



-GCRU-

Weekly Trading Strategies



Achieves gains by trading commodities, currencies and stocks

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October 19th, 2022

IN ITS 21st YEAR – Nº 1010

THE U.S. 30 YEAR YIELD BREAKS ABOVE 4%

THE DOLLAR IS PULLING BACK REMAINS ABOVE BULLISH SUPPORT

MARKETS ARE BREATHING A SIGN OF RELIEF

Commodities and equities broadly speaking are rebounding from the recent Sept lows. It's coinciding with a pullback in the U.S. dollar and stronger rises in bond yields.

Consider the yield on a 30 year U.S. treasury just broke above 4% for the first time since 2011. Moreover, the breakout is making us believe the 40+ year old bull market in U.S. treasuries might be over, giving way to higher rates for longer.

The last time the 30 year U.S. treasury yield peaked at the end of a secular cycle of rising interest rates was in 1981, when the yield on a 30 year treasury rose above 15%. Yours truly had been born a year earlier. Most investors today were not actively investing yet.

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“A bear market descends a slope of hope.” – Robert Prechter

To put it in perspective, just a small number of people that are actively investing and trading today were actively trading or investing during the period that led into the interest rate peak of 1981.

This would make most models for investing today obsolete. The investing landscape could make a 180-degree turn. It could be a game changer for buying indexes or averages as well as bond/equity relationships that are typically used in portfolios today. It's going to take a lot more work, effort, and guidance.

So, what could be the catalyst of higher rates for longer?

For one, demand for U.S. treasuries could fall, as a stronger dollar for longer could simply make U.S. treasuries unaffordable to international buyers looking to swap their own undervalued currencies. Moreover, bond holders could decide to unload U.S. treasuries from their balance sheet to balance their currencies at home.

Noteworthy, gold, as well as most commodities are cheap in U.S. dollar terms. But that's not necessarily the case in other currencies where asset valuations remain lofty.

This world is very different from the last time this scenario happened, particularly given the extreme overuse of debt and its longer-term vulnerability.

Value investing and technical analysis will likely become even more critical. That is, moving away from investing in indexes since higher yields affect business differently, acting with a more general lag, compared to a single company with stronger fundamentals and technicals within a favored market.

For example, we recently secured a strong short against the S&P 500 (SDS) and purchased more Lockheed Martin (LMT). The S&P 500 continues to drag many companies within the index are in fact weak. Our position is down a tad, but pales in comparison with price action in LMT today, rising an 8+% on stronger earnings and guidance. You'll remember we started buying LMT earlier this year anticipating western allies need for defense spending after the Russian invasion of Ukraine.

LMT produces some of the finest and most advance wartime machinery. And it is no secret it has been on high demand. Interestingly, many were surprised by the increase in business during the second quarter compared to last year even though we're in a 'Cold War' today, that requires not only weaponry, but advanced war technology.

My Other Stock Portfolio, although small, outperformed precious metals and resources today.

Overall, we have reduced the number of positions held, particularly in Other Stocks and in Precious Metals. We continue to have strong exposure to cash. My strongest exposure currently is to industrial resources, which still looks cheaper relative to precious metals and U.S. equities.

The NOIC (New Orleans Investment Conference) was truly a great one. One of the best in recent years. Spirits were up and most investors, although down for the year, have been up for longer and are taking advantage of developing weakness to re-position. Not surprisingly, the real estate crowd was among the strongest ones there.

For those who didn't get to see it, I got some push back from the precious metals panel after I was suggesting that we could see a stronger dollar for longer, and that ongoing downside pressure for gold could remain for longer... As for our portfolio, exposure to precious metals has been reduced considerably but we are ready to buy back when a stronger bottom is exposed. Exposure represents 20% of total portfolio. I'm still monitoring closely, making a list of the best ones, looking at their upcoming results and waiting for the right time to pull the trigger.

OPEN POSITIONS

RESOURCES: Looking better

Crude oil is showing resistance at the \$90 level, an old support now turned resistance. Interestingly, momentum continues to rise. If WTI oil now holds above the Sept lows near \$77, and rises above the \$90 level, it'll show renewed strength that could extend the longer term up move. Keep in mind however, a break below support would extend the current decline to possibly \$70.

Consider the recent 25%+ decline in oil has been in large part due to Biden's decision to drain strategic reserves. However, the U.S. strategic reserve is reaching low levels and Biden's plea to the Saudis wasn't well received as OPEC+ looks to shore up production to help maintain prices.

But there's a chart that's keeping me up at night. The gold to crude oil ratio.

As you'll see, the gold to crude oil ratio is very different from the other ratios we've been seeing over the last few months. Whether it's gold to silver, gold to copper, precious metals to industrial metals, or industrials to utilities.. this ratio is different.

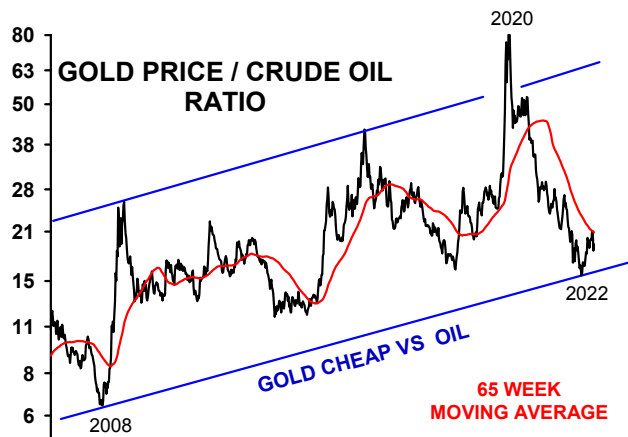
They've all shown a push towards industrial metals and resources is likely. We're seeing U.S. equities rise with the same push.

However, the gold to crude oil ratio shows gold about ready to outperform crude oil moving forward! It's telling us the decline in crude oil has not been sufficient and it's likely crude oil will remain out-favored versus gold.

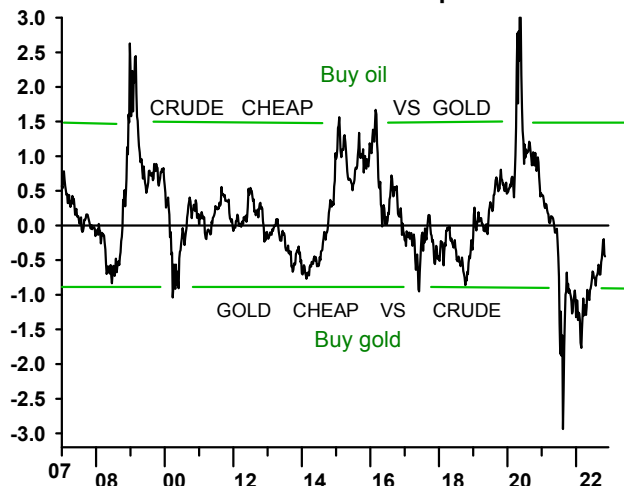
Moreover, U.S. dollar strength will continue to put downside pressure on commodities broadly, including crude oil. Time will tell the direction. The key levels to keep an eye on are \$90 on the upside and \$77 on the downside.

The ratio is telling us that crude oil still has room to decline further, and it could fall to levels relative to what we saw in copper and

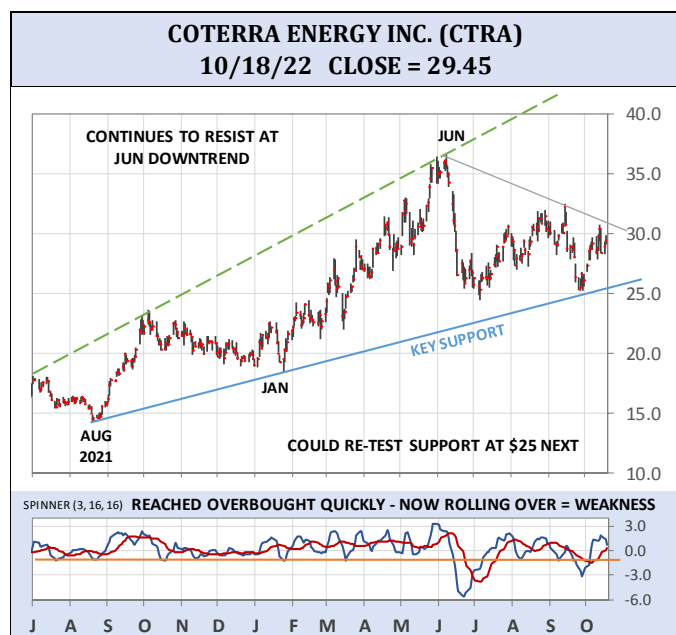
GOLD POISED TO OUTPERFORM CRUDE



(B) GOLD TO OIL BAROMETER: Long-Term Gold cheap vs crude



and other resources. Perhaps another 10% decline from current levels could be reached to possibly the 2022 lows near \$70 ST-ish.



We recently reduced positions in Coterra Energy (CTRA) as it was becoming evident weakness was starting to dominate price action. This past week, ST weakness was confirmed as CTRA failed to break above the Jun downtrend. Moreover, notice the leading indicator below already showing signs momentum may have topped out for now, meaning weakness could resume. A break below the Aug 2021 uptrend near \$25 would be



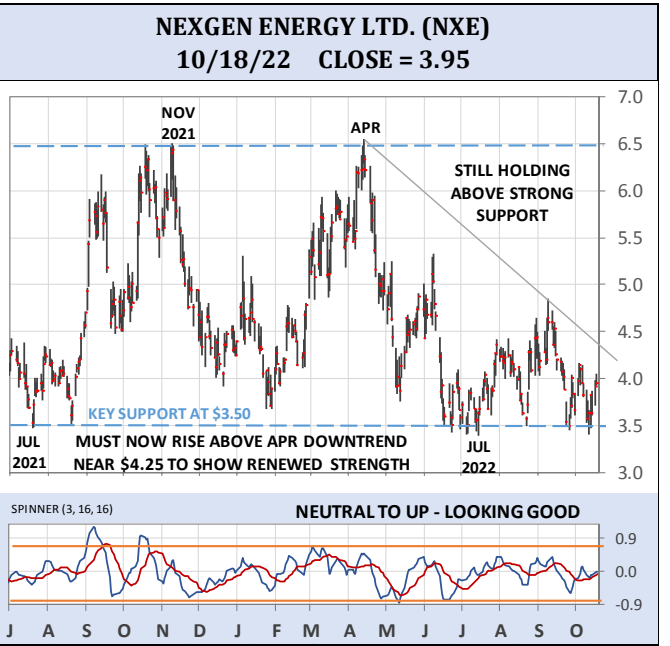
AR continues to bounce from the Jul lows showing strength. It could now reach the Jun downtrend near \$41. The leading indicator below shows signs of resistance as momentum reaches a high level. Keep your positions for now.

Over the past few years, we've been investing in uranium companies. Uranium is being promoted by international agencies as a green energy source, capable of partially substituting a global need for oil as an energy source. The push towards green energy is strong and uranium, together with natural gas, are at the forefront.

Uranium producers have been holding above key support levels and they could be ready for a bounce up ST.

a bearish indication, opening the door to a deeper decline, to possibly \$20. Conversely, a break above the ST but critical Jun downtrend would be bullish, allowing a continued upmove, back to the Jun highs near \$35. Keep your reduced positions.

Recently I reinvested proceeds from the partial sale in CTRA to buy more of Antero Resources Corporation (AR). AR is also an energy company, but focused on natural gas, which remains increasingly important as we go into the winter months while Europe and the world looks to divest from Russian energy. AR



NexGen Energy (NXE) continues to show strong support above the \$3.50 level. The leading indicator below is neutral to up, but it continues to show momentum building up. NXE must now rise above the Apr downtrend near \$4.25 to show renewed signs of strength that would re-confirm support and open upside potential. Keep your positions.

Uranium Royalty Corp (URC.V & UROY.OTC) remains under pressure below the Oct downtrend. However, it's holding strong above key support at CA\$3. The leading indicator below is on the rise, testing zero, showing



momentum could be on the upswing. If URC continues to hold above support, it could then rise to the Oct downtrend near \$4. Watch for a break above this level to see renewed strength. Keep your positions.

UR-Energy (URG) is also confirming strength by holding well above support near \$1. The leading indicator below is on the rise, suggesting momentum is building. A rise to the Nov 2021 downtrend ear \$1.60 could now be likely. Keep in mind URG must break above this level to show signs of renewed strength.

Copper continues to build a base above the Jul uptrend near \$3.25. The leading indicator below is also on an uptrend since Jun suggesting momentum continues to build. Copper rise above the Jun downtrend near \$3.50 initially to show signs of strength; and above \$4 to confirm the ongoing bull market.

Slack in demand globally together with a stronger dollar could continue putting downside pressure on commodities broadly, also copper. However, keep in mind copper has somewhat of a floor given global production capacity is seen to be lower than growing industrial demand due to under-investment in the past 10 years.

For now, copper remains on an upward path as long as it holds above the Jul uptrend near \$3.25. I adjusted the Jun downtrend keeping the resistance at \$3.50 as copper continues to resist at that level ST. A break above \$3.50 would confirm support above the Jul uptrend and start showing sparkles of strength. The case for copper and industrial resources overall seem favored relative to gold.

LOCKHEED MARTIN CORPORATION (LMT)

10/18/22 CLOSE = 432.32



Ivanhoe Mines (IVN.TO & IVPAF.OTC) is starting to show signs of strength, showing support at the Jul uptrend near \$8.40. If it holds, it could rise to possibly the top side of the Jul upchannel near \$10.50. The leading indicator is neutral, holding near zero suggesting momentum continues to build. Keep your positions. If you're not in, buy some at mkt, ideally below \$9.

ALTIUS MINERALS CORPORATION (ALS.TO)

10/18/22 CLOSE = 19.26



Altius Minerals (ALS.TO & ATUSF.OTC) continues to build on strength. It's now forming a bullish flag pattern suggesting upside momentum is developing. If ALS now breaks above \$21 on a 2dc, it'll confirm the bullish pattern and rise to its target, coincidentally near the Apr peak at about \$25. The leading indicator below is uptrending suggesting the upmove is likely to continue. If you're not in or in with a small position, consider buying more at mkt, ideally below \$19.

FREEPORT-MCMORAN INC. (FCX)

10/18/22 CLOSE = 28.51



Freeport McMoRan (FCX) continues to show support above the Jul lows near \$25. It's testing the Apr downtrend near \$29. A break above this level would now show some strength; but it must rise above \$32.50 to show stronger upside potential. The leading indicator is testing zero showing downside pressure remains.

OTHER STOCKS: Rally

Lockheed Martin (LMT) confirmed support at \$380 and it's breaking above the Apr downtrend near \$430 on strong fundamentals. LMT is showing a strong increase in business from a year earlier. It comes at a great time as we had just taken advantage of weakness to

SILVER DEC 2022 (SIZ22)
10/18/22 CLOSE = 18.6



PROSHARES ULTRASHORT S&P500 (SDS)
10/18/22 CLOSE = 50.02



GOLD DEC 2022 (GCZ22)
10/18/22 CLOSE = 1655.8



buy more below \$400. Keep your positions for now. The leading indicator below suggests a strong up-move is now likely.

Our short position on the S&P 500 (SDS) has been pulling back more recently on a recent 'bear market rally'. However, the higher costs of things are starting to cut into earnings. We could see many companies downgraded after the current season ends. Our position remains justified if SDS holds above \$46. A break above \$55 would show signs of renewed strength in SDS. The combination of owning LMT and SDS is a strong one since markets could continue pushing LMT higher as a strong value play, while discard more vulnerable tech companies that could feel a tighter squeeze due to inflation, many of which make up the S&P 500.

PRECIOUS METALS: Is it the final stretch?

Gold is coiling into a downside wedge-like pattern between the Mar 2022 downtrend at \$1700 and the recent Sept lows near \$1625. The leading indicator below pierced below zero, showing momentum still unwinding. The chart suggests gold could continue to decline further unless it breaks above \$1700. The intensity of the current down cycle may be in the final stretch, but it could still push gold to the \$1530 level. Keep gold exposure. It's down, but remains among the best performing assets except the dollar year to date.

Silver failed to rise above the Aug 2021 highs near \$21, and fell back to the Sept low area, which is also the bottom side of a consolidation band at the current low area near \$18. If silver holds above this level, it could then build back up. But, if the \$18 level is broken, a



continued down-move would then be likely. We recently picked up silver as I believe it remains relatively undervalued, particularly to gold on a historical context. That doesn't mean it'll get cheaper. As with gold, keep as much as you feel comfortable holding through weakness.

The HUI Index, a gold miner index, continues to consolidate at the lows, above 175. It recently failed to surpass the Aug 2022 peak near key ST resistance at 220 and it's now pulling back, nearing the Sept lows at 175. The leading indicator below is on the decline with room to unwind, suggesting the Sept lows could be tested. An HUI break below 175 could open the door to a final push within the miners, to the 150 level. We're currently at rock bottom exposure with our gold and silver miners, holding small positions in AEM and HL only. Total exposure in precious metals is 20%, mainly in gold and silver. I'll continue to keep this core exposure through weakness. As a bottom becomes evident, we'll start buying more again.

Agnico Eagle Mines (AEM) continues to trade in a sideways consolidation band, seemingly developing a longer-term bottom above the \$38 level. If AEM continues to hold above \$38 and then rises above the Aug highs near \$47, it would open the door to a bullish upmove that could reach the Apr highs once again. Notice the leading indicator below falling below zero, suggesting more consolidation before break-out is likely. Keep your positions.

Hecla Mining (HL) is holding strong near the Jun 2022 downtrend at \$4.50. Notice HL is also forming a bullish flag pattern with pole

resistance at the same \$4.50 level, and an upside target at \$5.50. The leading indicator below is still pulling back, consolidating, and getting ready. Watch for a break above \$4.50 to show renewed strength. If HL fails to overcome resistance, it could fall back to the Sept low area. Keep your positions for now. Allow price action to develop further.

KEY PRICES			
Name/Symbol	Oct 18,22 Price	Change	Oct 11,22 Price
Gold (GCZ22)	1655.80	-30.20	1686.00
Silver (SIZ22)	18.60	-0.89	19.49
HUI (HUI)	191.02	-1.33	192.35
Copper (HGZ22)	3.36	-0.10	3.46
Crude Oil (CLX22)	82.07	-7.28	89.35
S&P500	3720.50	131.66	3588.84
U.S.Dollar (DXZ22)	111.99	-1.13	113.13
30 Year T-Bond (ZBZ22)	123.56	-1.09	124.66
10 Year T-Note Yield	3.998	0.059	3.939
13-week Treasury Bill	3.833	0.493	3.340

Good luck and good trading,



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TRADER SHEET

Symbol	Trade Update &/or Current Position	Status B=Buy S=Sell O=Out H=Hold	Long or Short	Last Closing Price	Stops	Targets
PRECIOUS METALS PORTFOLIO (20%)						
GOLD (GCZ22)	Overweight. Remains weak and vulnerable below the Mar 2022 downtrend, now at \$1700. A break below \$1625 would re-confirm weakness that could push gold down to cyclical support at \$1530, the Dec 2015 uptrend. Keep your positions.	H	\$1900 (Sept-21-20), \$1880 (Dec-23-20); \$1775 (Feb-17-21), \$1865 (May-25-21). Sold some at \$1900 for small gain. Bot: \$1795 (Jul-8-21) AVG: \$1840.	1655.80	Holding For Now	ST: \$2100 & MT: \$3000
PHYS	Alternative to trading gold in commodity markets.	H	\$15.20 (Sept-21-20), \$15.15 (Dec-23-20), \$14.23 (Feb-17-21), \$14.90 (May-25-21), Sold some at \$15.20 for small gain. Bot \$14.25 (Jul-8-21) AVG: \$14.80.	12.75	2dc below \$11.20	-
SILVER (SIZ22)	Holding a full position. Failed to overcome the Aug high resistance near \$21. Silver is back to looking weak after breaking below the mid channel line near \$19. It's now testing the bottom side of a support area at \$18. A break below would be bearish, opening the door to a continued decline. Keep your positions for now.	H	Bot: \$15.80 (Jul-17-19), \$16.50 (Aug-7-19), \$16.80 (Nov-8-19), \$12 (Mar-18-20), \$15.20 (May-6-20). Sold half at \$18 for 17% gain (Jun-22); Sold more at \$26 for a 70% gain (Aug-4-20). Bot: \$23 (Sept 23-20), \$25.50 (Dec-22-20). Sold some at \$24.25 (Mar-31-21) for average 14% gain. Bot: \$27.50 (May-21-21), \$23.95 (Oct-29-21). Sold half at \$19.20 for 17% loss. 20.25 (Oct-5-22). AVG position: \$21.70.	18.600	Hold for now.	ST: \$30, MT: \$50
PSLV	Alternative to trading silver in commodity markets.	H	Bot: 5.50 (Jul-17-2019), 6.25 (Aug-7-19), 6.19 (Nov-8-19), 4.65 (Mar-18-20) (AVG: 5.65). Sold half for 17% gain. Sold more at 9.50 for 70% gain (Aug-4-20). 8.20 (Sept-23-20), 8.87 (Dec-22-20). Sols some at \$8.75 (Mar-31-21) for average 14% gain. Bot 9.99 (May-21-21), 8.35 (Oct-29-21). Sold half at 6.40 for 17% loss. 6.95 (Oct-5-22) AVG: \$7.50	6.59	2dc below \$5.25	-
AEM	Holding a reduced position. AEM is consolidating at a low area, above the Jul lows near \$38. If AEM holds, it could then rise back to the top side of the bottoming channel. A break above \$47 would show renewed strength with higher upside potential. Keep your positions for now. Allow for price action to develop further.	H	\$49 (Feb-9-22). Sold some at \$61.50 (Mar-17-22) for 26% gain! Bot \$52.75 (Jun-1-22); Sold some at \$43 for 15% loss. Sold more at \$40 for loss. AVG: \$50.88	41.78	Hold during weakness.	\$80
HL	Holding reduced position. HL is holding strong near recent highs, but still resisting at the Jun 2022 downtrend near \$4.50. A break above \$4.50 would be bullish and could push HL above \$5.50. Keep your positions for now.	H	\$5.90 (Dec-22-20), \$5.90 (Jan-7-21), \$5.45 (Jan-20-21). Sold half at \$9 for 56% gain (Jun-9-21), \$7 (Jul-8-21), \$5.80 (Oct-29-21), \$4.50 (May-18-22). Sold half at \$4 for 30% loss. AVG: \$5.75.	4.48	Hold during weakness.	ST: \$9.50 & MT: \$12
DUST	Out. Bouncing up from support at \$21.50 showing strength. Recent bounce up in gold shares suggests DUST could pull back to re-test the support level. Buy some below \$23, and more near \$22. Sell on a break below \$21.50.	O, B	Out.	25.18	Out.	ST: \$50 & MT: \$50
CASH & TREASURIES (21%)						
U.S. DOLLAR (DXZ22)	The U.S. dollar index remains strong near the highs. Recent weakness could be panning out for the time being as the leading indicator showed. Interestingly, the indicator is bearish while the dollar remains near the highs. This suggests the dollar will likely stay stronger as an upside momentum could soon return. The dollar remains very bullish above a more recent uptrend since Aug near 111. It has stronger support at key levels such as 109 (Feb uptrend) and 101 (May 2021 uptrend). The stronger dollar is likely due to the expectation of higher rates in the months to come.	H	-	111.99	-	-

TRADER SHEET CONTINUED

Symbol	Trade Update &/or Current Position	Status B-Buy S-Sell O-Out H-Hold	Long or Short	Last Closing Price	Stops	Targets
INDUSTRIAL METALS AND ENERGY (45%)						
IVN.TO IVPAF.OTC	Holding reduced position. Continues moving within Jul uptrend showing support near \$8.50. Keep your positions for now. If you're not in, consider buying some at mkt, below \$9.	H, B	\$9.90 (Nov-17-21). Sold at \$12.05 (Jan-18-22) for 21% gain. \$10.50 (Mar-16-22), \$9.95 (May-18-22), \$8 (Jun-22-22). Sold half at \$8.50 for loss. AVG: \$9.48.	8.73	2dc below \$8.	\$10 & 12.50 (ATUSF: \$10.50).
ALS.TO & ATUSF.OTC	Holding full position (adj). Looks good above the Jul uptrend near \$17-\$18. It could now be forming a bullish flag pattern with pole resistance at \$21 and upside target at \$25. Watch for a break above \$21 for indication of strength. Keep your positions.	H, B	Bot: \$16.75 (Jun-28-21), \$16 (Aug-18-21), \$16.15 (Oct-18-21). Sold half at \$21 to protect 30% gain. Bot: \$18.25 (May-12-22). Sold some near \$18.10 for small gain. AVG: CA\$16.75.	19.26	Keep through weakness	\$30 (ATUSF: \$28).
NXE	Overweight. Continues to show support above \$3.50. Must now rise above ST resistance at \$4.25 to show signs of renewed strength. Keep your positions for now.	H	Bought: \$3.25 (Mar-10-21), \$3.77 (Apr-14-21). Sold half for 48% gain! Bot: \$3.85 (Jul-21-21), \$4.10 (Aug-25-21). Sold some at \$5.80 for 55% gain! Bot: \$4.90 (Nov-24-21). Sold some at \$5.65 for 33% gain (Mar-31-22). Bot: \$3.90 (May-12-22). \$3.95 (Oct-22) AVG: \$4.	3.95	Sell half on break below \$3.50.	ST: \$7 & MT: \$10.
URC.V & UROY	Overweight. Re-testing support at \$3. Must hold above this level and rise above ST resistance at \$4 to show renewed strength. Keep your positions for now.	H	\$3 (Aug-18-21), \$3.10 (Aug-26-21). Sold half at \$6.30 for 105% gain! Bot: \$5.75 (Oct-15-21), \$5.65 (Oct-29-21). Sold excess at CA\$6.50 for 48% gain! Bot: CA\$4.90 (Dec-3-21), \$3.62 (May-11-22). AVG: CA\$4.40.	3.06	Holding during weakness.	ST: \$7, MT: \$10 (UROY: ST: \$5.70 & MT: \$8).
URG	Overweight. Continues to hold above key support level at \$1. Could now rise to the Nov 2021 downtrend & resistance near \$1.6. Keep your positions for now.	H	Bot: \$1.90 (Nov-10-21), \$1.45 (Nov-30-21), \$1.30 (Dec-22-21), \$1.15 (May-11-22), \$1.18 (Oct-5-22) AVG: \$1.39.	1.19	Holding during weakness.	ST \$2.10; MT: \$2.60
FCX	Holding a full position. Testing the Apr downtrend. A break above \$29 would show signs of renewed strength that could push FCX to Jun highs near \$44. FCX continues to struggle building upside momentum. Keep your positions for now.	H	Bot: \$39.25 (Jun-1-22), \$34 (Jun-20-22). AVG: \$36.60.	28.51	\$25	ST: \$50; MT: \$80
CTRA	Holding a reduced position. Continues to resist at Jun downtrend near \$30 today. It's now moving back down and could fall to re-test the Aug 2021 uptrend & support near \$25. Keep your reduced positions for now.	H	\$26.50 (Jun-22-22), \$26.75 (Jun-30-22). Sold some at \$26.75 for small gain. AVG: \$26.60.	29.45	2dc below \$25.	\$35 (adj).
AR	Overweight. Bounced up with strength from Jul lows. It's poised to reach the Jun downtrend near \$40. Keep your positions.	H	\$30.75 (Jul-13-22), \$35 (Aug-5-22), \$32.50 (Oct-5-22); AVG: \$32.5.	35.82	Hold through some weakness.	ST: \$47; MT: \$60
MELT UP RISE PORTFOLIO (14%)						
SDS	Overweight after buying more last week. Pulling back from the recent highs. Has strong support at Aug uptrend near \$47. If SDS holds above this level and rises above the Sept highs near \$55, it could then rise much higher. Earnings for the quarter could disappoint that could lead to sell offs in the index. Keep your positions.	H	\$51.50 (Sep-26-22), \$53.75 (Oct-12-22).	50.02	2dc below \$46	-
LMT	Overweight after buying more last week. Bouncing up with strength as LMT beat earnings estimates. The increase in business shouldn't come to as a surprise given ongoing geopolitical tensions in eastern Europe. LMT is now breaking above resistance showing more upside is now likely.	H	\$415 (Mar-16-22), \$430 (May-12-22), \$395 (Oct-13-22) AVG: \$412.	432.32	2dc below \$380 (adj).	\$600

Trading Strategy

GCRU Trading is all about achieving profits by trading stocks, commodities and bonds. We have a diversified approach using companies with great fundamentals offering great value compared to the broader market. Trades are driven mainly by technical analysis but stocks are picked based on their fundamentals, momentum and their overall strength in their sector. All recommended companies are great assets, and even though we trade short and intermediate trends, they are worthwhile keeping longer term if you're building a longer-term portfolio.

I also believe in an approach that allows us to average in and average out. This is important because averaging in near a low, and averaging out near a peak gives us great profit advantages.

My portfolio is designed for you to follow it down to the penny, but you can also use it as a reference or guide. Or you can just use the individual trades I'm constantly coming up with.

The track record I keep takes into account all of the trades executed. It doesn't take into account performance on cash, dividends nor does it contemplate associated fees or expenses.

For trading purposes, I consider a full position to be one that is 4% of my total portfolio. I tend to buy partial positions (consisting of 2% of total portfolio) and at any given moment I could be overweight, meaning owning more than a full position.

On the trader sheets found in the final pages of each issue, you'll see a reference to our positioning, be it overweight, full, reduced or small. I also include next to each portfolio section, the percentage allocated to that particular sub portfolio.

Transparency, communication and discipline are keys to successful trading. If you have any questions or concerns, please feel free to email me at oayales@adenforecast.com.

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Note: U should NOT feel our recommended prices are set in concrete. If mkts suddenly feel hot or cold to U, or dramatic news occurs, U can buy or sell, or stop at slightly higher or slightly lower prices. It also hinges on your experience level. Some people can use our prices as guides & know when they can take bigger risks.

Spinner: Spinner is an in-house momentum indicator (not always shown on charts). Momentum indicators use the rate of change in price to determine predominant energy flows. Spinner trading signals are generated when the faster timing line crosses above or below the slower confirming line.

Upside crosses in the lower range of positive territory offer the most reliable signals for longs; downside crosses in the top range of negative territory for shorts. Avoid trading against the timing line, i.e., buying/selling if the timing line is in corrective mode (against direction of trade) unless the confirming line is positioning for a new 'confirming cycle'. It's important to always be aware of location, direction & cycling phase of the confirming line. Spinner signals are more effective in trending mkts than in trading ranges where indicators such as Stochastic & Williams %R should be used.

ABBREVIATIONS	
1dc	1-day close (the share price must close above or below the indicated price level, before our recommendation is activated)
2dc	2-day close (consecutive)
bot	bought
CAD\$	Canadian dollar
H&S	head & shoulder
LOC	line on close
LT	long term
MT	medium term
NL	neckline
PF	portfolio
PO	price objective
Recom	recommended
RH&S	reverse head & shoulder
RS	relative strength
ST	short term
Sym/tri	symmetrical triangle
Tgt	target
Unch	unchanged
Vol	volume
Wk	week
Ystdy	yesterday
C	close

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