



-GCRU-

Weekly Trading Strategies



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Achieves gains by trading commodities, currencies and stocks

May 25th, 2022

IN ITS 20th YEAR – Nº 989

THE DOLLAR PULL BACK, BUT DONT COUNT IT OUT JUST YET!

GOLD BOUNCES UP SHOWING POTENTIAL RESOURCES & ENERGY REMAIN VOLATILE AS INFLATION EXPECTATIONS AND SLOWER GROWTH ARE STILL CONTROLLING THE INVESTMENT NARRATIVE

Concerns over global growth continues to mount. It's the talk of the hour at the Economic Forum in Davos.

In the U.S., economic indicators are slumping. New homes sales for the month of April dropped significantly, compared to the prior month. Manufacturing growth continues to show steady deceleration.

And it's not only in the U.S....

Manufacturing activity is decelerating in Japan too with the most recent reading being its poorest in over 3 months; Australia and New Zealand are also decelerating quickly.

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**"When its dark enough, you can see the stars."
- Old Persian Saying**

In Europe it doesn't get any better. Monetary authorities are fumbling with monetary policy and cannot seem to agree on a path forward. The concern is to begin a rate normalization cycle when the economy could be getting ready to cool off.

Since the Fed started to normalize monetary policy in the U.S., we've been pointing towards over-extended bond yields across the yield curve. And although the rise to the 2018 highs has been bullish, it's reaching a top, could now follow stocks down.

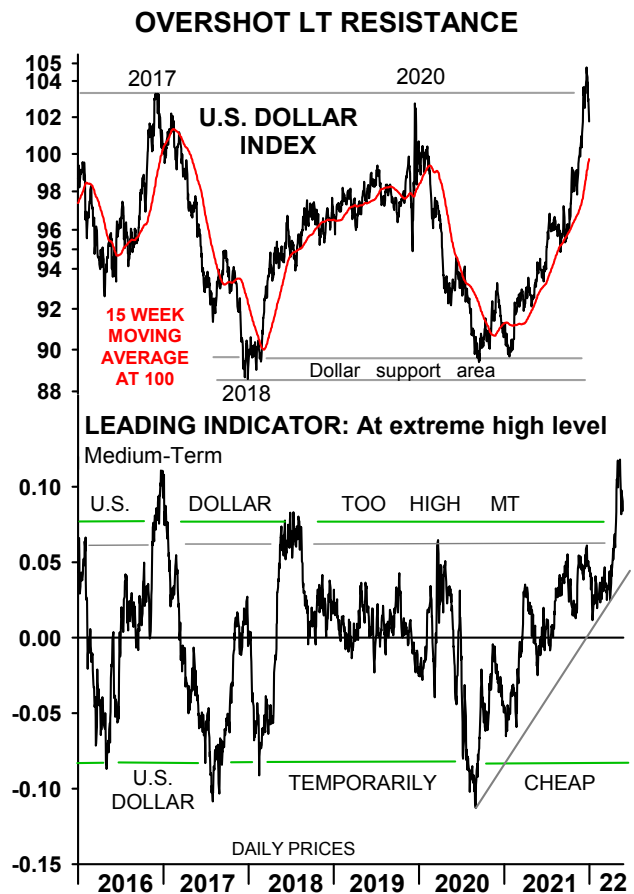
One of our best performers is SDS, a 2x levered ETF that shorts the S&P 500. Our position actually reached a new high for the move, triggering our first profit target at \$50 earlier this week.

Resources and energy have held stronger, near the highs, looking ready to rise further despite global growth concerns. Supply disruptions, geo political tensions and inflationary expectations are keeping prices lofty.

Dollar strength has also been a big talking point recently as it cripples global growth and the global currency market. However, the U.S. dollar index is finally starting to show subtle signs of weakness as it breaks below its 5wk moving average for the first time since the dollar tested that level earlier this year in March when the index traded near 97.

The chart to the right is a longer term view of the U.S. dollar, since 2016 with its MT leading indicator. Notice the intensity of the recent high equals to that high reached in 2017. The chart is showing the dollar remains strong and could stay strong for longer. It's also showing it's reaching an extreme high level that has coincided with major tops since 2016.

More recently, the dollar also broke below a rising wedge pattern with a downside target near 100. Yesterday's decline is pushing the dollar closer to its target. Consider that a break below this support at 100 could push the dollar deeper, to the May 2021 uptrend near 97. Notice the leading indicator at a high level,





suggesting the dollar's rise to date could be over. Keep an eye on the 100 level. It's key ST. If the dollar holds above, it could then consolidate and build a stronger base to rise from.

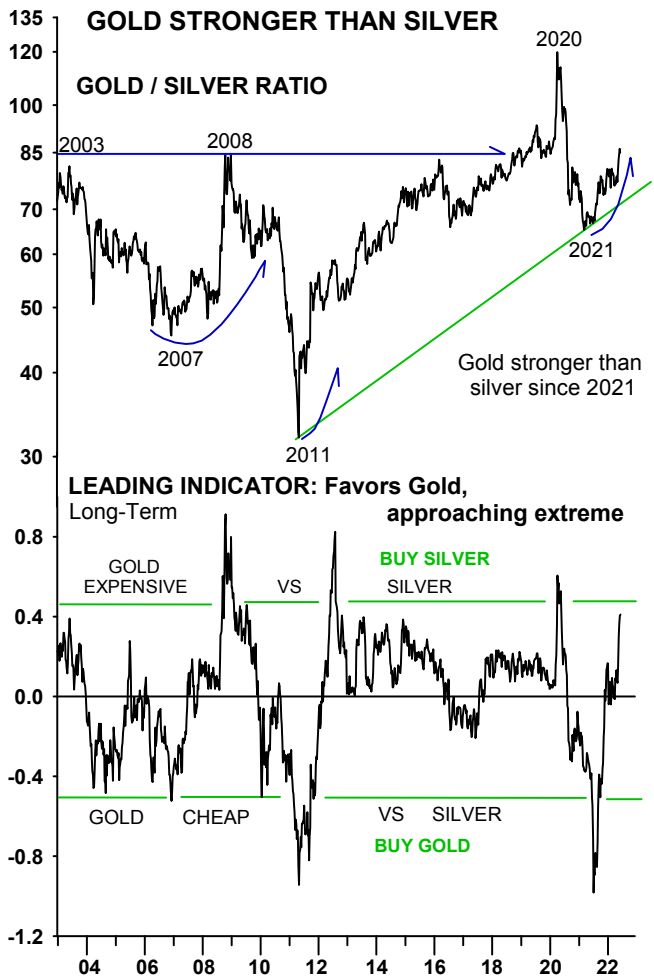
We've been using our cash to buy great positions at cheap prices. We still have a big chunk of cash, approximately 13% of total portfolio. We also have two positions which are like cash since they are ST trades, like SDS and UBT. Real cash positions, including SDS and UBT account for about 20% of total portfolio. We'll continue to put our cash to work, selectively.

As uncertainty continues to grow, so will dollar strength and gold...

This next chart shows the gold to silver ratio. It measures the strength between both and it's indicative of investor sentiment. If gold is favored, it usually signals a stronger push towards safety. If silver is favored, it usually signals a stronger push towards resources.

You'll notice the ratio bottomed in 2021 and has been moving in favor of gold ever since. More recently, it broke to a new high for the move confirming the uptrend & support since 2011. The leading indicator below is also on the rise, also favoring gold. The indicator is reaching a high area which is very bullish for gold, but that could also signal the end of its luster might be near.

The chart tells us gold will likely remain favored over the short to medium term, but that soon enough silver, as well as resources will have their time to shine, against gold. Both precious metals, resources and energy continue to look strong with upside potential.



GOLD JUN 2022 (GCM22)
05/24/22 CLOSE = 1865.4



We'll continue trading in accordance with technical patterns and signals that fit the slowing growth narrative.

OPEN POSITIONS

PRECIOUS METALS: Bouncing Up

Gold bounced up higher after slipping below key support levels, at the Aug 2021 uptrend near \$1825 and gold's 23 month moving average near \$1835. Even more impressive, gold is breaking above a downside wedge pattern suggesting a bounce up to the Mar downtrend near \$1930 is now likely. Notice the leading indicator below, breaking out from the red line and on the rise. It's suggesting momentum is picking up steam adding to gold's bullish picture. However, keep in mind, 'D' decline weakness remains, and will continue to drive gold's downtrend as long as gold stays below the Mar downtrend at \$1930. But if gold breaks above resistance at \$1930, it could then show signs of strength and a renewed 'A' rise. Keep your positions for now.

SILVER JUL 2022 (SIN22)
05/24/22 CLOSE = 22.063



Silver dipped below support at \$21.50 but it's quickly jumping back above it. The leading indicator is bouncing up with strength, showing signs of a stronger rebound developing. If silver now rises and stays above \$22.50, it could then rise to the Feb 2021 downtrend near \$26. A break above this level would be a mega trend reversal. In the meantime, downside pressure will continue to weigh silver down. Keep your positions for now.

GOLD BUGS INDEX (HUI)
05/24/22 CLOSE = 262.64



Gold miners having been looking better than gold and silver. The HUI Index, a gold miner index, for example held above a critical support at the Sept 2022 uptrend near 240,

AGNICO EAGLE MINES LIMITED (AEM)
 05/24/22 CLOSE = 55.03



while both gold and silver did pierce their support levels at \$1825 and \$21.50, respectively. For now, HUI's leading indicator is breaking out from an extreme low level, showing momentum picking up steam. A rise above 265 will confirm strength and open the door to higher levels, to the Apr highs initially near 340. We increased holdings this past week. Keep your positions

Agnico Eagle Mines (AEM) is bouncing up from recent low area near \$50. However, the leading indicator is starting to move up from the lows suggesting more upside is likely. If AEM holds above \$50, it could then rise to the Jan 2021 downtrend near \$67. We've been waiting for weakness below \$50 to buy more. However, if AEM holds above \$50 and confirms a new uptrend, we might not get another opportunity to buy at lower levels. Buy more on weakness, ideally below \$51.

HECLA MINING COMPANY (HL)
 05/24/22 CLOSE = 4.73



Hecla Mining Company (HL) is bouncing up after testing support near \$4.50. A break above \$5 would show signs of renewed strength that could push HL to the Apr highs near \$7.50. Notice the leading indicator is rising with strength, suggesting a stronger upmove is now likely ST. We bought more last week and are overweight. Keep your positions.

EQUINOX GOLD CORP. (EQX)
 05/24/22 CLOSE = 5.89



Equinox Gold Corp (EQX) is also bouncing up from extreme lows, precisely at the bottom side of the Jun 2021 down channel. EQX is now bouncing up, just as the leading indicator is starting to rise, showing upside momentum growing. EQX must rise and stay above \$6 to show signs of renewed strength that could push EQX to the top side of the Jun 2021 down



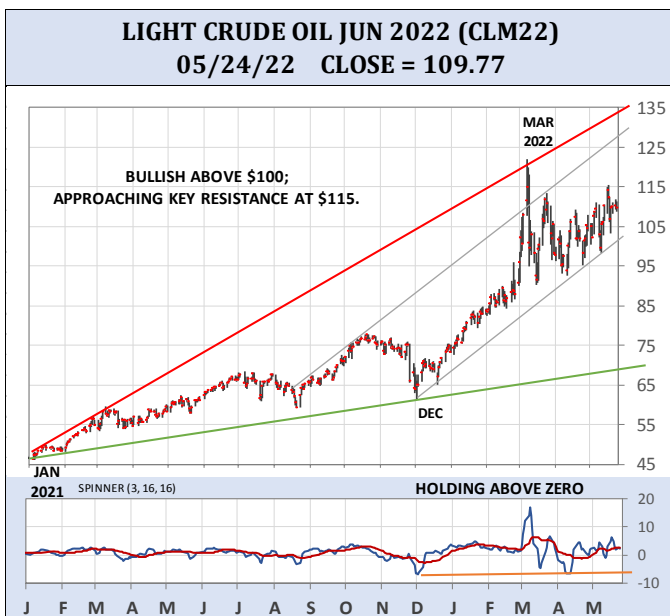
channel near \$9, initially. On the downside, keep an eye on \$5.50 support. Keep your positions.

Osisko Gold Royalties (OR) is also bouncing up from a key support level at \$11. It's approaching \$12 as the leading indicator jumps up from the lows, showing signs of renewed strength. A break above \$12 could open the door to a continued upmove to the Jun 2021 downtrend near \$14.50, initially. On the downside, the \$11 support remains key. Keep your positions.



Harmony (HMY) is also bouncing up from the Sept low & support area near \$3.25. HMY is bouncing up and could now rise to the Mar downtrend near \$5 if it continues to hold above the Sept low & support area. Notice the leading indicator rising after bottoming at an extreme low, showing momentum building. I bought more this past week at the lows and I'm back to being overweight. Keep your positions for now.

Recent purchases this week is pushing overall exposure to precious metals to near 40% of total portfolio. We might buy more, but will continue to look at price action develop further.



RESOURCES: Chugging Upward

Crude oil is holding strong below the recent highs at \$115. A rise that holds above \$115 could propel oil higher to possibly the top side of the pattern near \$135. That is, once \$120 is clearly broken. Meanwhile, crude oil looks strong above the Dec uptrend near \$100. Leading indicator is under pressure, but still bullish above zero, suggesting momentum continues to build. We continue to hold exposure to energy through uranium.

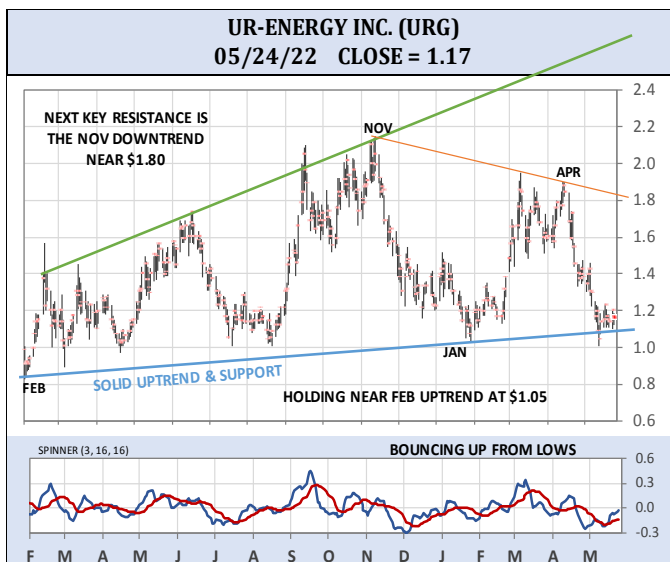


Uranium producers are trading similarly. They're holding above key support levels with recent price action suggesting support will be confirmed and a renewed up-move, to possibly the Nov 2021 highs is likely.

NexGen Energy (NXE) is consolidating above support at \$4 after dipping below it. If NXE continues to hold above this key support level and rises above \$5, it could then rise to the Nov 2021 highs near \$6.50 once again. The leading indicator below is rising with strength, piercing zero suggesting momentum picking up steam. If you're not in, consider buying at mkt. Keep your positions.



Uranium Royalty Corp (URC.TO & UROY.OTC) is bouncing up from its deeper support level at \$3. It must now rise above \$4 to re-confirm support at the lower \$3 level. Moreover, a break above \$4 could open the door to a continued upmove, initially to the Nov downtrend near \$6. The leading indicator below is rising from an extreme. It's testing zero and could start picking up steam. Keep your positions.



UR Energy (URG) is holding above the Feb uptrend at \$1.05 just as the leading indicator bounces up from an extreme low level, approaching the zero line. If URG holds above the Feb uptrend, it could then rise to its next key resistance at the Nov downtrend near \$1.80. Keep your positions.

Copper is confirming support above a key low & support level at \$4 as it jumps up with room to rise further ST. The leading indicator is rising sharply, above zero & suggesting the same, more upside potential. Keep in mind,

COPPER JUL 2022 (HGN22)
05/24/22 CLOSE = 4.305



IVANHOE MINES LTD. (IVN.TO)
05/24/22 CLOSE = 9.81



ALTIUS MINERALS CORPORATION (ALS.TO)
05/24/22 CLOSE = 19.73



however, the rebound will remain a mere pull back unless copper is able to break above key support at the Mar downtrend near \$4.70. Recently we've been increasing exposure to resources and copper producers, buying Ivanhoe Mines (IVN) last week and Altius Minerals (ALS.TO & ATUSF.OTC) earlier.

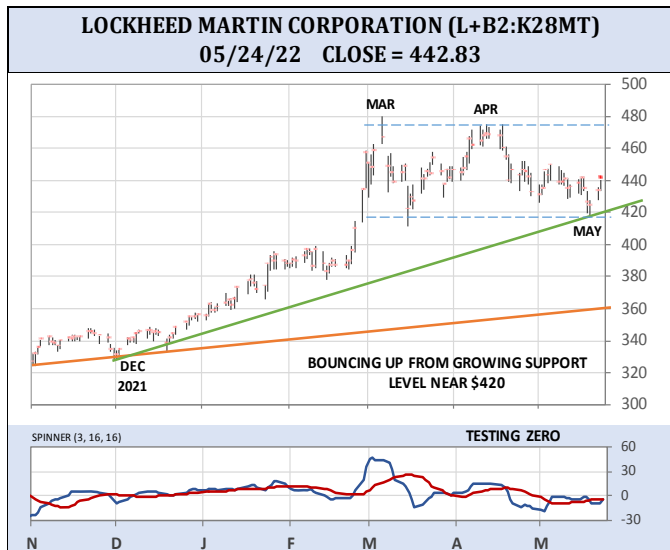
With other recent purchases of uranium producers, exposure to resource & energy is back to almost 30% of total portfolio and growing. We could be buying more soon

Ivanhoe Mines (IVN.TO & IVPAF.OTC) continues to bounce up. It's showing support at CA\$9.50. If IVN now rises clearly above the Mar downtrend near \$11.50 it'll show true renewed strength that could push IVN higher, above its all time highs at CA\$13. The leading indicator below broke above zero showing momentum growing. We bought more last week below CA\$10. Keep your positions.

Altius Minerals Corp (ALS.TO & ATUSF.OTC) is re-confirming support above the Oct 2020 uptrend at \$17.50 by bouncing up. Support and the rebound are coinciding with a bullish upmove from the leading indicator below. The entire picture is bullish suggesting ALS could now rise to the top side of the funnel near \$28. Keep your positions. If you're not in, or didn't buy last week, consider buying at mkt. I'll consider buying more if weakness returns.

STOCKS: Bottoming

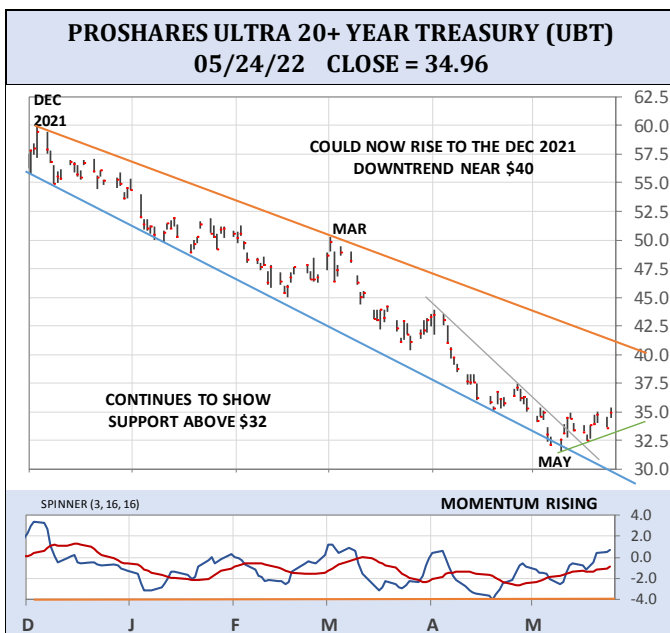
Lockheed Martin (LMT) slipped below \$440, but it quickly recouped the fall while hanging on to the (adj) Dec uptrend. Note LMT has formed a sideways band since Mar. It's now rising from the lower side, and it could rise



back to the the Mar-Apr uptrend near \$480. The leading indicator below is neutral but waning below zero and the red line. Keep your positions. LMT remains a safe haven within stocks given ongoing geo political tensions between U.S. and Russia. Keep your positions.



Proshares Ultrashort S&P500 (SDS) rose to a new high for the move, reaching our first target at \$50. I wasn't able to sell at the \$50 level and continue to hold a small position. Consider SDS remains on a bullish path upward as long as it stays above the Apr uptrend near \$41. If SDS stays above this level, and rises above \$50, it could then rise more, to possibly the Mar 2021 highs. Keep your positions. Buy more on a decline below \$44.



Proshares Ultra 20+ Year Treasury (UBT) continues to show a bottom forming as it's holding above the recent May lows near \$30. The leading indicator has been rising, showing momentum building. If UBT now holds above the support level and rises above \$35, it could then rise to test the Dec 2021 downtrend at \$40. A break above this level and it's off to the races. Keep your positions. Bonds are cheap!

Shopify (SHOP) continues to struggle with the Nov 2021 downtrend near \$400. It must break above this level to show signs of renewed strength and will remain under pressure below it. It's forming a wedge at the lows while the leading indicator is rising showing momentum building. Keep your positions during weakness.

PayPal (PYPL) is trying to break above the Oct 2021 downtrend showing a subtle sign of strength.



To confirm the recent break, PYPL must rise above \$95. Otherwise, it could remain lackluster. The leading indicator below is rising showing momentum building, but still under pressure. Keep your positions.

Airbnb (ABNB) is hugging the bottom side of the Nov downtrend just as its leading indicator below is starting to rise, showing momentum picking up. If ABNB now rises above \$120, it could then rise to the Nov downtrend near \$160. Keep your positions.

Coinbase (COIN) is consolidating above extreme lows showing subtle signs of strength. The leading indicator is breaking out above the red line suggesting COIN could now bounce up to the Nov downtrend near \$150. Keep your positions during weakness.

Exposure to 'Stocks' remains near 18% of total portfolio, with biggest exposure concentrated in LMT, UBT and SDS. Exposure to tech remains the smallest portfolio of overall portfolio as we wait for weakness to play out before committing further to that market.

KEY PRICES			
Name/Symbol	May 24,22 Price	Change	May 17,22 Price
Gold (GCM22)	1865.40	46.50	1818.90
Silver (SIN22)	22.06	0.31	21.75
HUI (HUI)	262.36	12.40	249.96
Copper (HGK22)	4.31	0.07	4.24
Crude Oil (CLM22)	109.77	-2.63	112.40
S&P500	3941.48	-147.37	4088.85
U.S.Dollar (DXM22)	101.87	-1.54	103.41
30 Year T-Bond (ZBM22)	141.91	3.25	138.66
10 Year T-Note Yield	2.760	-0.208	2.968
13-week Treasury Bill	1.043	0.005	1.038

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 (39%)						
GOLD (GCM22)	Overweight. Gold slipped below the Aug uptrend near \$1825, but it's now bouncing up above a downside wedge showing upside potential ST. 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.	1865.40	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.	14.62	2dc below \$11.20	-
SILVER (SIN22)	Overweight. Bouncing up from extreme lows. Showing support at \$21.50. Watch for break above \$22.50 to show ST strength that could push silver to the next resistance near \$26. Keep your positions.	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). AVG position: \$23.30.	22.063	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). AVG:\$ 8.12	7.57	2dc below \$5.25	-
AEM	Holding full position. Take advantage of volatility and buy more below \$51.	B	\$49 (Feb-9-22). Sold some at \$61.50 (Mar-17-22) for 26% gain! \$49.	55.03	Holding during weakness.	\$80
EQX	Overweight. Holding above support near \$5.50 and has started to bounce up. A break above \$6 will show signs of renewed strength that could now push EQX to the top side of the Jun 2021 downchannel near \$9. Keep your positions.	H	\$10.20 (Dec-22-20), \$10.80 (Jan-6-21), \$9.20 (Feb-17-21). Sold excess for a 20% loss (Mar-31-21). Bot: \$7.40 (Oct-29-21). AVG: \$9.30.	5.89	Holding during weakness.	ST: \$14, MT: \$20
HL	Overweight. Bought more at extreme lows. Must now rise above \$5 to show renewed strength that could push HL to the Apr high near \$7.50. Keep your positions.	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). AVG: \$5.75.	4.73	Holding during weakness.	ST: \$9.50 & MT: \$12
OR	Holding a full position. Holding above support at \$11 & now approaching resistance at \$12. A break above this level will open the door for a further upside. Keep your positions.	H	Bot: \$13.60 (Jul-8-21), \$13.30 (Jul-12-21). AVG: \$13.45.	11.90	Holding during weakness.	\$16 & \$20.
HMY	Overweight. Bought more this week at the lows. Bouncing up from Sept lows showing strength and upside potential building. Keep your positions.	H	\$3.90 (Jul-7-21), \$3.75 (Nov-10-21). Sold half for 35% gain (Mar-2022). \$3.50 (May-18-22) AVG: \$3.65.	3.68	Holding during weakness	\$5.25 (reached!) & \$7.50.
CURRENCY - CASH (13%)						
U.S. DOLLAR (DXM22)	The U.S. dollar index broke below a rising wedge pattern showing weakness could take dollar to the Feb uptrend near 100. If the dollar breaks below this next support level, it could then fall to deeper support near 97, the May 2021 uptrend. The U.S. dollar remains the strongest currency. Our cash position has been decreasing as we buy great assets at great prices. Keep cash position in U.S. dollars for now.	H	-	101.87	-	-

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 (29%)						
IVN.TO IVPAF.OTC	Holding a full position. Bouncing up from lows. Must now rise above \$10.50 to show signs of renewed strength, and above \$11.50 to show a stronger trend reversal. Keep your positions for now. Would buy more on weakness.	H	\$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). AVG: \$10.05.	9.81	2dc below \$9.50 (ATUSF: \$7.50).	\$13 (ATUSF: \$10.50).
ALS.TO	Overweight. Confirming support above Oct 2020 uptrend near \$17.50. If it holds, it could then rise to recent highs above \$25. Keep your positions.	H	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) AVG: CA\$16.75.	19.73	2dc below \$16.50 (ATUSF: \$14)	\$30 (ATUSF: \$28).
NXE	Overweight. Showing support at the \$4 area. Must now rise above \$5 to show renewed signs of strength that could push it to the Nov highs near \$6.50. Keep your positions.	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)AVG: \$4.10.	4.62	2dc below \$4.	ST: \$7 & MT: \$10.
URC.V	Overweight. Confirming support above \$3. If it reclaims the \$4 handle, it could then rise to the Nov 2021 downtrend near \$6, initially.	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.	3.55	2dc below \$3.50 (UROY: \$2.70).	ST: \$7, MT: \$10 (UROY: ST: \$5.70 & MT \$8).
URG	Overweight. Holding above the Feb uptrend near \$1.05. If it continues to hold, it could rise to the Nov downtrend near \$1.80. Keep your positions.	H	Bot: \$1.90 (Nov-10-21), \$1.45 (Nov-30-21), \$1.30 (Dec-22-21), \$1.15 (May-11-22) AVG: \$1.45.	1.17	2dc below \$1	ST \$2.10; MT: \$2.60
MELT UP RISE PORTFOLIO (19%)						
LMT	Holding small position. Dipped below Dec 2021 uptrend, but holding above bottom side of sideways band near \$420. Keep your positions.	H	\$415 (Mar-16-22), \$430 (May-12-22). AVG: \$422.50	442.83	2dc below \$400.	\$600
SDS	Holding a small position. SDS reached our first profit target intraday. Was not able to sell, so will continue to hold. Sell above \$50 to protect profits built.	H, S	\$42.60 (Apr-27-22).	47.65	2dc below \$37	ST: \$50 (reached!); MT: \$58
UBT	Holding a full position. Building a base above \$32. Must now rise above \$35 to show strength to rise to the Dec 2021 downtrend near \$40. Keep your positions.	H	\$36.50 (Apr-27-22).	34.96	Holding.	ST: \$42; MT: \$50
SHOP	Reduced position. Struggling to surpass the \$400 level. Keep your positions.	H	Bot \$1400 (Dec-3-21), \$1340 (Jan-3-22), \$1075 (Jan-22). AVG: \$1270.	325.08	Keep during weakness.	ST: \$1800
PYPL	Reduced position. Under pressure. Must break above \$95. Keep your positions.	H	Bot: \$255 (Mar-4-21), \$225 (Mar-5-21); Sold half at \$300 for 25% gain (Jul-12-21). Bot: \$274 (Aug-26-21), \$205 (Nov-17-21). AVG: \$247.	78.65	Keep during weakness.	\$270, \$360 ST, \$400 MT.
ABNB	Holding full position. Hugging bottom side of Nov downchannel. Must now break above \$120 to trigger a reversal that could push it to the Nov downtrend near \$170. Keep your positions.	H	\$149 (Jun-16-21), \$139.50 (Jul-14-21). Sold half at \$170 for average 18% gain. Sold the rest at \$200 for average 38% gain. Bot: \$182 (Nov-23-21), \$170 (Dec-1-21), \$152.50 (Feb-2-22). AVG: \$168.	106.24	-	\$220 & \$250
COIN	Holding reduced position. Consolidating above extreme low level. Keep your positions.	H	\$295 (Apr-29-21), \$270 (Aug-10-21). Sold half at \$340 for 20% profit (Nov-2-21). Bot: \$290 (Dec-2-21), \$185 (Feb-2-22). AVG: \$255.	61.36	Hold during weakness	ST: \$340 & MT: \$450.

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	
	1-day close (the share price must close above or below the indicated price level, before our recommendation is activated)
1dc	
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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