com**


## You're invited!

The MoneyShow folks have been kind enough to arrange a special room at the conference exclusively for members of One Bar Ahead™. It'll be a fantastic opportunity to see each other and I, for one, am really looking forward to it!

The date and time is still yet to be determined, but I'll let you know as soon as it's nailed down.

In the meantime, please let us know if you're planning to attend by emailing us at **magazine@onebarahead.com**, so we can get a rough headcount!

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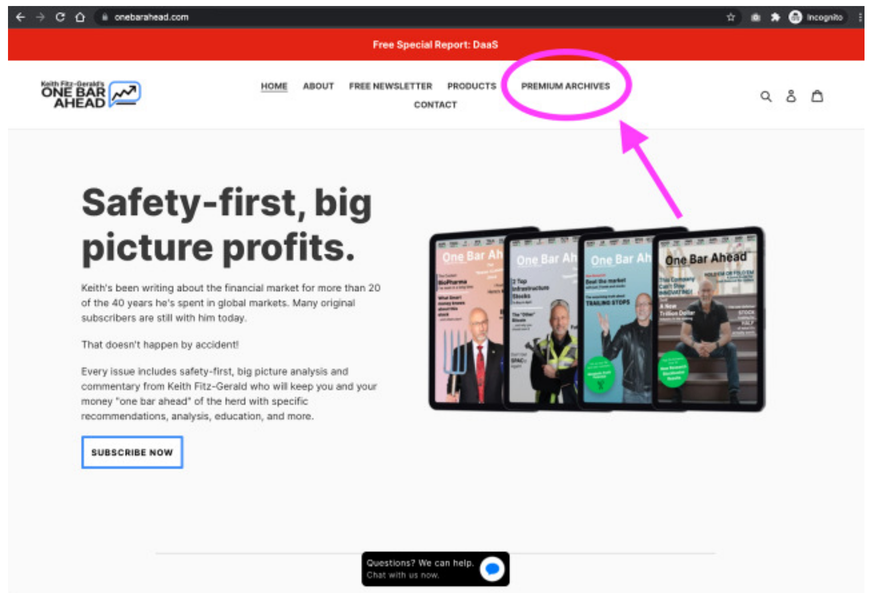


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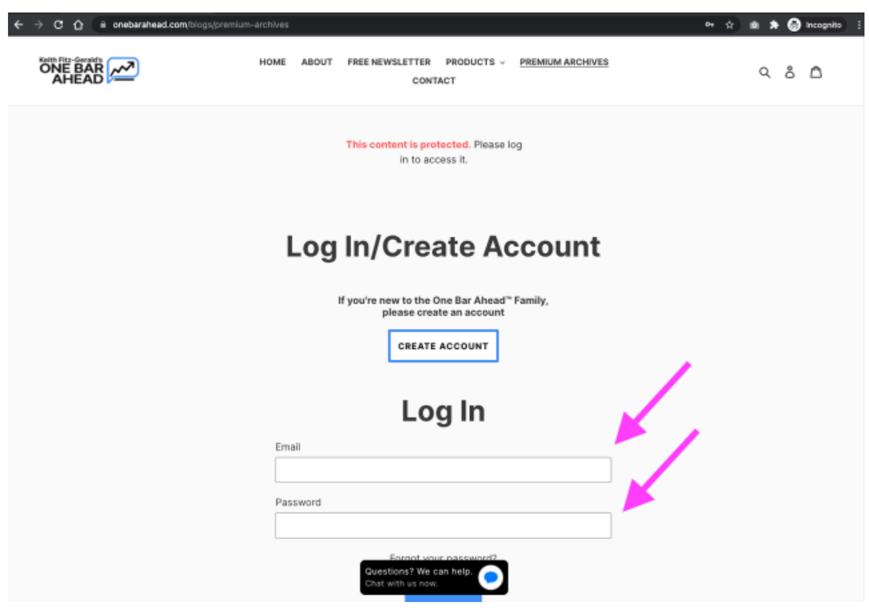


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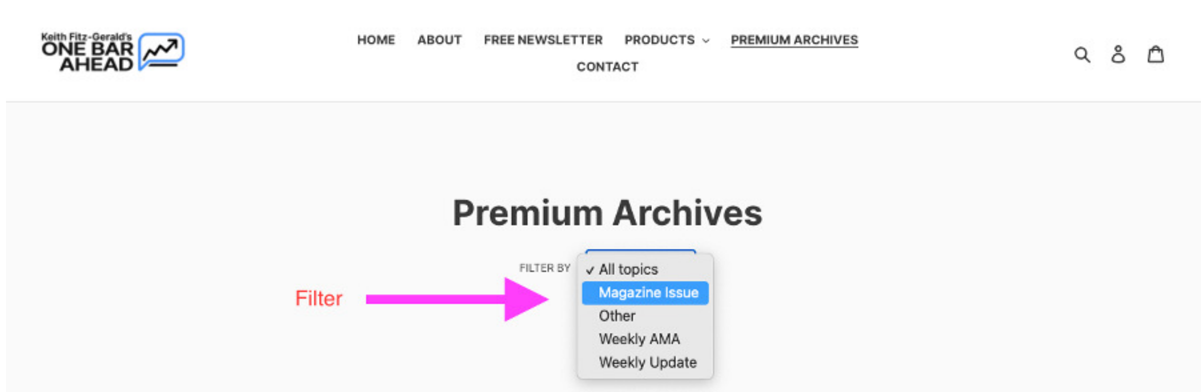



If you try the above steps and it doesn’t work, please contact us at **info@onebarahead.com**

## Chapter 1

# AMERICAN COMEBACK

**A Man with a Plan Will Take This Company Back to the Future!**

# POISED TO LEAD AN AMERICAN RENAISSANCE

**My hands were sweaty, and I had a death grip on the phone.**

"Buy," I said simply.

So, my broker did.

I recall shaking like a leaf when I opened the confirmation a few days later. Like everything back then, it came via snail mail.

The shares were mine.

I had a lot of money on the table, at least for me anyway ... several thousand dollars of lawn cutting money and stuff I'd scraped together working during my school breaks while my buddies were busy at the pool or schussing down the local mountains.

The company I'd chosen – Intel (INTC) - was making a big shift that flew directly in the face of everything the industry thought it knew at the time.

People today have forgotten but semiconductor manufacturing forty years ago was so terribly unreliable and risky that it was commonplace for computer makers to have contracts with several chipmakers at once. That way they could easily shift suppliers if there were a hiccup.

Margins were being cut to the bone as increasingly efficient Japanese manufacturers gained ground.

*INTC was one of the very first stocks I ever purchased ... I'm excited to buy it again!*

Intel's CEO at the time, Andrew Grove, reasoned that bringing production back in house would give Intel unprecedented control and leverage. It would also allow the company to become the world's leading PC hardware supplier if things went as planned.

Grove was right.

"Intel Inside" powered generations of hardware and helped Intel become the world's premier chip maker.

Intel based its business strategy on building successive generations of increasingly powerful chips and hardware that could apparently do no wrong. Along came the Pentium, multi-core processors, motherboards, system architecture and more.

Everything came crashing to earth in the early 2000s when microprocessors got ahead of software requirements, though. Competitors entered the picture and gutted margins in a repeat that took many by surprise like it had the first time around.

Intel tanked, having squandered the lead it once maintained. The engineering culture that once driven Intel to new heights became a drag.

Successive CEOs focused so intently on margins that they failed to see the world passing them by and even more egregiously failed to enter new markets. Intel arguably missed the mobile market completely and had a chance to "win" the iPhone but turned down the deal because Apple didn't want to pay enough!

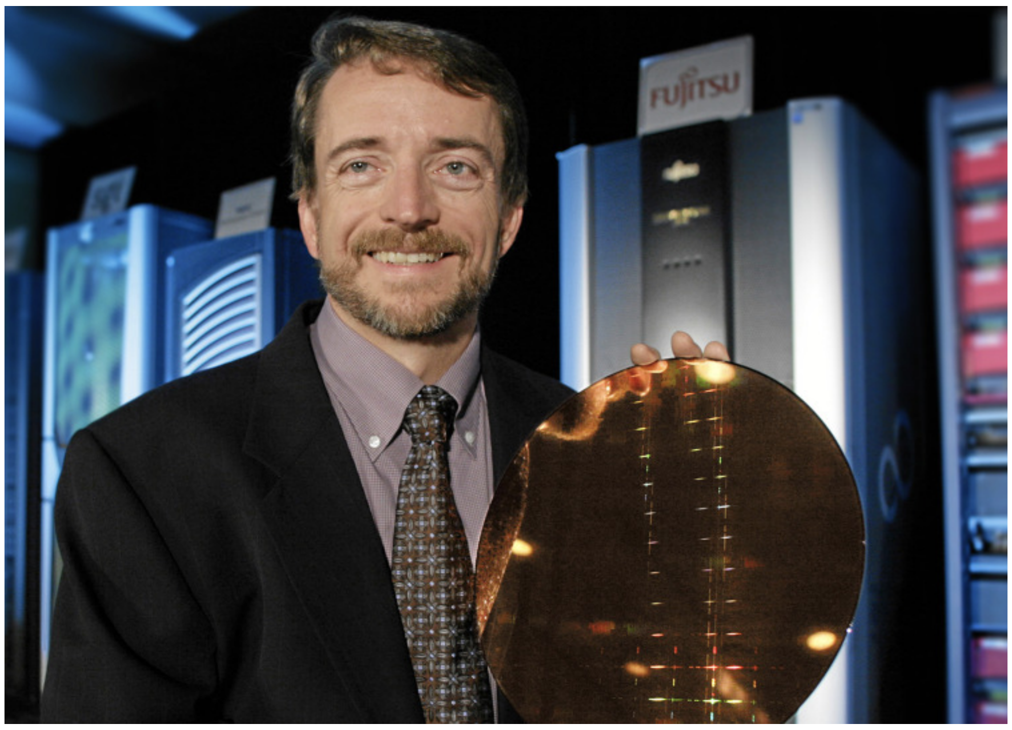
Which brings me to where we are today.

And a man named Pat Gelsinger.

The NY Times called Gelsinger "Intel's True Believer" in an article earlier this year and I don't think they're off base.

Gelsinger's on a mission to return Intel to glory and I think he's going to pull it off. Ironically, by expanding Intel's manufacturing and making semiconductors for other companies, not just Intel's own kit.

# POISED TO LEAD AN AMERICAN RENAISSANCE




*Gelsinger is back, and I think he's got the chops (Source: Intel.com)*

Critics charge that Intel is too set in its ways for such radical thinking and that the ramp-up is at once too expensive and too long.

I disagree because I think Gelsinger's got the chops. And the vision.

Gelsinger joined the company at 18 and was, by all definitions a proverbial "whiz kid" before being forced out in 2009 … despite having earned eight patents, despite being personally mentored by the legendary Andy Grove, despite being named the youngest VP in corporate history at 32 and despite being the first person to be named Chief Technology Officer.

Gelsinger landed that same year as president of EMC, a storage maker. Then in 2012, he'd go on to become CEO of VMware, an EMC company where he tripled revenues.

And now, he's back and his timing couldn't be better. As Intel's CEO.

America's been rocked by supply chain challenges and an unanticipated chip shortage that continues to impact everything from car production to microwaves and washing machines. There's a vested interest in bringing the business of making chips "back home."

You'd think that the industry would pitch a fit, but the reverse is actually true.

Nvidia, for example, is strongly considering using Intel manufacturing facilities as a "Foundry" which is what Gelsinger calls making stuff for others. Both Qualcomm and the Pentagon are also reportedly interested.

Congressional leaders are taking note which is why Gelsinger spent some time on the hill recently talking about how and why the Foundry should be a strategic national priority.

Over the past 12 months, Gelsinger has unveiled at least $40 billion in new manufacturing plants with plans to bring that up to $100 billion over the next ten years.

The trick, of course, is one most investors don't see coming. And, as is often the case, that's our opening.

Gelsinger's plans will crush margins and he's going to have to spend a jaw-dropping amount of money to get the job done.

What's more, he'll need political support from both sides of the aisle for an extended amount of time at a time when that's about as rare as a hen's tooth.

Critics will charge that he'll fail miserably, and, for a while, things will probably appear that way.

Don't be fooled.

***This is easily the most interesting development in American chip manufacturing in the past 50 years.***

Gelsinger's plans aren't just about creating a second wind for Intel. He's engineering a change that could alter our national trajectory and put America back on top at the same time.

That's the real play here and why we want to make a move now before everybody understands the significance of what's to come.

Intel could easily stand at the pinnacle again.

What's more, I think Intel will create scores of new jobs, significant new technology and even birth entirely new industries along the way.

# POISED TO LEAD AN AMERICAN RENAISSANCE

The fact that most investors can't think this far ahead works to our advantage, especially since shares are still scraping along around $50 which is just above the 52-week low of $43.62 (which also happens to be right at its "COVID low").

That means the risk to reward ratio is super attractive with comparatively limited downside exposure. Something I like a lot.

Intel sports a 2.89% yield at a time when inflation figures are far higher but don't let that sway you. If I am even halfway correct about the stock's potential, that number could grow significantly over the next decade.

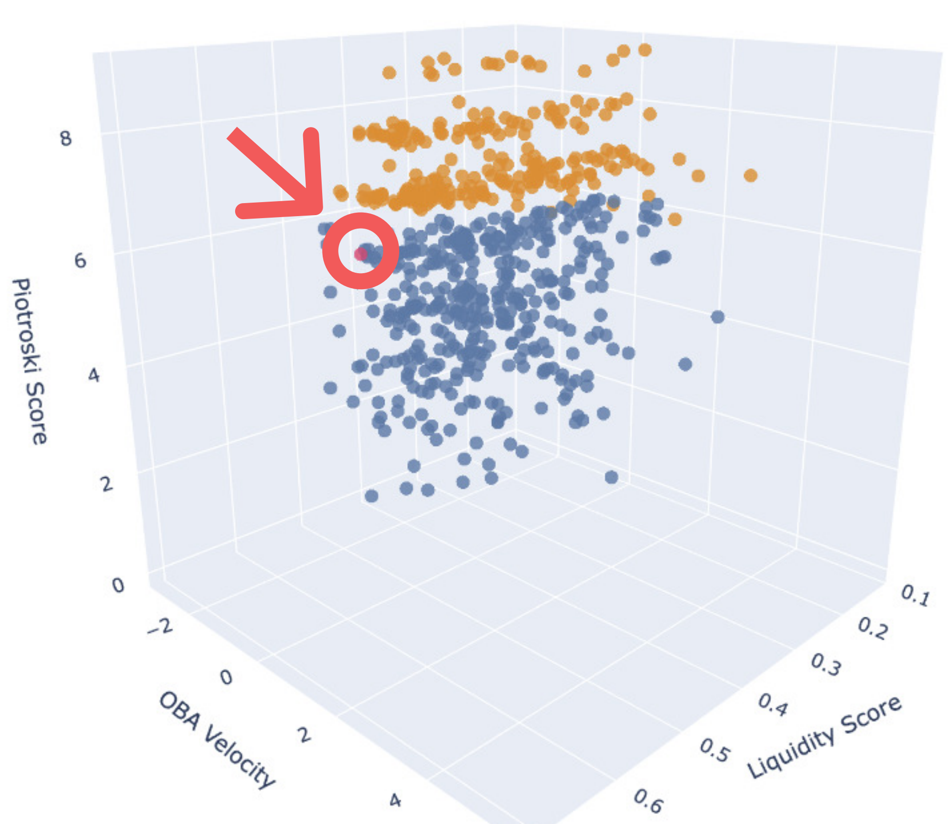
And finally, Intel's beta is just 0.91 which means Intel stock is nearly 10% less volatile than broader markets. And, in turn, a helpful shock absorber for anyone interested in a less volatile portfolio.

Here's what the One Bar Ahead™ proprietary analytics suite has to say about Intel.

## The Universe

Intel is to the left and middle while also demonstrating high liquidity. Our research shows that this is consistent with the scenario I've just laid out as part of our investment thesis.

Moving to the right and higher will be next if things go as expected.

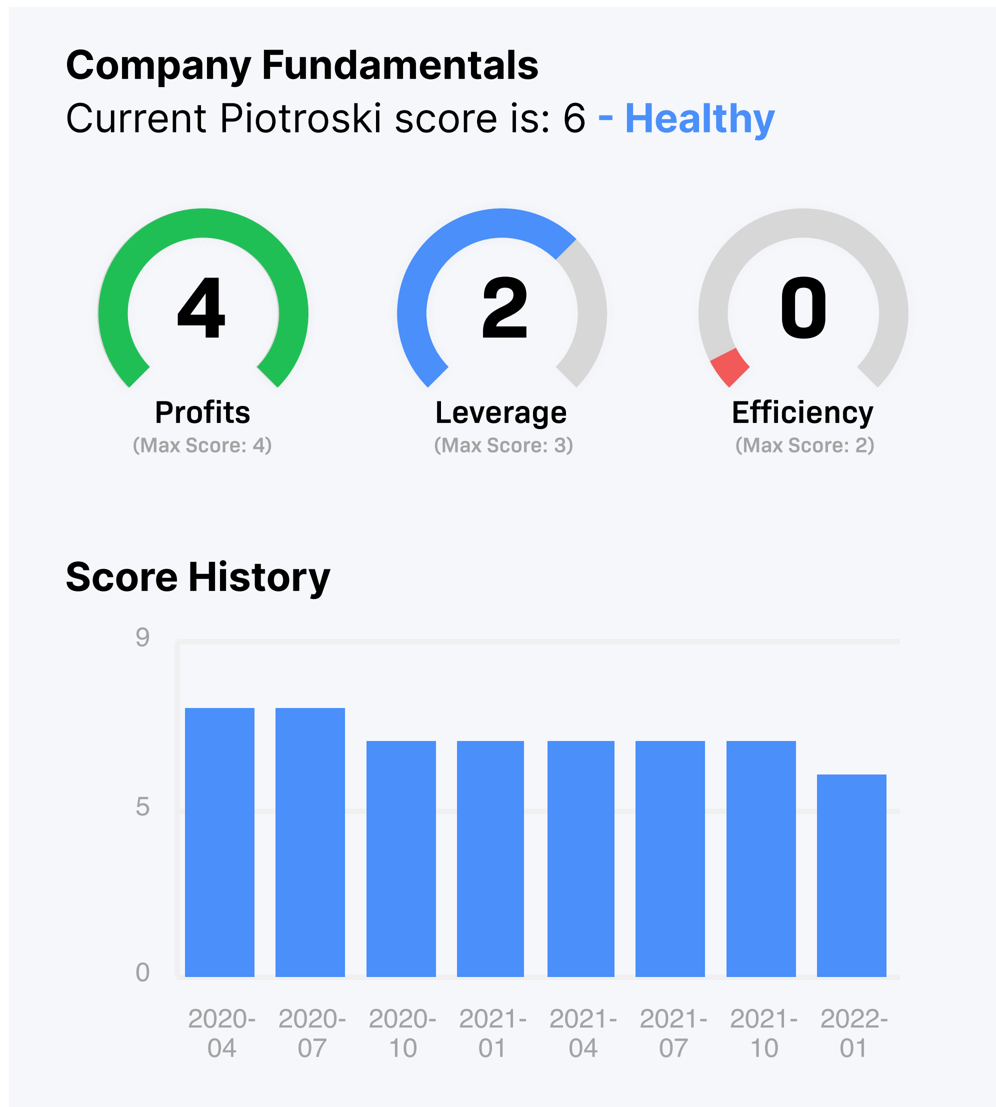



## The Fundamentals

Intel requires a bit more subjective thinking than usual because I expect margins to come under pressure and the company's financials to deteriorate a bit before things turn around.

However, I expect the stock price to move as political attention is focused on the strategic importance of "bringing chip manufacturing home" grows.

The Piotroski Score, for example, already reflects that reality and has decreased from 7 to just 6 in the past 18 months. Normally, that's a move in the wrong direction but in this case, it's something I want to see because it clears the deck for us while also having the added benefit of weeding out the weak money.




## The (MMI)

The MMI is mid-range and rising as of press time which means, in keeping with our research, that conditions favour buying over selling.

My price target is $70 within 24 months but a quick ramp-up to $100 a share five years out before stabilizing again into the 2030s.


## Action to take

Geopolitical risk is still high as is the risk of more Fed Follies. So, slowing down purchases makes sense as a way to control risk while also harnessing volatility at the same time.

**Buy your first Intel shares at market** then plan on adding to the position over time, but especially on dips. I suggest implementing a trailing stop of 25% below your purchase price to protect profits and control risk just in case the markets have other ideas. Tuck shares away in the Global Growth and Income segment of your portfolio.

If you'd like to play the situation more aggressively, **consider buying the 19 Jan 2024 $47.5 LEAP call** which last traded at $10.50. Set and track a trailing stop as if you'd purchased the stock. Options are typically more volatile than the underlying stocks they track which is why you want to focus on the stock as a proxy.

**Consider Selling Cash Secured Puts around $47.50 per share** if you've got the skills, are options comfortable and have the cash on hand needed to purchase 100 shares of Intel at $47.50 for every put option you sell. Doing so will help you pick up shares at a healthy 9.2% discount to where they're trading as I type. The 20 May 2022 $47.5 puts last traded for $1.28.


# What's Your Take?

**Have you tried any of the techniques and tactics from previous issues, or have you learned something new? Made a great buy? Discovered a new stock or fund? Tried Noriko's recipes? Started travelling again?**

## Drop us a line at

**magazine@onebarahead.com**

**If you have pictures send 'em along!**

Chapter 2

# WHAT TO DO IF YOU'RE A "BAG HOLDER"

**3 easy ways to manage a stock that's gone against you**

# WHAT TO DO IF YOU'RE A BAG HOLDER

Funny thing about the markets and wealth ...

### We are all our own worst enemy

Yep.

It's true.

As uncomfortable as that thought is and as much as we'd love to blame others for stocks that go against us, the very real fact is that more often than not, we put ourselves in that position.

Sometimes it's the headlines that punish markets or create super-negative, super-scary selloffs. Or maybe it's the despot *du jour* who seems hell-bent on ruining the world we live in.

Then there's the insider selling which always seems to come outta the blue. And the Dark Pools that have preyed on retail investors by buying order flow and stripping them of the profit potential so many clearly deserve.

China's out to get us; that's always a big one. So are incompetent politicians and the Fed.

There is no doubt in my mind that you've been there at one point or another in your investing life. Perhaps you're there now ... having held on to a stock or two that's long past its prime ... a "bag holder."

Now with the markets trying to make a push higher, you're trying to figure out what to do ... let it grind a hole in your portfolio, buy more shares or cut and run.

How do I know?

### I've been there too

And if you're thinking, I get what Keith's saying but I am not "that" guy or gal. I'm not that affected.

Horsefeathers!

We all have our gremlins. What's more, they inevitably come to light when we least expect 'em to and for reasons that we don't usually think about.

Especially when it comes to investing.

*There are always choices!*

It can be something as simple as constantly looking at "click-bait" financial stories that prompt this kind of thinking.

Spending a few minutes looking at some alluring bit of marketing schlock you've received will do it, too.

Or maybe you're just happy go lucky in which case you're an armchair expert on everything from nuclear physics to medical advice and morality. That's Twitter in a nutshell for ya.

you're not alone.

Investors often focus on the right thing at precisely the wrong time because of hang-ups or emotional baggage they didn't know they carried.

Barron's did a study years ago, for example, that showed 85% of all investment decisions are wrong. Data showed that investors inevitably bought when they should be selling and sold when they should have been buying.

Data from the American Association of Individual Investors (AAII) matches up and, in fact, is so consistently "wrong" that many investors and traders view it as a contrarian investment signal.

Bullishness, for example, peaked at 75% in January 2000, right before the markets tanked when the Dot.com bubble burst. Similarly, bearish sentiment reached an all-time high of 70.3% in 2009 just as the bear market reached the bottom.

# WHAT TO DO IF YOU'RE A BAG HOLDER

A recent AAII report shows that "Bullish sentiment remains unusually low while bearish sentiment remains unusually high for the 9th time in 10 weeks" according to the AAII on March 17, 2022.

My research agrees but I digress.

The very real fact is that the sooner we take responsibility for the person looking back at us in the mirror each morning, the more profitable, consistent, and confident we become over time.

Here's what you want to focus on and why you should care …

> **Historically the S&P 500 has gone on to achieve higher than average returns over successive 6- and 12-month periods following such low bullishness and abject bearishness.**

Knowing what to buy is key.

The brutal truth of AMC, GME, Bitcoin, Dogecoin and a dozen other headline-making, meme-baking investments people crave is that most investors will get skinned. So-called "meme" stocks are tremendously vulnerable to manipulation in both directions.

Penny stocks are "penny" stocks for a reason. Losing $0.25 on a tiny stock could be a 100% wipeout. Losing $0.25 on a share of Apple is a rounding error.

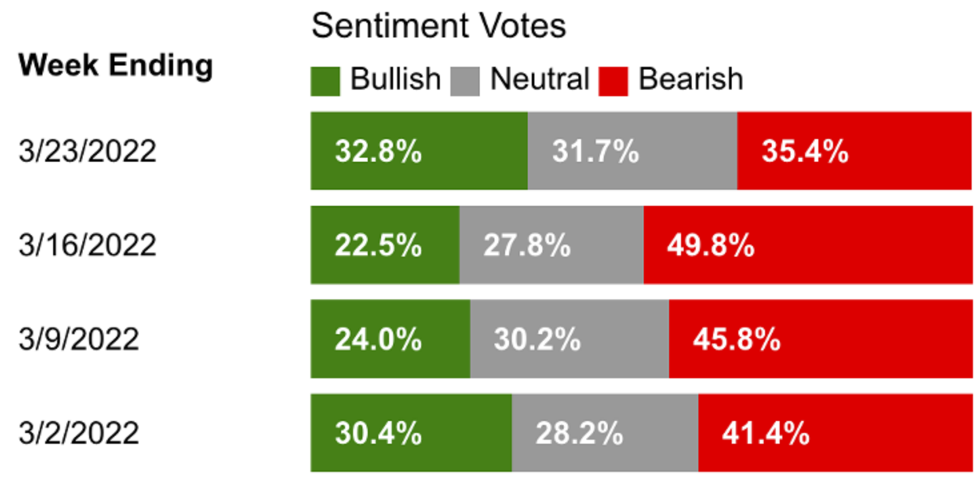
All well and good you say, but what if you're already there?

First and foremost, don't beat yourself up too badly. It's hard not to take the occasional potshot when the headlines make it seem so glamorous!

Second, remember why we're here … because we are "in to win."

It's a mindset as much as it is an investment philosophy. To borrow an expression from the US Marine Corps, we will take the fight to the enemy.

You've got three choices, all of which are proactive.




*The latest sentiment votes from AAII.com*

## Choice #1 - Is there an alternative to make up lost ground faster?

Many stocks fall quickly but take long periods of time to catch up.

People are often so consumed by the losses in one stock that they forget there are other companies out there worth considering.

For instance, if you're down big with Peloton why not think about lateralling that money into Apple? If GOEV isn't going your way and you're unhappy about that, consider placing that money into Microsoft or Nvidia.

You get the idea.

There is a very real possibility that Peloton may not be around in 5 years, but I'll bet you dimes to dollars that Apple, Microsoft, and Nvidia are.

## Choice #2 - Cut your losses

Nobody picks bad stocks on purpose. People simply get trapped by their own desire to be proven "right" for having picked a stock in the first place.

The problem is that profits, by their inherent definition, include losses from time to time. People conveniently forget that.

This is where position sizing comes in and why I am such a stickler about controlling risk on the way "into" any position.

# WHAT TO DO IF YOU'RE A BAG HOLDER

The term – position sizing – means keeping your investment small enough that you don't vaporize your portfolio if it goes against you.

That's why, for example, I recommend no more than 50% in the Foundation Stones, 40% in the Global Growth & Income and 10% in the Zingers.

People worried about maximizing profits worry that they'll miss upside but a) that's not true and b) sticking to those guidelines is what gives you the freedom to screw up yet stay in the game.

Investing too much in any single stock is where many people in search of quick profits get burned. Profits will follow over time but only if you control risk first.

## Choice #3 - Ride it out

This sounds easy but it's actually the most challenging of the three alternatives I've laid out for you today.

That's because you have to make a hard, clinical decision about staying "in to win" even if every bone in your body is telling you to run for the hills.

Take Palantir (PLTR) for instance.

It's been one of the toughest stocks to own that I've encountered in a long time. Wall Street hates it and there are dozens of clickbait stories out there about how the company's a trainwreck, why it's worth just $5 a share and so on.

It's not everybody's cup of tea. I've told anybody who can't take the heat to get out of the proverbial kitchen repeatedly.

Yet, I'm personally hanging on because doing so matches my personal risk tolerance, circumstances, and objectives. I may even buy more shares as the recovery gains strength, but the jury is still out on that for the moment.

Sure, there are days where I question myself just like anybody else, but I come back to the fact every one of the reasons I initially bought shares and recommended the company is still there.


*Palantir is a great example of a stock that's been beaten down and may be worth riding out (IMHO)*

Rapidly growing sales, a solid management team, massively sticky contracts, unprecedented complex data analytics and more.

I take comfort in the fact that metrics I track – like the strength of its balance sheet and growth – are going in the right direction.

At the same time, I am acutely aware of what's happened to other companies under very similar circumstances.

Amazon, for example, lost 90% of its value when the Internet Bubble popped. Apple's been nearly bust several times. Even Microsoft has experienced seemingly insurmountable challenges for crying out loud.

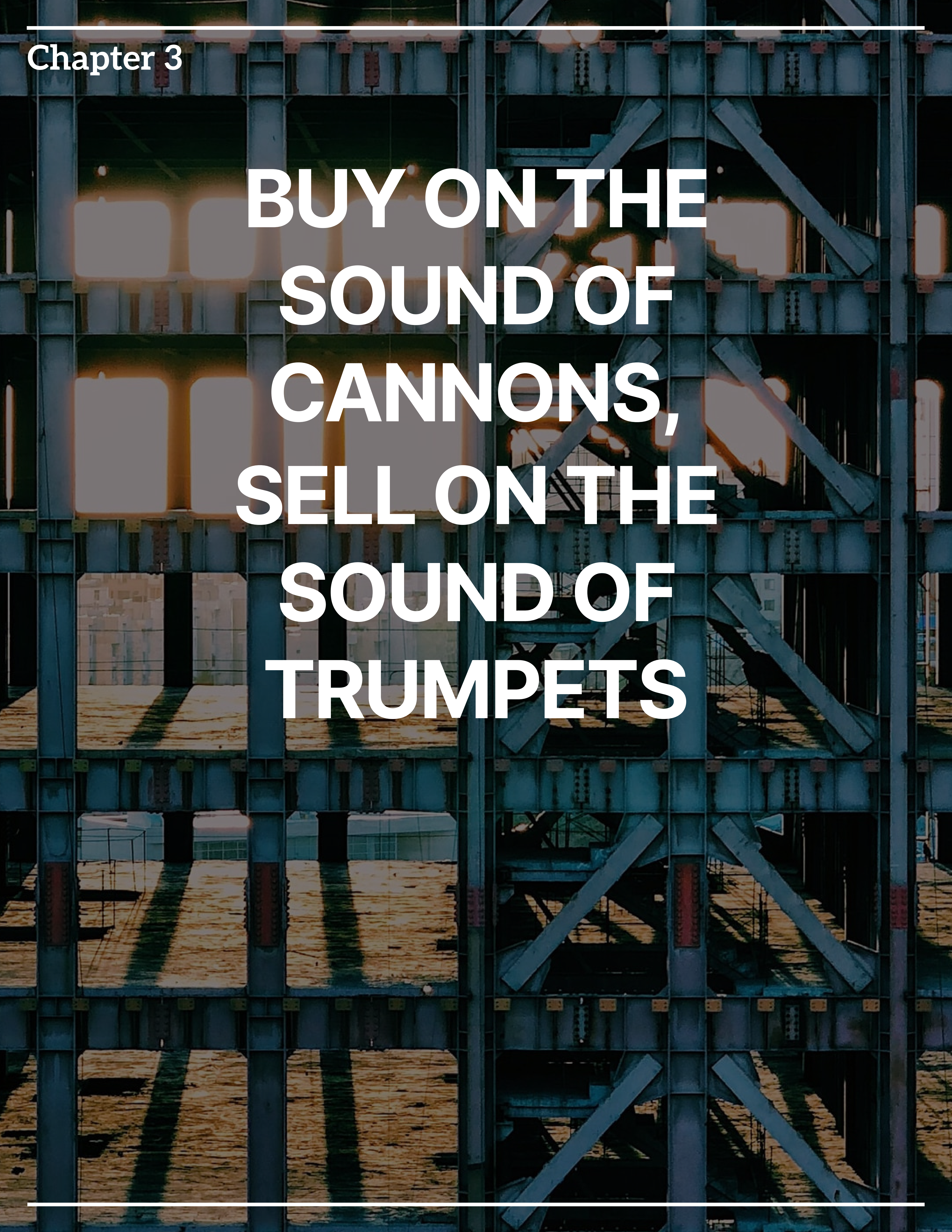
Which brings me back to where we started.

The fact that you've held on to a stock or two longer than you should have or wanted to isn't the end of the road.

That's why we should constantly play to win so that we can chip away at the stuff we've gotten wrong. And not for nothing, improve our results over time.

Investing has always been and will always be an iterative process.

KF



# BUY ON THE SOUND OF CANNONS, SELL ON THE SOUND OF TRUMPETS

# BUY ON CANNONS, SELL ON TRUMPETS

There's no doubt in my mind that you've heard the old adage, "You can't time the markets."

I beg to differ.

My research shows very clearly that there are very definitely times that favour buying over selling.

Like now.

People just simply don't want to believe it.

Which brings me to another adage known as Manson's Law of Avoidance "the more something threatens your identity, the more you will avoid it."

For example, many folks are scared to buy into great companies right now because doing so would challenge the carefully crafted vision they've built of themselves as conservative investors. Short-term traders can't stomach the thought of sticking with any stock because doing so would mean they're in it for the long haul.

No doubt you see my point.

Having a place in the world, as best-selling author Mark Manson points out, is comforting which is why anything that shakes that up is "inherently scary [...] even if it could make your life better."

Which brings me back to where we started our time together this month.

## War is a temporary setback

There have been 29 geopolitical conflicts beginning with WWII over the past 81 years ... 66% of the time markets are higher one short month after the shooting starts. A year later, that number jumps to 83%.

The inconvenient truth is that the uncertainty of a potential war has a greater destabilizing impact than hostilities themselves. Yes, the Fed is an issue but – I submit – nowhere near as severe as the prospect of a nuke or other WMD ruining your day. Or mine.

*Buy on the sound of cannons, sell on the sound of trumpets*

The markets will take off like a rocket when Putin backs off or simply backs down which is why we want to get ahead of that now ... while most people are still trapped by their own fears and before stocks potentially take off.

To quote legendary financier Nathan Rothchild who made a fortune during the Napoleonic Wars, we want to "*buy on the sound of cannons, sell on the sound of trumpets.*"

More often than not, war is a temporary setback.

Growth may slow, but it will not stop.

Buying at points of maximum pessimism maximizes profits but also minimizes risk.

### How to take action

I've included the re-entry table originally featured in the March issue on the next page.

Prices have moved away a bit, but the premise stands: now is the time to return our focus to accumulation rather than abject risk management because the certainty of war counter-intuitively lessens risk.

See the March issue for a refresher!

# BUY ON CANNONS, SELL ON TRUMPETS

## The markets after geopolitical crisis

**Stocks Usually Recover Quickly From Geopolitical Crisis**

S&P 500 Performance After Geopolitical Events

| Event | Start Date | 1-Week Gain/Loss | 1-Month Gain/Loss (%) | 3-Month Gain/Loss (%) | 6-Month Gain/Loss (%) | 1-Year Gain/Loss (%) |
|---|---|---|---|---|---|---|
| Germany Invades France | May-40 | -13.5 | -25.8 | -16.1 | -6.0 | -22.0 |
| Pearl Harbor | December-41 | -2.7 | 0.3 | -9.0 | -5.6 | 3.7 |
| Korean War | June-50 | -7.6 | -8.7 | 1.2 | 4.9 | 11.2 |
| Suez Canal Crisis | October-56 | 1.6 | -4.3 | -4.1 | -1.4 | -11.5 |
| Cuban Missle Crisis | October-62 | -1.9 | 7.6 | 17.2 | 24.5 | 32.0 |
| JFK Assassinated | November-63 | 2.2 | 3.1 | 8.3 | 12.7 | 20.5 |
| U.S. Bombs Cambodia | April-70 | -2.9 | -6.4 | -4.9 | 2.0 | 27.9 |
| Kent State Shootings | May-70 | -2.5 | -4.4 | -4.1 | 2.2 | 26.8 |
| Iranian Hostage Crisis | November-79 | -1.0 | 3.2 | 11.4 | 3.0 | 25.9 |
| USSR in Afghanistan | December-79 | 0.3 | 5.4 | -7.8 | 6.4 | 25.7 |
| Falkland Islands War | April-82 | 2.1 | 2.7 | -3.7 | 5.8 | 34.5 |
| Beirut Bombing | October-83 | -1.6 | 0.1 | 0.7 | -5.5 | 0.8 |
| U.S. Invades Grenada | October-83 | -1.5 | 0.6 | -0.7 | -5.5 | 0.7 |
| U.S. Bombs Libya | April-86 | 3.1 | 0.1 | 0.3 | -0.6 | 17.7 |
| Invasion of Panama | December-89 | -0.8 | -3.7 | -3.4 | 3.7 | -6.9 |
| Iraq Invades Kuwait | August-90 | -3.3 | -8.1 | -13.5 | -2.1 | 10.2 |
| Gulf War | January-91 | 4.4 | 16.7 | 22.6 | 20.6 | 32.3 |
| Gorbachev Coup | August-91 | 2.2 | 0.1 | 3.0 | 7.0 | 9.1 |
| World Trade Center Bombing | February-93 | 1.1 | 1.9 | 2.5 | 4.2 | 5.4 |
| Oklahoma City Bombing | April-95 | 1.3 | 2.8 | 11.3 | 16.1 | 27.0 |
| U.S. Embassy Bombings - Africa | August-98 | -1.4 | -6.1 | 2.7 | 14.6 | 19.3 |
| U.S.S. Cole Bombing - Yemen | October-00 | -1.6 | 0.1 | -4.7 | -14.6 | -19.6 |
| WTC and Pentagon Attacks - 9/11 | September-01 | -4.9 | -1.1 | 4.3 | 6.9 | -16.7 |
| Bali Nightclub Bombing | October-02 | 5.9 | 4.9 | 11.0 | 3.9 | 25.1 |
| Iraq War | March-03 | -0.5 | 2.1 | 15.7 | 17.4 | 28.4 |
| Madrid Terror Attacks | March-04 | 0.0 | 1.9 | 1.6 | -0.7 | 7.6 |
| London Train Bombing | July-05 | 2.4 | 2.6 | 1.6 | 6.6 | 6.6 |
| India, Israel & Lebanon Bombings | July-06 | -2.8 | -0.1 | 6.1 | 11.0 | 19.4 |
| Russia Invades Ukraine (Crimea) | February-14 | 0.8 | 1.0 | 2.6 | 8.3 | 14.7 |
| Mean | | -0.8 | -0.4 | 1.8 | 4.8 | 12.3 |
| Median | | -0.8 | 0.3 | 1.6 | 4.2 | 14.7 |
| % Positive Return | | 41% | 66% | 62% | 69% | 83% |

*Sources: Reuters, Glenview Trust Co*

## Re-entry price table
## (from the March 2022 issue of OBA)

| | GILD | PFE | WM | MSFT | JPM | NVDA | RTX | TSLA |
|---|---|---|---|---|---|---|---|---|
| **OBA Beta** | 0.27 | 0.60 | 0.69 | 0.89 | 1.19 | 1.34 | 1.51 | 1.92 |
| **Yield** | 4.85% | 3.41% | 1.80% | 0.83% | 2.82% | 0.07% | 1.99% | 0.00% |
| **RE1** | $ 59.45 | $ 44.27 | $ 140.45 | $ 284.20 | $ 135.98 | $ 214.27 | $ 92.12 | $ 749.81 |
| **RE2** | $ 56.77 | $ 41.24 | $ 134.84 | $ 260.69 | $ 127.62 | $ 180.33 | $ 84.30 | $ 638.75 |
| **RE3** | $ 53.65 | $ 38.76 | $ 120.80 | $ 247.77 | $ 118.95 | $ 158.16 | $ 79.45 | $ 595.36 |
| **Average entry** | $ 56.62 | $ 41.42 | $ 132.03 | $ 264.22 | $ 127.52 | $ 184.25 | $ 85.29 | $ 661.31 |
| **Discount from current** | -6.85% | -12.73% | -12.30% | -11.44% | -8.23% | -23.70% | -15.36% | -22.61% |

# PORTFOLIO REVIEW

Plus the Fund Folio™

&

OBA 50™

# PORTFOLIO REVIEW (APRIL 2022)

Buy the best, ignore the rest!

## Foundation Stones (50%)

This category contains companies intended to be the base around which all other choices are built and will account for roughly 50% of overall investable capital. The intent is to create stability that gives you the freedom to pursue more aggressive choices in the other two tiers over time. There will be some turnover here but, odds are, not much over time because the emphasis is on fundamental underpinnings.

## Global Growth & Income (40%)

This category houses companies offering a unique twist on one or more of the "5 Ds" or which are technically of interest and will represent roughly 40% of overall investable capital. The goal with this segment is appreciation potential AND an income boost so expect to see dividend payers and players here. Turnover here may be based on a combination of technical and fundamental data and may be slightly higher. Market action could also trigger entries and exits.

## Zingers (10%)

This category is home to the most speculative choices and will account for roughly 10% of overall investable capital.

Zingers are fundamentally compelling but are going to be selected based on a higher relative technical analysis weighting using the OBA engine and the MMI specifically. Expect turnover to be highest in this tier based on technical market action. The probability of short-term, technically-driven losses is highest in this segment under normal market conditions.

## "Vegas Money"

Vegas Money is exactly like it sounds - it's where we put the stocks that can be heroes or zeros.

Not every stock will be a winner; in fact, quite a few probably won't to be blunt. We'll control risk by position sizing before we buy once we've identified an opportunity that interests us.

This means keeping positions small enough that you don't care if they flame out completely but big enough that you'll feel good if and when they do take off.

0.5% - 1.0% each or less at your discretion. Skip entirely if this much risk makes you uneasy.

## Hedges

Studies show having between 1-3% in non-correlated investments can help take the sting out of otherwise painful down days by dampening overall portfolio volatility. The tradeoff, of course, is that you give up some upside but that's acceptable to me given current market conditions.

**SH** and **RYURX** are both 1:1 inverse funds which make them perfect for the task. **UVXY**, though, is a 1.5X hedge designed only for short-term holds at best which is why I advocate using it very opportunistically when the risks of a downdraft are highest. **SPXL** is a 3X bullish alternative for quick upside potential.

| Position Sizing Guidelines | |
|---|---|
| Foundation Stones | 50% |
| Global Growth and Income | 40% |
| Zingers | 10% |
| Hedges/Inverse | 1-3% |
| Vegas Money | Investor's discretion |

# PORTFOLIO REVIEW (APRIL 2022)

## Foundation Stones (50%)

### AAPL

APPLE, INC

Beta
1.06

Yield
0.51%

Notes
Apple announced a slew of new products in early March, including an updated iPhone SE and 5G-enabled iPad Air. My real focus, however, remains the new M1 Ultra chip and Mac Studio which are allegedly spec'd to blow the competition out of the water. Others have written off the Mac brand, but I'm thinking this is a big mistake; Apple is making significant upgrades in all aspects, including the all-powerful ecosphere. Apple's new subscription model is going to be key because users presently spend $1/day on average but that could take the numbers far higher while also making Apple products more accessible to an even broader audience.

### JPM

JPMORGAN CHASE & CO.

Beta
1.19

Yield
2.83%

Notes
JPM continues to be the best in class, and I'm glad we got the chance to re-enter it. With rising rates in the US, this should mean big bucks for team Dimon and, in turn, profit potential for us. The media is making a big deal out of the company's Russian exposure, but my data suggests that this won't be a huge issue. Don't forget that JPM is a key player in the rising digital world.

### MSFT

Microsoft Corporation

Beta
0.90

Yield
0.82%

Notes
Microsoft has also enjoyed a good run since hitting our RE1 pricepoint, and I expect to continue accumulating what I call the world's stickiest company for the foreseeable future. Make sure you use every dip to add, especially if you're underweighted here. The President's new call to boost cybersecurity in the private sector will play favourably because MSFT is a global leader in this space.

### RCS

Pimco Strategic Income Fund

Beta
0.80

Yield
10.63%

Notes
RCS has a positive duration, which means the rising rates will pressure bond values. I wouldn't worry about it too much because we're playing to a much longer term - and enjoying the 10.63% yield in the meantime. I expect fund managers to add higher yield bonds to the portfolio as that happens. Meanwhile, it's also got a low beta which helps smooth the overall ride.

## Global Growth & Income (40%)

### COST

Costco Wholesale Corporation

Beta
0.59

Yield
0.56%

Notes
Real inflation is estimated to be ~10% which means shoppers are going to want to make every dollar count. I expect the company to raise membership rates later this year, but management continues to play coy. There's also the possibility of a special dividend to think about.

### CVX

Chevron Corporation

Beta
1.10

Yield
3.35%

Notes
Chevron had an absolute screamer of a month as the situation in Ukraine pushed oil prices to astronomical levels. Per the weekly updates, I've encouraged you to think about taking partial profits, but make no mistake...

...this is a stock you want to own for the long haul. Oil is not going anywhere, and CVX rather ironically has one of the best, aggressive alternative energy investment portfolios on the planet.

## DIS

Walt Disney Co

Beta
**1.08**

Yield
**0.00%**

Notes

While DIS hasn't caught on as quickly as I hoped, the investment thesis still stands. The company has one of the most powerful brand portfolios ever assembled and the parks are re-opening. That said, I am not keen to see such public infighting between the current and former CEOs nor am I happy to see public muckraking related to the company's "wokeness" or lack thereof. I'm watching the situation carefully. **CONSIDER IT A HOLD FOR NOW.**

## GILD

Gilead Sciences, Inc

Beta
**0.27**

Yield
**4.93%**

Notes

GILD is another stock that hit our new re-entry price recently. While sales for the company's COVID treatment are declining, the company's HIV treatment (and other medicines) is providing much-needed stability. Meanwhile, enjoy the nearly 5% yield.

## GIS

General Mills, Inc

Beta
**0.21**

Yield
**3.18%**

Notes

GIS reported earnings in March and beat estimates by nearly 10%, causing many banks and research firms to upgrade their target prices. It's incredibly recession-proof, and we'll be looking for a specific re-entry soon. If you didn't use the trailing stop and still hold the stock, kudos to you too - make sure you enjoy the low dividend and beta!

## LMT

Lockheed Martin Corporation

Beta
**0.82**

Yield
**2.52%**

Notes

LMT has run up significantly as a result of the situation in Ukraine, outperforming the S&P500 by nearly 33%. It's tempting to say the run is over but I think that's a mistake considering how unhinged Putin appears to be. War or no war, defence is a priority.

## MDT

Medtronic PLC

Beta
**1.07**

Yield
**2.37%**

Notes

Medtronics is our off-the-map COVID reopening stock as the world opens back up to elective procedures that have been delayed due to full hospitals. Earnings are expected sometime in May, and I'm thinking there will be a "surprise" beat which should help the stock. Make sure you check the March issue of OBA for the full writeup, because the buying window is still open.

## PFE

Pfizer Inc

Beta
**0.59**

Yield
**2.93%**

Notes

Even though COVID has taken a bit of a back seat to war and inflation, it's still very prevalent in the rest of the world.

PFE is still the leader in both vaccines and the newly released treatment pill Paxlovid, and absolutely reinforces the notion of owning best, not rest. I'm still expecting a $100b top line this year, and expect this to grow in the years ahead as the company leverages mRNA-based treatments that are on the cusp of being truly customizable medicine.

## PLTR

Palantir Technologies Inc

Beta
1.96

Yield
0.00%

Notes

Palantir posted solid earnings growth in its commercial segment and the stock fell to nobody's surprise. We are still bullish on this stock in the long term, because every company is becoming a software company whether they like it or not - and PLTR is the one that can provide that operating system. They are also likely to be in high demand from EU countries who are looking to shore up defences with the same capabilities as the US intelligence agencies, and I expect major deals to come to light in a few quarters. Meanwhile, Wall Street likes to bag on the stock but are also accumulating shares at an unprecedented pace. Remember - do what Wall Street does, not what they say.

## Zingers (10%)

## CRWD

Crowdstrike Holdings Inc

Beta
1.02

Yield
0.00%

Notes

CRWD enjoyed a scorcher of a month as investors realized what we've known all along ... cybersecurity is critical. I've been very vocal about the money flooding back into quality names and this is absolutely one of 'em. The company doesn't offer a dividend but continues to smash growth estimates. Perfect!

## NVDA

Nvidia Corp

Beta
1.38

Yield
0.00%

Notes

NVDA hit our first re-entry price and subsequently took off 20% higher, which is fantastic. As a leader in GPUs (graphical processing units), the company's actually benefitted from the ongoing chip shortage.

What most aren't aware of, however, are their advances in creating an operating system for a metaverse of its own. Companies like BMW, for example, are already replicating factories in the virtual world and testing new processes faster than they ever could in the physical world. It's going to be a huge business segment which is why I believe shares are still relatively inexpensive.

## RKLB

Rocket Lab USA, Inc

Beta
0.76

Yield
0.00%

Notes

Rocket Lab is quickly establishing itself as a solid contender in the smallsat launch industry, boosted (pun intended) by their acquisition of key hardware companies in 2021. They're aiming to not just be a launch provider, but are providing modular components for other satellite companies and even NASA/DARPA projects like the recently launched James Webb Space Telescope. While it may take a little while for this company to truly bloom, I'm expecting great things and am happy to wait it out.

## Cash Alternatives (1-2%)

Like other risky assets, Ethereum and Bitcoin are both recovering a little bit at a time.

It’s a little ironic considering they’re supposed to be hedges/de-correlated with broader markets, but that’s neither here nor there.

The important thing is to keep a few fractions of a % in your portfolio, because a digital world will be upon us faster than you think.

If you don’t already have a few dollars in either of the two, consider adding a bit.

## One Bar Ahead™ Model Portfolio

| PORTFOLIO DETAILS | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| As of 03/30/2022 | STOCK | REC DATE | ENTRY $ | CURRENT | BETA | YIELD | Profit/Loss | STOP | 12-24mo Target | Last Instruction |
| FOUNDATION Stones | AAPL | 1/8/21 | $ 132.05 | $ 177.68 | 1.06 | 0.51% | 34.6% | $ 136.51 | $ 200.00 | Buy/Accumulate |
| | JPM | 3/7/22 | $ 135.98 | $ 140.73 | 1.19 | 2.83% | 3.5% | $ 106.97 | $ 200.00 | Buy/Accumulate |
| | MSFT | 3/7/22 | $ 284.20 | $ 311.93 | 0.90 | 0.82% | 9.8% | $ 236.56 | $ 400.00 | Buy/Accumulate |
| | RCS | 10/1/21 | $ 6.99 | $ 5.95 | 0.80 | 10.63% | -14.9% | none | $ 8.25 | Hold |
| Global Growth | COST | 8/6/21 | $ 439.63 | $ 575.18 | 0.59 | 0.56% | 30.8% | $ 446.34 | $ 540.00 | Buy/Accumulate |
| | CVX | 9/3/21 | $ 97.06 | $ 165.39 | 1.10 | 3.35% | 70.4% | $ 128.18 | $ 115.00 | Buy/Accumulate |
| | DIS | 1/6/22 | $ 156.90 | $ 141.65 | 1.08 | 0.00% | -9.7% | $ 125.60 | $ 219.00 | Hold |
| | GILD | 3/7/22 | $ 59.45 | $ 60.16 | 0.27 | 4.93% | 1.2% | $ 49.55 | $ 70.00 | Buy/Accumulate |
| | LMT | 11/5/21 | $ 341.78 | $ 443.72 | 0.82 | 2.52% | 29.8% | $ 349.61 | $ 380.00 | Buy/Accumulate |
| | MDT | 3/4/22 | $ 106.64 | $ 112.20 | 1.07 | 2.37% | 5.2% | $ 91.12 | $ 142.00 | Buy/Accumulate |
| | PFE | 3/4/22 | $ 47.98 | $ 52.67 | 0.59 | 2.93% | 9.8% | $ 40.88 | $ 70.00 | Buy/Accumulate |
| | PLTR | 1/8/21 | $ 25.20 | $ 14.04 | 1.96 | 0% | -44.3% | none | $ 50.00 | Buy/Accumulate |
| Zingers | CRWD | 1/6/22 | $ 187.49 | $ 228.42 | 1.02 | 0% | 21.8% | $ 167.55 | $ 295.00 | Buy/Accumulate |
| | NVDA | 3/7/22 | $ 214.27 | $ 279.14 | 1.38 | 0% | 30.3% | $ 173.36 | $ 300.00 | Buy/Accumulate |
| | RKLB | 12/3/21 | $ 12.61 | $ 8.36 | 0.76 | 0% | -33.7% | none | $ 18.00 | Buy/Accumulate |

## OBA 50

As of March 30th, 2022

| Ticker | Name | Ticker | Name | Ticker | Name |
|---|---|---|---|---|---|
| AAPL | Apple Inc | FTNT | Fortinet Inc | NOW | ServiceNow Inc |
| ADBE | Adobe Inc | GILD | Gilead Sciences Inc | NVDA | Nvidia Corp |
| ALGN | Align Technologies | GOOGL | Alphabet Inc | PFE | Pfizer Inc |
| AMAT | Applied Materials Inc | HCA | HCA Healthcare Inc | PLTR | Palantir Technologies Inc |
| AMD | Advanced Micro Devices In | INTC | Intel Corp | PYPL | PayPal Holdings Inc |
| AMZN | Amazon Com Inc | JNJ | Johnson & Johnson | QCOM | Qualcomm Inc |
| CAT | Caterpillar Inc | JPM | JPMorgan Chase & Co | REGN | Regeneron Pharma Inc |
| CONE | CyrusOne Inc | LMT | Lockheed Martin Corp | RTX | Raytheon Technologies Inc |
| COST | Costco Wholesale Corp | LNG | Cheniere Energy Inc | TGT | Target Corp |
| CRWD | CrowdStrike Holdings Inc | LOW | Lowes Companies Inc | TMUS | T-Mobile US Inc |
| CVS | CVS Health Corp | LRCX | Lam Research Corp | TSLA | Tesla Inc |
| CVX | Chevron Corporation | MDT | Medtronic PLC | TWLO | Twilio Inc |
| DE | Deere & Co | MCD | McDonald's Corp | V | Visa Inc |
| DIS | Walt Disney Co | MRNA | Moderna Inc | WM | Waste Management Inc |
| DVN | Devon Energy Corp | MSFT | Microsoft Corp | WMT | Walmart Inc |
| F | Ford Motor Company | MU | Micron Technology Inc | ZTS | Zoetis Inc |
| FANG | Diamondback Energy Inc | NET | Cloudflare Inc | | |

## OBA Fund Folio™

**No changes to the Fund Folio this month**

| Foundation Stones | PORTFOLIO WEIGHT |
| --- | --- |
| Vanguard U.S. Quality Factor ETF (VFQY) | 32% |
| Pimco Strategic Income Fund (RCS) | 18% |

| Global Growth and Income | |
| --- | --- |
| BlackRock Science and Technology Fund (BST) | 32% |
| Pfizer Inc. (PFE) | 4% |
| Altria Group Inc. (MO) | 4% |

| Zingers | |
| --- | --- |
| BlackRock Science and Technology Fund (BSTZ) | 10% |

**“Vegas Money” Portfolio**

If you haven’t already, consider nibbling back into NIO and XPEV. They’ve blown away delivery expectations, and the CCP is keeping quiet about delisting in the US

(for now, anyways)

| NIO | XPENG |
| --- | --- |
| **NIO** | **XPEV** |
| NIO Inc | Xpeng Inc |

Chapter 5

# MMI™ CHARTS

Improve results, reduce risk, find opportunity
Gain confidence!

# SIMPLE, UNDERSTANDABLE, ACTIONABLE

I've spent 40 years in global markets and if there's one thing I've learned in all that time it's that simplicity counts when it comes to making money. Knowing how to find great stocks, manage risk and which strategies matter is important but knowing *when* conditions favour buying or selling is critical if you want to be in the winner's circle more often.

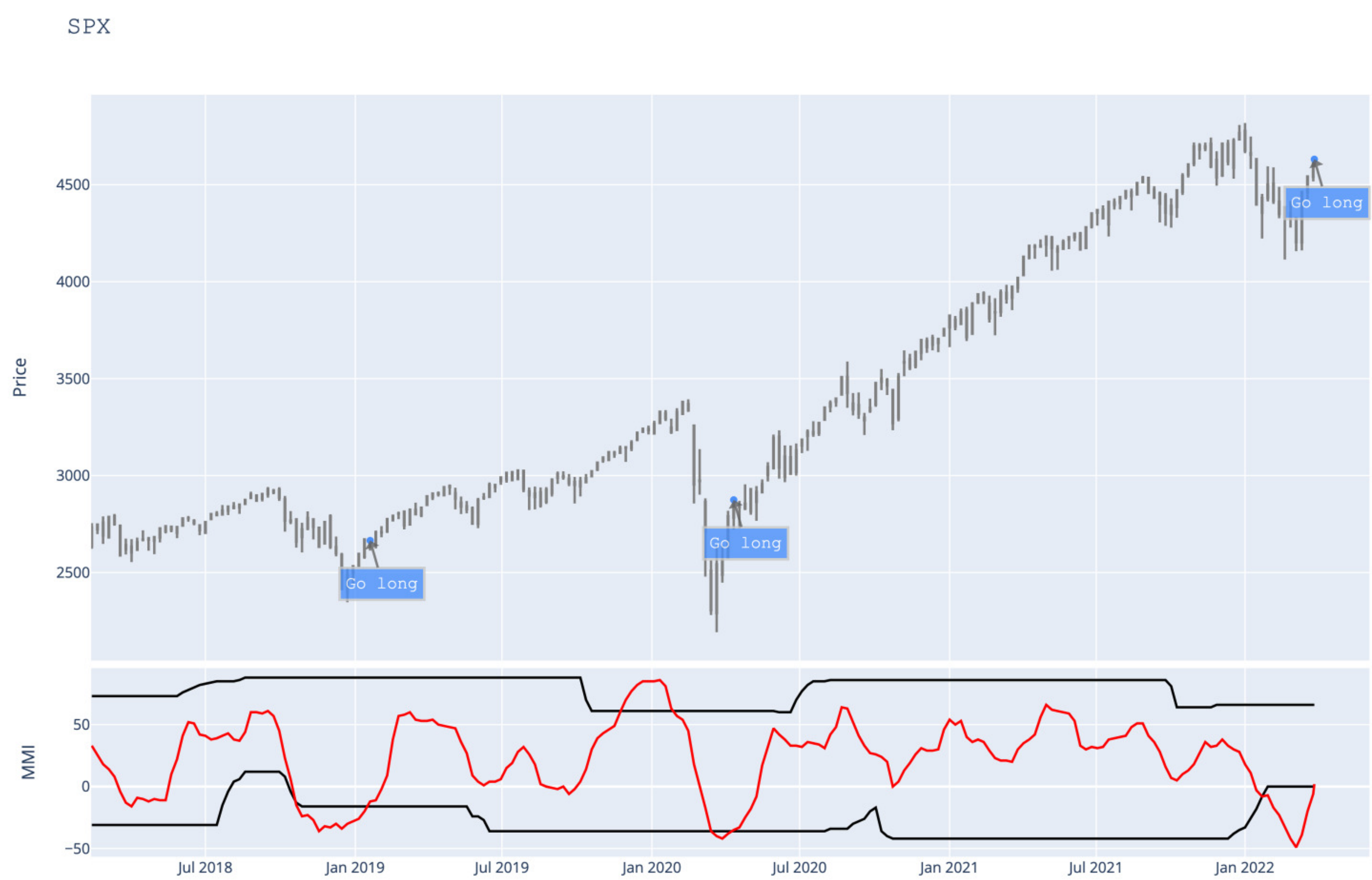
I created the Master Market Indicator™ (MMI) to help me do just that and I include it in each issue so that you can have a visual reference for each recommendation in the One Bar Ahead™ Model Portfolio. I've also included SPX and QQQ so you can better gauge broader market activity as part of the investment process.

Reading the MMI is easy and straight forward.

Lower readings suggest stocks that are positioned for maximum upside when the risk/reward ratio is highest. This is the time to add to positions, sell cash-secured puts or even rebalance into core positions you don't yet own. If you're a new subscriber, it helps answer the question of which stocks to buy first. If you're adding new money, the MMI can help you make that choice too.

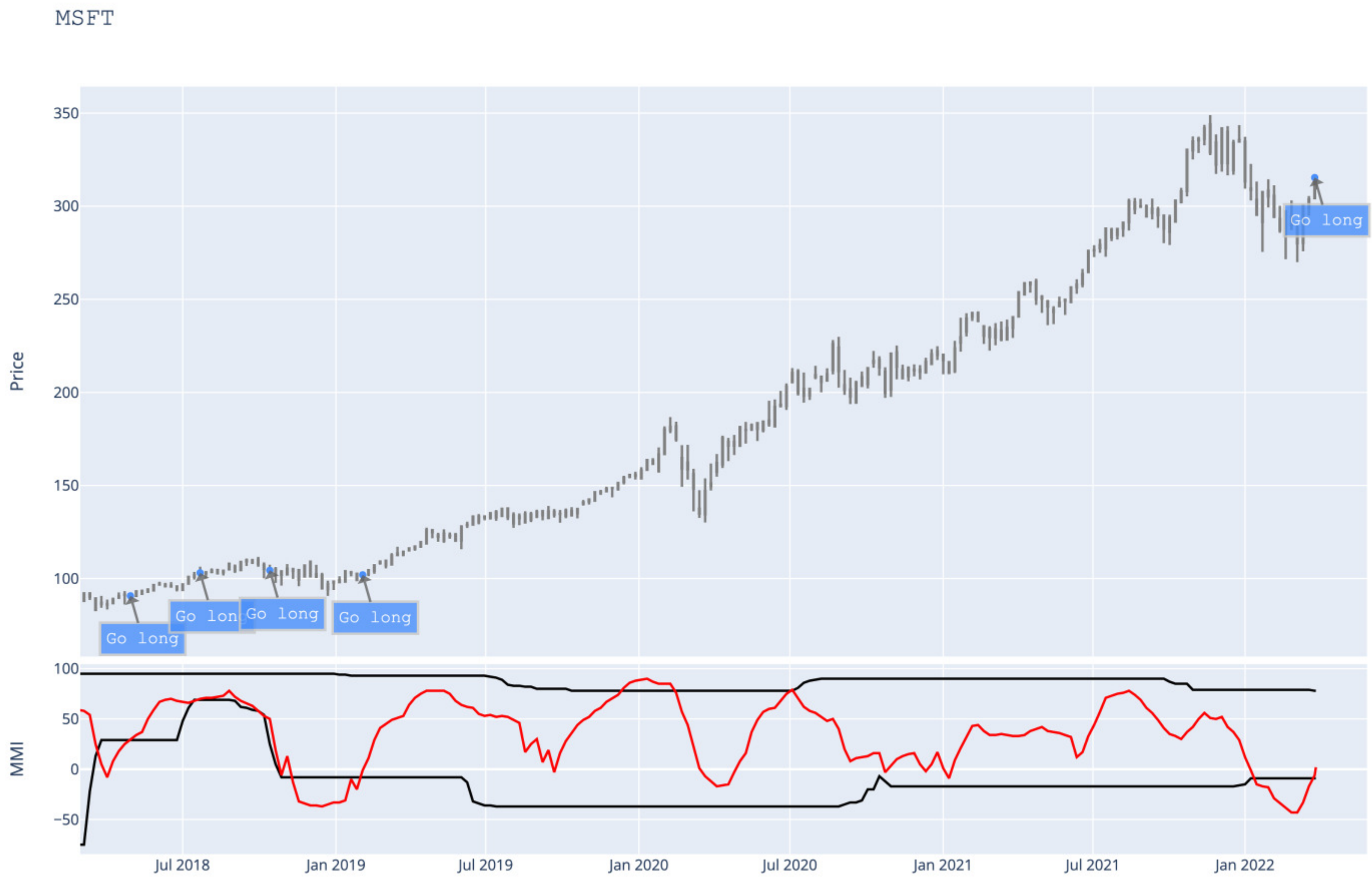
Higher readings are typically associated with stocks that are at risk of flattening out, slowing or otherwise breaking down. This is the time to consider taking profits, raising trailing stops, selling covered calls to lock in an exit or even rebalancing into positions with lower MMI readings.

KF



# SIMPLE, UNDERSTANDABLE, ACTIONABLE


# SIMPLE, UNDERSTANDABLE, ACTIONABLE

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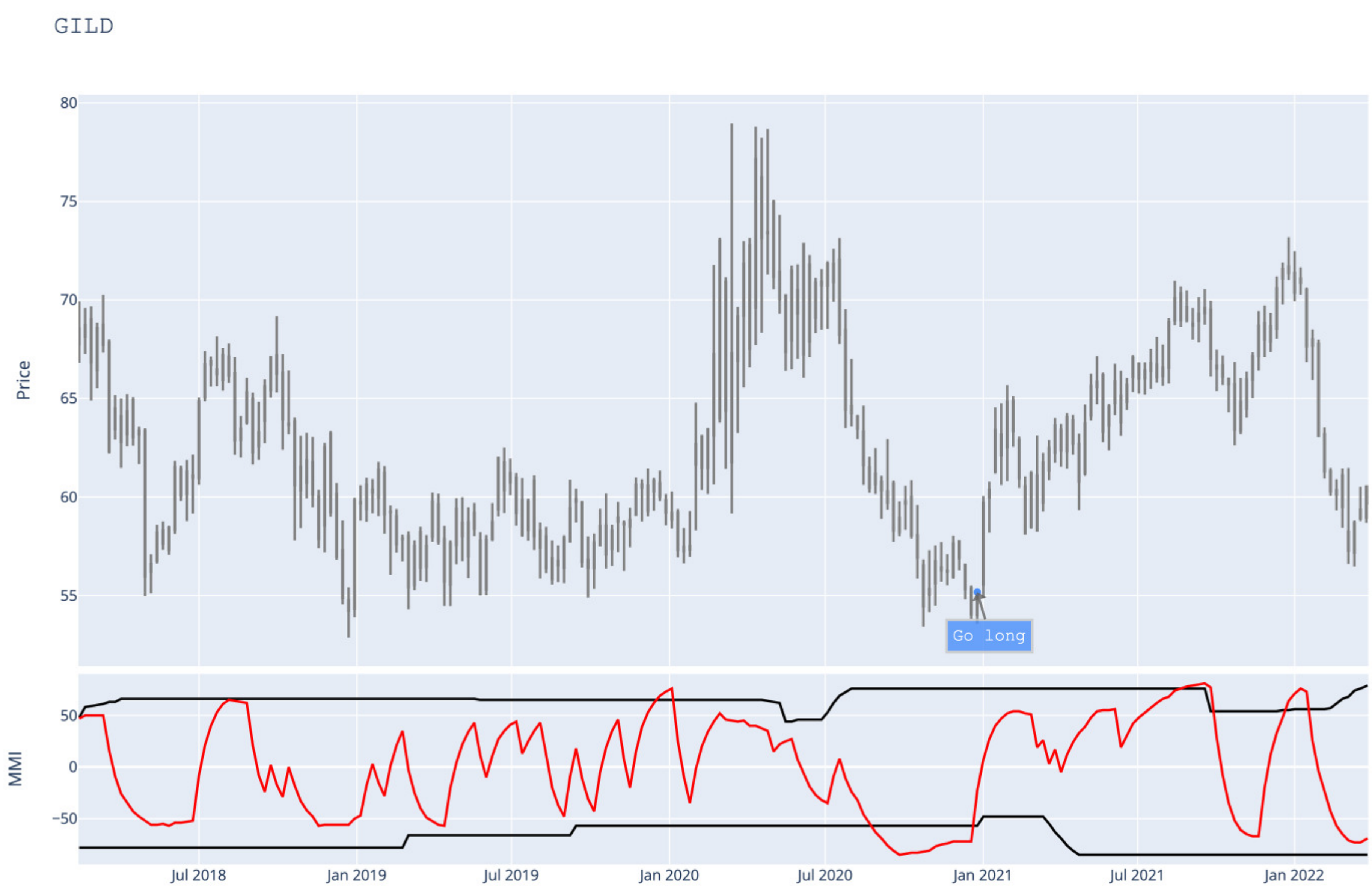

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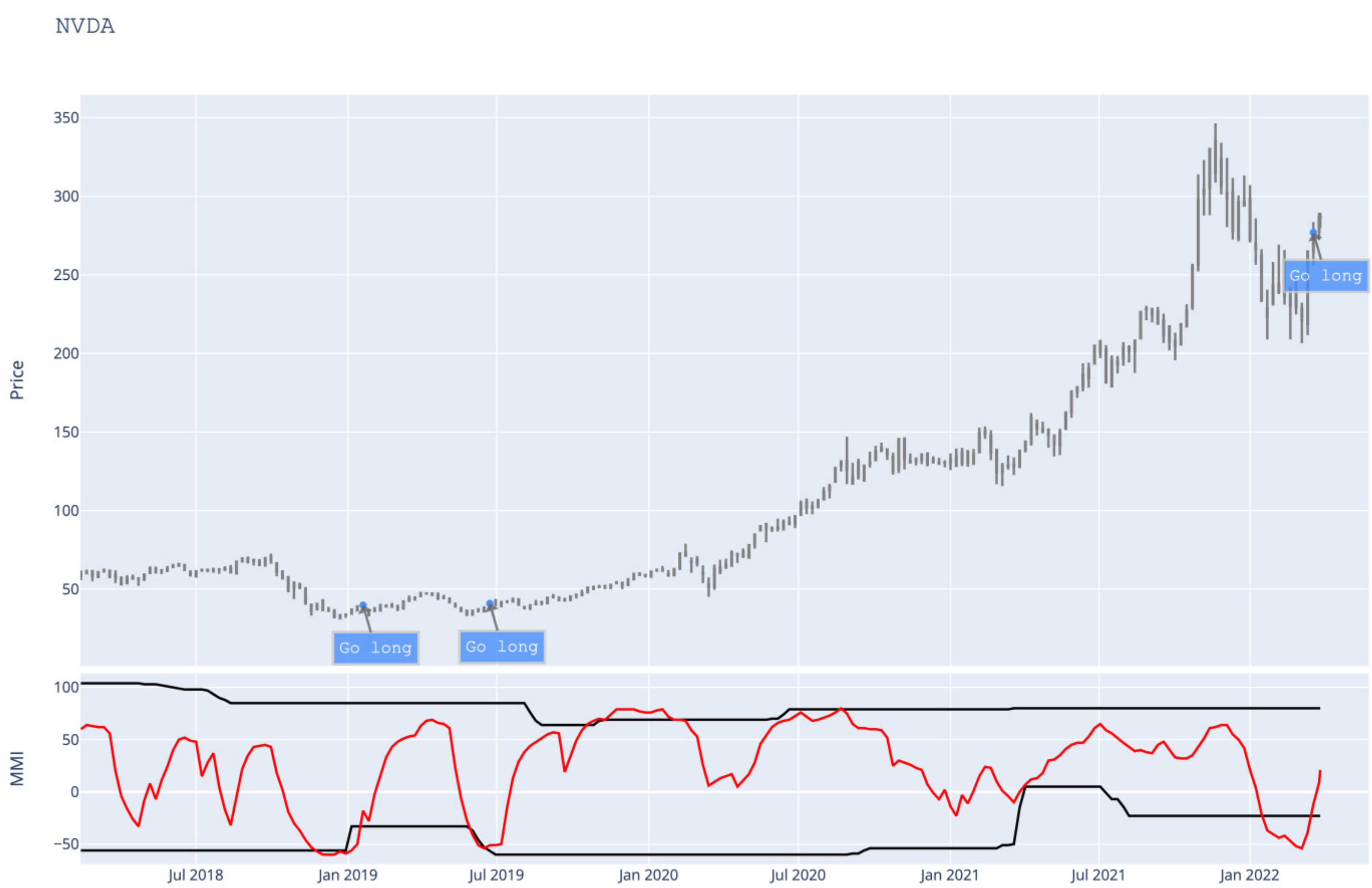


# SIMPLE, UNDERSTANDABLE, ACTIONABLE


# AN EXPLOSION OF CONNECTED POSSIBILITY

Billionaire investor Peter Thiel notes that we go from 0 to 1 every time we create something new but merely improving what we already know is 1 to n, an iteration.

From an investing perspective, that's the difference between a company defining the future and one that's merely along for the ride. Think Apple versus Uber, for example.

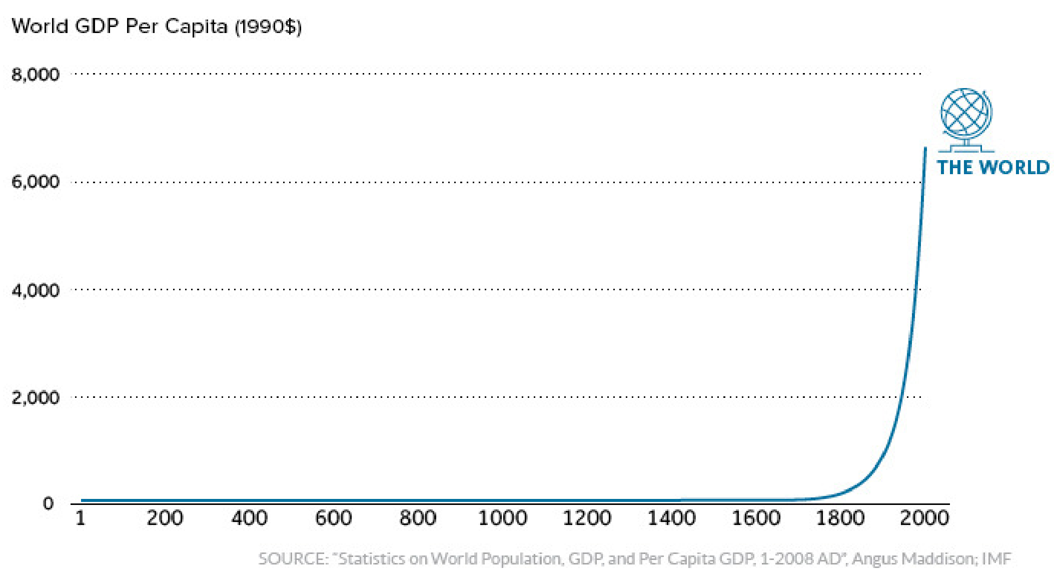
Apple is creating an ecosphere that will touch every aspect of our lives by creating value in unexpected places like entertainment, medical data, and artificial intelligence ... then linking it all together. Steve Jobs was a 0 to 1 thinker. Tim Cook is too.

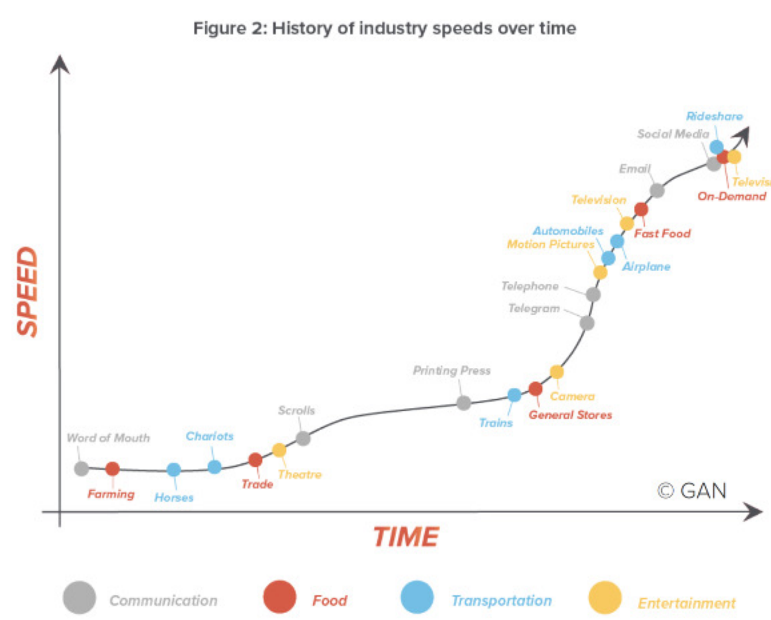
Uber, on the other hand, is merely improving how we get from Point A to Point B. The taxi model has existed for centuries. Any 12-year old with a bicycle and strong legs is a potential competitor. It's 1 to n.

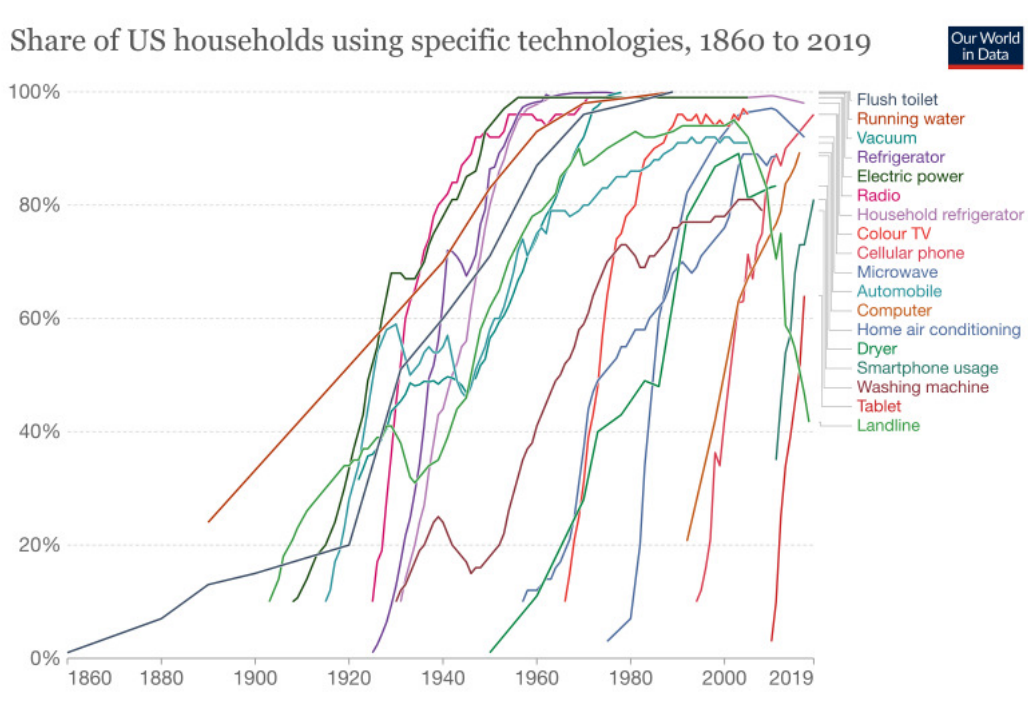
Companies going from 0 to 1 will create more profit potential in the next 10 years than companies going from 1 to n did over the past 50 years.

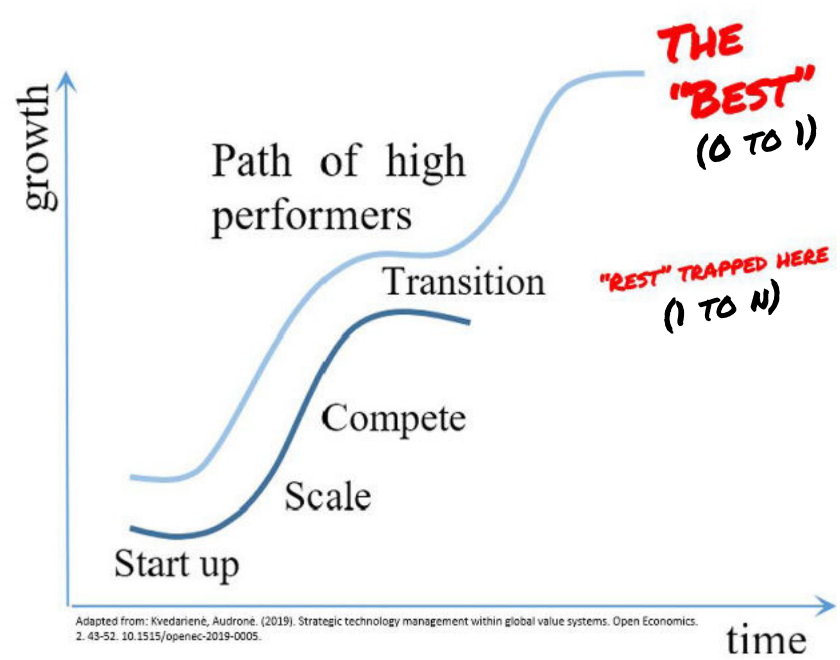
What's most important is rarely obvious!

KF



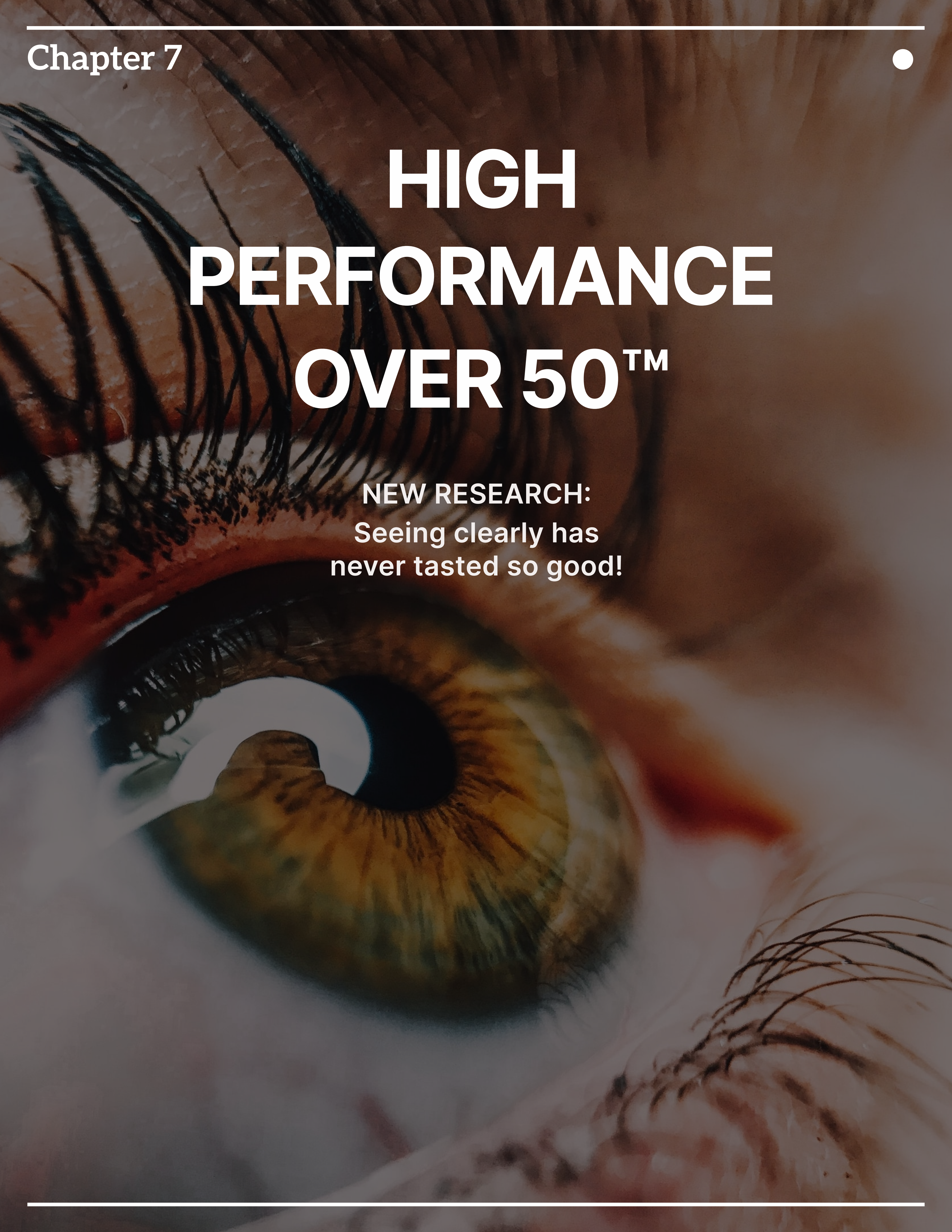



Chapter 7

# HIGH PERFORMANCE OVER 50™

NEW RESEARCH:

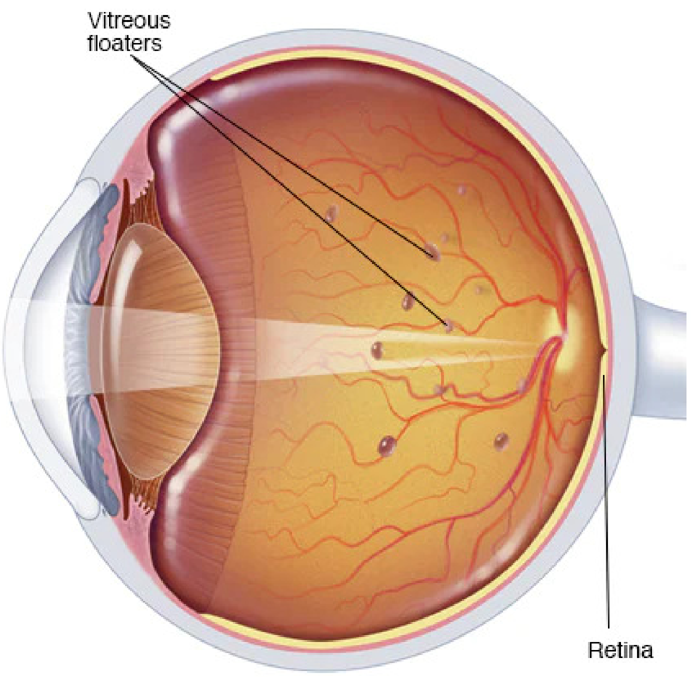
Seeing clearly has never tasted so good!



## Getting older is an adventure

There are very definitely things I didn't plan on. Stuff that wasn't in the instruction manual.

Like "floaters."






Chances are you know what I'm talking about if you're of a certain vintage like I am.

Floaters are what doctors call those pesky blots, spots and shadows which appear in our vision from time to time and which can prevent us from seeing as clearly as we'd like.

I was surprised to learn recently that floaters aren't really floating at all though. Our body just perceives 'em that way.

Floaters are actually shadows cast by microscopic collagen fibres that form inside our eyeballs as we age. They typically appear like specks, strings, or even spider webbing.

Like many parts of our bodies, the vitreous fluid inside our eyes loses consistency and shrinks over time producing what's called vitreous detachment – a $5 way of saying that fibres can break away and become stringy.

In most cases, floaters are completely normal and disappear if you try to look directly at them.

Floaters also typically settle to the bottom of our eyes and below our field of vision over time.

Sudden symptoms are different, particularly if you lose peripheral vision or experience "flashes." Both could be indicative of far more serious conditions which is why I suggest you make a beeline for an ophthalmologist immediately if you're experiencing anything of the sort.

Otherwise, a trip to your favourite *grocery store* may be in order if you've got the occasional garden variety floaters like I do.

Let me explain.

A groundbreaking, first of its kind study conducted in 2016 by Taiwanese researchers and published in the Journal of American Science in 2019 found that eating 1-3 bite-sized pieces of fresh pineapple (100-300g per slice) resulted in a staggering improvement in vision for subjects experiencing eye floaters.

Interestingly, there's a clear correlation between the amount of pineapple consumed and the results obtained. Subjects eating one slice (100g) reported that floaters disappeared 54.5% of the time. The number jumped to 62.2% for the middle group with two slices (200g) and 69.8% for the third group chowing down on three slices (300g).

Scientists theorize that pineapple enzymes hydrolyzed and decomposed the extracellular microfibrous materials causing floaters.

### Fresh pineapple has been used in Asian folk medicine for centuries

Healers recommend it for a wide range of treatments from colorectal cancer to pulmonary edema, obesity and even menstrual disfunction.

Pineapples contain high amounts of vitamin C, a known antioxidant that can help prevent cataracts by inhibiting lens oxidation while also reducing vitreous tension.

Canned pineapple and pineapple juice don't apparently cut it so stick to the fresh stuff. Researchers found that the heat treatment both undergo as part of the canning process renders pineapple extracts useless.


*Bromelain, a pinapple extract, can be a good alternative to the real thing*

If you're like many people and you don't have access to fresh pineapple on a regular basis where you live, consider a bromelain supplement.

Venezuelan chemist Vicente Marcano figured out how to extract bromelain from pineapples in 1891 and that's the stuff in pineapples that researchers think is so important.

Bromelain supplements are widely sold in health food stores, grocers, and online. Thankfully and unlike most things these days, bromelain is still comparatively inexpensive.

Check with your health care professional before you take bromelain, though. Pineapple allergies are no joke for those who have 'em.

Doctors suggest that pregnant women and people with high blood pressure, bleeding disorders and kidney or liver disease should not take bromelain. Neither should people with allergies to latex, ragweed, Echinacea and other plants.

There's also apparently a risk of increased bleeding during and after surgery which is why surgeons often urge people to stop taking bromelain at least 2 weeks prior to a scheduled procedure.

In closing and to a point my trainer, the fabulous Steve Diamond, makes all the time, every "body" will respond differently to any substance, including bromelain.

Personally, I'm going to give bromelain a try for the simple reason that I'm acutely interested in anything that can help me live fully and stave off ageing at the same time.

Especially if I can see more clearly doing it!

KF

## References/Resources

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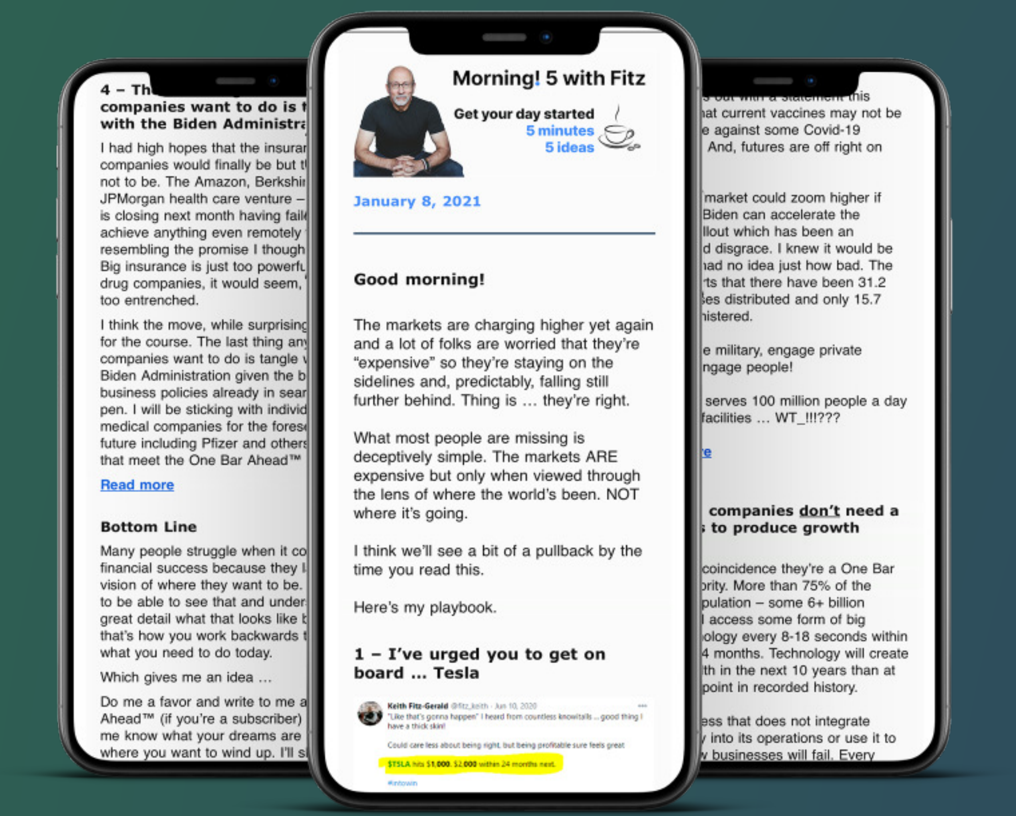


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