



Spring Brings Hope

In challenging times such as the ones we're experiencing now, it's important to look for signs of hope. And luckily, it's spring, so nature is giving us signs everywhere. As you look out of your window, take notice of the buds on the trees, the first green shoots of plants and flowers, as nature comes to life.

To paraphrase Mr. Rogers, in times of crisis, it's hopeful to look for the helpers. And there is help out there. Canada's Emergency Response Plan is part of it. Another helpful thing to do for yourself is not panicking. Investing for the long-term will always involve ups and downs, but what's important is to help yourself by understanding and managing your reactions to short term volatility.

This is easier said than done, of course. However, I'm here to guide you through. These articles also provide valuable perspective. Please don't hesitate to contact me with any questions, comments or concerns.

Stay well.

Warm Regards,

Richard.



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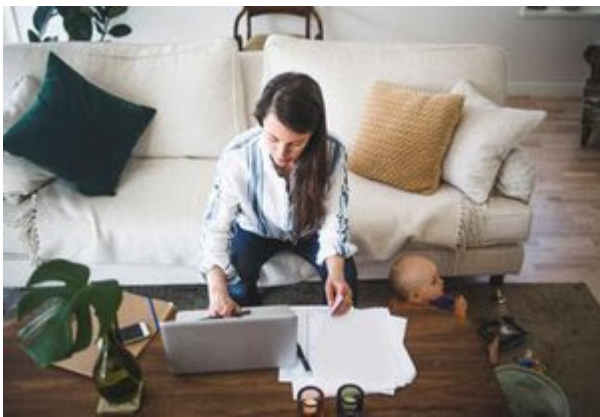
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