

THE
RLM
FINANCIAL
TIMES

YOUR MONTHLY SOURCE FOR

FINANCIAL AND RETIREMENT

NEWS AND INFORMATION

Market Data

Index	Sept 2022	2022 YTD
DJIA	↑ 13.65%	↓ 9.64%
S&P 500	↑ 7.51%	↓ 18.63%
Nasdaq	↓ 0.43%	↓ 32.67%

All figures from C.O.B. 10/31/22

WE TEND TO FORGET THAT
HAPPINESS
DOESN'T COME
AS A RESULT
OF GETTING SOMETHING
WE DON'T HAVE,
BUT RATHER OF
RECOGNIZING &
APPRECIATING WHAT WE
DO HAVE.

FREDERICK KEONIG

A LIFE OF GRATITUDE

April Cliber– RLM Financial Administrative Assistant

What is your favorite holiday? According to a 2015 Statista Research Department poll, 46% of Americans answer, “Christmas.” Not me! Before you alert Santa and advise him to put me on the naughty list, please allow a moment of explanation.

November hosts my favorite celebration, Thanksgiving! The turkey, trimmings, football and leftovers are nice, but the reason I hold such affection for this holiday is the annual festival of gratitude.

This year marks thirteen years since I began observing “Thirty Days of Thankfulness.” Thirty days started as a discipline during a difficult time and radically changed my outlook forever. I committed to writing down one specific thing each day that I was thankful for. I quickly found that I started looking for blessings throughout the day. I even found myself going to bed thinking about what I would be thankful for the next day. It sounds so simple, almost too simple, but making the decision to focus on abundant blessings completely altered my attitude. My circumstances didn’t change that year, **I did.**

Thirteen years later, I repeat Thirty Days of Thankfulness each November. It’s an annual reboot, of sorts.

Regardless of the economy, stock markets, the price of gas, politics and interest rates, I still have an abundance of reasons to be grateful. For starters, I’m alive. I have a warm place to rest my head at night, more than one pair of shoes, clean water AND indoor plumbing! I also enjoy freedoms that many across the world can only dream of.

This year’s month of gratitude begins with YOU! All of us at RLM Financial Services Inc. sincerely thank you for giving us the opportunity to serve you. We appreciate your business and the confidence you have placed in us. We are honored to have earned your trust and never take it for granted.

RLM Holiday Hours

The holidays are right around the corner! Our office follows the market holidays. If the markets are open, so are we.

Thursday, November 24th -
Closed for Thanksgiving

Friday, November 25th -
Open from 9:00AM to 1:00PM

Monday, December 26th -
Closed - Christmas holiday observed

Monday, January 2nd -
Closed - New Year’s holiday observed.

Did you know?

SAVING FOR RETIREMENT- 401(k) plans hold a whopping \$7.7 trillion in retirement savings. *Source: CNBC, October 6, 2022*

SHIFTING- A \$1 shift in the price of oil represents a 2.4 cents a gallon shift in the price of gas. *Source: Marketwatch, February 5, 2021*

WE DON'T TRUST THEM - 63% of 2,005 registered voters surveyed in January 2022 support a complete ban on stock trading for all members of Congress. *Source: Morning Consult – Politico*

INVEST FOR THREE YEARS - Since 1926, 84% of the rolling 3-year periods for the S&P 500 index (i.e., the 94 separate 3-years beginning 1926-28, then 1927-29, . . . 2019-21) have produced a positive return. The S&P 500 consists of 500 stocks chosen for market size, liquidity and industry group representation. It is a market value weighted index with each stock's weight in the index proportionate to its market value. *Source: BTN Research*

TECHNOLOGY ADVANCEMENT- The population of industrial robots in the world has reached an all-time high of 3.5 million, which exceeds the population of every U.S. city excluding New York and Los Angeles. *Source: The Wall Street Journal, October 15, 2022*

AVERAGES- The average length of a bear market is 289 days or about 9.6 months. That's significantly shorter than the average length of a bull market, which is 991 days or 2.7 years. *Source: Hartford Funds*

SEQUENCING DEFLATION- The new DNA sequencing machine made by Illumina, which costs roughly \$1 million, can now sequence a human genome for less than \$240. That work used to cost \$100 million just 21 years ago. *Source: Axios, October 2, 2022*

PROFIT- A 1952 Micky Mantle rookie baseball card in mint-plus condition sold for a record \$12.6 million, becoming the most valuable piece of sports memorabilia to be sold at auction. The previous owner bought the card in 1991 for \$50,000, for an annualized return of 19.52%. *Source: The New York Times, August 28, 2022*

Happy News Corner

Woman braves Hurricane Ian flood to check on stranger's 84-year-old mom

Sept. 30, 2022



Christine Bomlitz became more and more distraught as Hurricane Ian gained in ferocity Wednesday, sweeping across southwest Florida. Hours passed, but there was still no word from her 84-year-old mother.

Thursday morning came. The storm had drifted away overnight. But still no word. Stuck on the other side of

the country in Las Vegas, Bomlitz posted pleas for help on social media — anywhere she could. Can someone check on her mother?

Bomlitz had no way to contact her mom, Shirley Affolter, who lost her cell phone before the storm. Then her landline went down. With nowhere to go, she hunkered down for the night. Before the storm, an evacuation vehicle had missed her on its route. By Thursday afternoon, a Good Samaritan came to the rescue. Cheyenne Prevatt, 26, had sustained damage to her own home during the storm. But the Florida resident waded into chest-high floodwaters to search for Affolter.

Flooding in Englewood, Florida, had cut the mother off from her neighbors and the rest of her community. She couldn't escape on her own because she needs a walker to get around. When Prevatt walked through the door, there was relief. The woman was alive and safe. Prevatt said: "I didn't know who she was, but she was really kind of surprised to see me."

Mother and daughter were able to speak briefly on the phone, enough to ease Bomlitz's worries. But their conversation was cut short because her mom's hearing aids had stopped working. Still,

Prevatt was able to send her a photo of her mom smiling — safe and sound.

"I'm thankful for this stranger," Bomlitz said, "a total stranger. People are amazing."

Prevatt had also ridden out the storm at home. Hurricane Ian peeled away shingles and caved in part of the ceiling when a palm tree smashed into the roof.

"Our house didn't really make it," she said. "All of our stuff is packed up, and we are trying to go to my grandmother's house." Still, her concern was for the older woman. "We're going to go back for her," Prevatt said. "That was the main goal, to make sure she was still alive." By evening, a paddleboard arrived to take Affolter to dry ground.



Cheyenne Prevatt's home was damaged by Hurricane Ian and by a fallen palm tree, making it uninhabitable, in Englewood, FL

YOUR EMERGENCY FUND: HOW MUCH IS ENOUGH?

Have you ever had one of those months? The water heater stops heating, the dishwasher stops washing, and your family ends up on a first-name basis with the nurse at urgent care. Then, as you're driving to work, you see smoke coming from under your hood.

Bad things happen to the best of us, and sometimes it seems like they come in waves. That's when an emergency cash fund can come in handy.

One survey found that nearly 25% of Americans have no emergency savings. Another survey found that 40% of Americans said they wouldn't be able to comfortably handle an unexpected \$1,000 expense. (1,2)

How Much Money?

How large should an emergency fund be? There is no "one-size-fits-all" answer. The ideal amount may depend on your financial situation and lifestyle. For example, if you own a home or have dependents, you may be more likely to face financial emergencies. And if a job loss affects your income, you may need emergency funds for months.

Coming Up with Cash

If saving several months of income seems unreasonable, don't despair. Start with a more modest goal, such

as saving \$1,000, and build your savings a bit at a time. Consider setting up automatic monthly transfers into the fund.

Once your savings begin to build, you may be tempted to use the money in the account for something other than an emergency. Try to avoid that. Instead, budget and prepare separately for bigger expenses you know are coming.

Where Do I Put It?

Many people open traditional savings accounts to hold emergency funds. They typically offer modest rates of return.

The Federal Deposit Insurance Corporation (FDIC) insures bank accounts for up to \$250,000 per depositor, per institution, in principal and interest. (3)

Others turn to money market accounts or money market funds in emergencies. While money market accounts are savings accounts, money market funds are considered low-risk securities. Money market funds are not backed by any government institution, which means they can lose money. Depending on your particular goals and the amount you have saved, some combination of lower-risk investments may be your best choice.

Money held in money market funds is not insured or guaranteed by the FDIC or any other government agency. Money market funds seek to preserve the value of your investment at \$1.00 a share. However, it is possible to lose money by investing in a money market fund. (4)

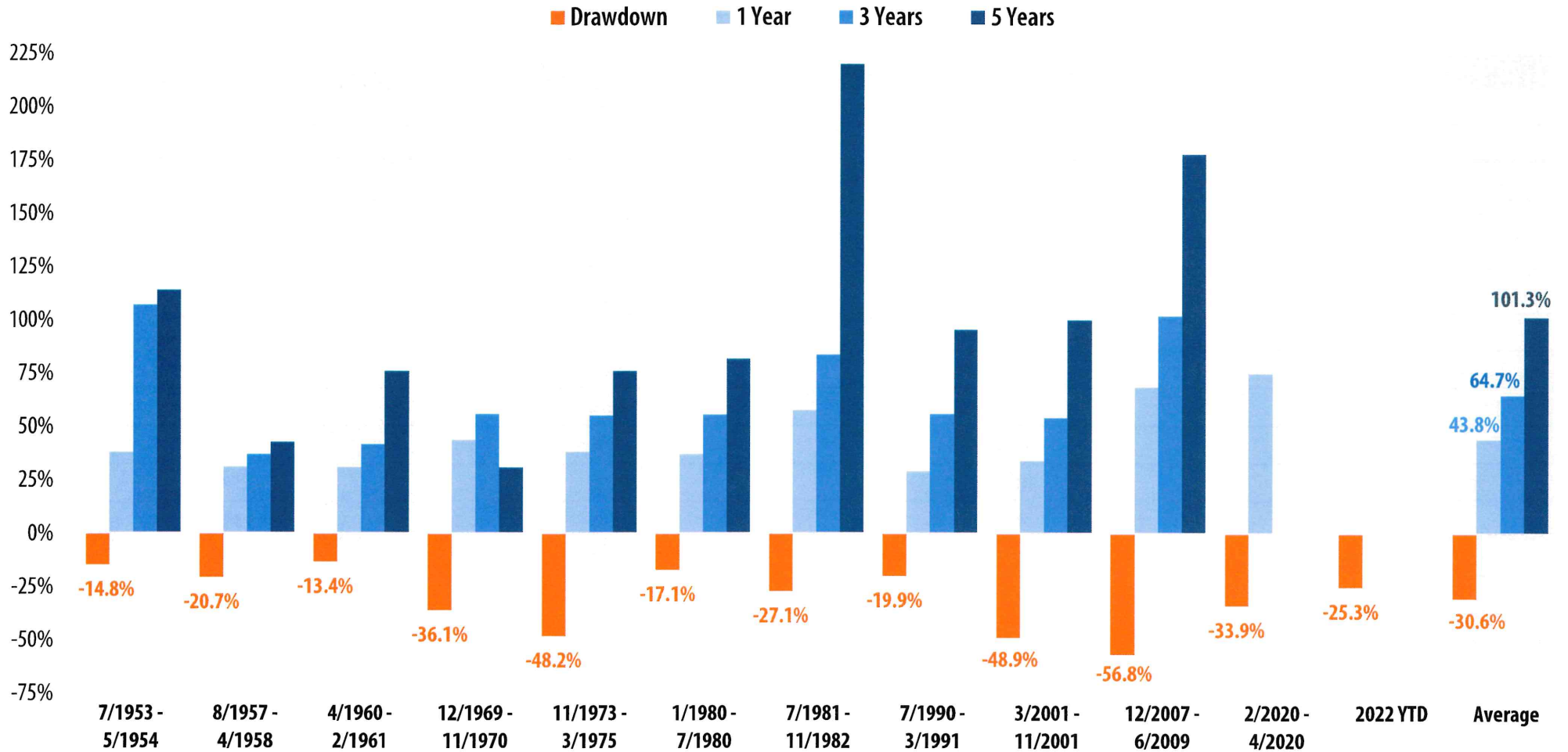
Money market mutual funds are sold by prospectus. Please consider the charges, risks, expenses, and investment objectives carefully before investing. A prospectus containing this and other information about the investment company can be obtained from your financial professional. Read it carefully before you invest or send money.

The only thing you can know about unexpected expenses is that they're coming. Having an emergency fund may help to alleviate stress and worry that can come with them. If you lack emergency savings now, consider taking steps to create a cushion for the future.

1. [MarketWatch.com](https://www.marketwatch.com), 2020
2. [Bankrate.com](https://www.bankrate.com), 2021
3. [FDIC.gov](https://www.fdic.gov), 2022
4. [Investopedia.com](https://www.investopedia.com), 2021

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S&P 500 INDEX: RECESSION DRAWDOWNS AND PRICE RETURNS FOR SUBSEQUENT YEARS



Source: Bloomberg and National Bureau of Economic Research. Data as of 9/30/22. Returns are price returns. The subsequent returns are calculated from the recession trough date. **Past performance is no guarantee of future results.** This chart is for illustrative purposes and does not represent any actual investment. The S&P 500 Index is an index of 500 companies used to measure large-cap U.S. stock market performance. An index does not charge management fees or brokerage expenses, and no such fees or expenses were deducted from the performance shown. Indices are unmanaged and investors cannot invest directly in an index. The USRINDEX measures whether the U.S. economy is in a recession for a given month and was used to determine the recessionary periods.

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As seen in the table below, Midterm years tend to see moderate to large pullbacks, but returns a year later have historically been significant.

S&P 500 INDEX INTRA-YEAR PULLBACKS VS. S&P 500 INDEX RETURN 1 YEAR LATER

Midterm Election Year	Low Date	Intra-Year Pullback	Return 1 Year After Low Date
1950	7/17/1950	-12.0%	41.7%
1954	8/31/1954	-4.4%	51.1%
1958	2/25/1958	-4.4%	41.0%
1962	6/26/1962	-26.4%	37.5%
1966	10/7/1966	-20.2%	37.3%
1970	5/26/1970	-25.0%	48.9%
1974	10/3/1974	-35.9%	44.4%
1978	11/14/1978	-12.8%	18.1%
1982	8/12/1982	-13.5%	66.1%
1986	9/29/1986	-9.4%	44.3%
1990	10/11/1990	-19.2%	33.5%
1994	4/4/1994	-8.5%	18.5%
1998	8/31/1998	-19.2%	39.8%
2002	10/9/2002	-33.0%	36.1%
2006	6/13/2006	-7.5%	26.2%
2010	7/2/2010	-15.6%	33.6%
2014	10/15/2014	-7.3%	10.9%
2018	12/24/2018	-19.4%	39.9%
Average		-16.3%	37.2%
Median		-14.6%	38.6%

Source: Bloomberg. **Past performance is no guarantee of future results.** This chart is for illustrative purposes only and not indicative of any actual investment. The illustration excludes the effects of taxes and brokerage commissions or other expenses incurred when investing. These returns are total returns and were the result of certain market factors and events which may not be repeated in the future. The S&P 500 Index is an unmanaged index of 500 companies used to measure large-cap U.S. stock market performance. The index cannot be purchased directly by investors. The information presented is not intended to constitute an investment recommendation for, or advice to, any specific person. By providing this information, First Trust is not undertaking to give advice in any fiduciary capacity within the meaning of ERISA, the Internal Revenue Code or any other regulatory framework. Financial professionals are responsible for evaluating investment risks independently and for exercising independent judgment in determining whether investments are appropriate for their clients.

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