

# My Atlantic Wealth

*The Atlantic Wealth Management Semi-Annual Client Newsletter*



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Photo by Grace Bell, Grace Bell Photography

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## Welcome

Welcome to the second edition of the *My Atlantic Wealth* magazine!

Much has happened since our last issue - from market volatility to exciting changes at the office and in each of our personal lives. We are grateful and excited for the opportunity to share these updates with you in the pages ahead!

As we look back and reflect on the recent months, one thing is certain: we have so much to be thankful for. We feel incredibly blessed to be a part of your lives and to walk with you through the ups and the downs.

Inside you will find advisor reflections and market commentary along with staff updates and information regarding recent and upcoming firm events. We are honored to be your trusted advisor and look forward to seeing you at our next event or your next review!

Thank you to Carolyn Temple, owner and operator of Coastal Image Photography, for providing the beautiful photographs of Eastern North Carolina displayed throughout the magazine. We are honored to exhibit her photography, and we appreciate the opportunity to share her work with our valued clients.

Carolyn Temple  
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## a note *from* Greg Patterson

As I write this, we have rounded the corner on the hottest days of August and are enjoying the cooler days as the summer fades to fall. Locally, we keep a keen eye on the hurricane season as tropical depression #5 has formed in the Atlantic Ocean, likely not to be a threat based on the radio commute forecast I heard this morning. Regardless, the memory of Hurricane Florence reminds us all of the need to be prepared during this time of year and take the precautions necessary to weather the storm - as it should be with your investments.

Major indices as well as stock and bond market returns around the world are down year-to-date, anticipating slowing economic conditions due to rising interest rates and persistent inflation. Recent comments from Federal Reserve Chairman Jerome Powell from the Jackson Hole, Wyoming conference indicate that inflation is not under control and that they “will use [their] tools forcefully” to strive to bring down inflation from its 40-year highs. He further stated that the Fed will not be swayed by a month or two of data and the target rate of 2 percent will take “a lot of work” to get back to. We have all felt rising prices over the past year and realize this is a major reason for the volatility in your investments. Energy and utilities remain the only sectors positive with their returns so far this year. Others, including technology and consumer discretionary are off over 20 percent from the start of the year.

Other economic data paint a different picture with the jobs numbers continuing to show improvement in a tight labor market. The July employment report showed that 528,000 new jobs were added in the month, marking 19 consecutive months of strong job growth. Couple this statistic with declining initial jobless claims for August and record job openings at 11.2 million, and it is hard to support the claim by some economists that we are in a recession.



*Photo by Carolyn Temple, Coastal Image Photography*

We are of the opinion that the slowing trend could lead us into a recession, but we would need to see unemployment above a record low of 3.5 percent, which is where we are now. The unemployment rate would need to be over 4 and possibly closer to 5 percent to begin to resemble past recessionary declines. We could get there, but with the number of job openings, our conclusion is that it would be hard for employers to lay off workers at this time.

In periods like these, we remain patient and focused on time-tested investment principles that tend to work well for clients. Two of these principles involve buying assets across multiple sectors and asset categories that will spread out the risk and avoid concentrations or bets in any one area. The other principle that we employ is systematic rebalancing, which we did earlier this summer. While these strategies do not prevent against a market loss, research does reveal they help long-term investors weather the storm. We expect there to be volatility ahead and look to these approaches to improve the outcomes.

In closing, we remain honored to serve as your trusted advisor and are grateful that you provide us the opportunity to help you reach your most important financial goals. We are thinking of you during these times and remain steadfast in attention to your situation. As always, we are available to assist you or anyone you know with any financial issues that arise, and we are thankful for the continued trust and confidence you place in us. We look forward to seeing you soon.

Sincerely,

# Our Values

## *Integrity*

We honor our commitments and always do what is right.

## *Excellence*

We do our very best and work at it with all our heart.

## *Consistency*

We follow an established process free from variation or contradiction.

## *Humility*

We value others' interests above our own.

## *Generosity*

**We believe there is joy in giving.**

## *Progress*

We move others to action.

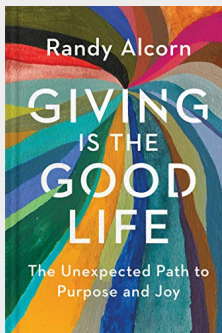


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"In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how he himself said,

**'It is more blessed to give than to receive.'**"

**Acts 20:35**



Randy Alcorn's *Giving is the Good Life* teaches life-changing biblical principles of generosity and tells stories of people who have put those radical principles into practice. Ask us if you would like a copy!

Our vision for Atlantic Wealth states, "We lead others to take action and pursue meaningful living and generous giving through wise financial counsel." We care about helping clients pursue meaningful living and generous giving and look for opportunities to help others experience the joy and rewards of giving as explained in Acts 20:35 that it is more blessed to give than to receive.

The team here at Atlantic Wealth has had the joy of helping facilitate charitable giving directly with clients, and we have made it a point to track this generosity. Three years ago, in 2018, the amount of giving by clients directly from investment and retirement accounts held with us totaled \$145,000 spread over 20 different charitable organizations. Last year, in 2021, the amount was \$268,000 spread across 82 different charitable organizations! These 82 organizations included causes for military and veterans, the environment, local and international humanitarian relief, local government and first responders, medical research, colleges and education, and maybe most importantly, local churches and church-related ministries.

We want to encourage and facilitate greater generosity, so we will continue to discuss this in our conversations with you. A majority of the giving we facilitate happens between now and the end of the year from a timing standpoint. We would ask you to let us know if you are interested in more information around this, especially if you are over age 72 and have a required minimum distribution (RMD) to fulfill. It is exciting for us to see money being given, and we are thankful to be able to promote this value of generosity and see it on display in the lives of our clients.

**"We make a living by what we get,  
but we make a life by what we give."  
- Winston Churchill**

# Important Dates & Deadlines

## October 2022

*Cybersecurity Awareness Month*  
Sep 30-Oct 2 NC Seafood Festival  
Oct 1 Deadline for establishing a SIMPLE IRA for 2022  
Oct 1 FAFSA 2023-2024 opens  
Oct 8 Pine Knoll Shores Fishing Tournament  
Oct 15 Medicare Advantage and drug plan open enrollment begins  
Oct 16-22 Retirement Security Week  
Oct 17 2021 extended individual tax returns due  
Oct 31 Halloween

## November 2022

*Long-Term Care Planning Month*  
Nov 1 Health insurance open enrollment starts  
Nov 3 Carteret County Habitat for Humanity 25th Annual Charity Golf Tournament  
Nov 5 Carteret County Veterans' Day Event  
Nov 6 Daylight Savings Time ends  
Nov 8 Election Day  
Nov 11 Veterans' Day (markets open)  
Nov 24 Thanksgiving Day (markets closed)  
Nov 25 Markets close at 1 p.m. ET  
Nov 26 Small Business Saturday  
Nov 29 Giving Tuesday

## December 2022

Dec 7 Medicare Advantage and drug plan open enrollment closes  
Dec 7 Pearl Harbor Day  
Dec 9-11 Crystal Coast Hospice House Gingerbread Festival  
Dec 18-26 Hanukkah  
Dec 21 Winter Solstice  
Dec 25 Christmas Day  
Dec 26 Kwanza begins  
Dec 31 New Year's Eve  
Dec 30 Last day to:  
    Establish Keogh, solo 401(k)  
    Make contributions to 401(k)  
    Sell stock to realize gains/losses  
    Take RMDs  
    Pay expenses for itemized deductions  
    Make tax-deductible charitable contributions  
    Make annual tax-free gifts



Photo by Carolyn Temple, Coastal Image Photography

## January 2023

*Financial Wellness Month*  
Jan 1 Medicare Advantage Open Enrollment starts  
Jan 1 Medicare General Enrollment Period starts  
Jan 1 New Year's Day (markets closed)  
Jan 16 MLK day (markets closed)  
Jan 17 4Q 2022 estimated taxes due  
Jan 31 W2s & 1099s due

## February 2023

Feb 12 Superbowl  
Feb 14 Valentine's Day  
Feb 20 Presidents' Day (markets closed)

## March 2023

March 12 Daylight Savings Time begins  
March 14 March Madness begins  
March 15 2022 S Corp returns due (calendar year)  
March 15 2022 Partnership returns due  
March 17 St. Patrick's Day  
March 20 First day of Spring  
March 31 Medical Advantage Open Enrollment ends  
March 31 Medicare General Enrollment Period ends

## April 2023

*Financial Literacy Month*  
Apr 7 Good Friday (markets closed)  
Apr 9 Easter  
Apr 18 1Q 2023 estimated taxes due  
    File 2022 tax returns or extension  
    Last day to open an IRA for 2022  
    Last day to contribute to Coverdell, IRA, profit-sharing plans, or HSA for 2022

# Year-End Financial Planning Checklist

Presented by Greg Patterson and JA Canady

Fall is an ideal time to examine your financial health and update your financial plans. Here is a list of important things to review that might make a difference in your year-end review and plans for next year.

## Taxes

- Project income for 2022 and 2023
- Project 2022 net investment income
- Review tax plan in light of The Tax Cuts and Jobs Act
- Review realized and unrealized gains and losses
- Collect cost-basis information on sold securities
- Review sales of appreciated property like real estate
- Check loss carry-forwards from last year
- Review potential deductions and credits for 2022
- Track donations to charity
- Review any gifting plans

## Retirement

- Max out 401(k) contributions including catch-ups
- Max out IRA contributions including catch-ups
- Analyze Roth IRA conversion scenarios
- Take required minimum distributions
- Open a retirement plan if newly self-employed
- Check status of all retirement accounts
- Consider Social Security claiming options

## Investments

- Confirm investment goals and strategy
- Review asset allocation for rebalancing opportunities
- Review fundamentals of portfolio positions
- Revisit income and savings needs
- Re-examine asset location
- Review outstanding loans and mortgages
- Review dividend distributions
- Review employee stock options

## Insurance

- Review property and casualty policies
- Review costs of current insurance policies
- Review health insurance coverage
- Identify material changes in life, business, or financial circumstances that may require insurance adjustments

## Family

- Contribute to education accounts
- Review and fund trusts
- Make any cash gifts to family members
- Plan charitable contributions



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## Milestones

- 50: Now you can make catch-up contributions to IRAs and some qualified retirement plans
- 55: You can take distributions from 401(k) plans without penalty if retired
- 59 1/2: You can take distributions from IRAs without penalty
- 62 - 70: You can apply for Social Security benefits
- 65: You can apply for Medicare
- 72: You must begin taking RMDs from IRAs

## Health

- Review employer's health insurance plan
- Shop state health insurance exchange
- Review Health Savings Account contributions for 2022
- Spend any remaining balances in Flexible Spending Accounts
- Review Medicare enrollment options

## Changes

- Did you move?
- Did you sell a major asset like your home, business, or other real estate?
- Did you transfer any major financial assets?
- Did you refinance your house?
- Did you change jobs?
- Did you lose your job?
- Did you get married?
- Did you end a marriage?
- Did you add to the family through birth or adoption?
- Did you lose a loved one?
- Do you have a parent or other family member in need of assisted living?
- Is there a severe illness in the family?
- Did you receive a gift or inheritance?

# What Issues Should I Consider When Establishing My Charitable Giving Strategy?

Presented by Greg Patterson and JA Canady

## Have you identified what motivates you to give?

## Do you need to confirm that your giving is matched to your values?

## Do you need to establish a giving plan?

If so, consider creating a plan to help you decide rationally, make impactful gifts, and respond when solicited for support.

## Do you need to conduct due diligence on a charity?

Review the charity's mission, leadership, financial health, results, etc. and understand how your gift would be used (e.g., overhead, general fund, specific causes).

## Do you have highly appreciated securities held for more than one year?

If so, consider the following: Gifts in kind to a charity allow you to avoid recognition of capital gains while making a gift of the full FMV of the securities as of the date of the gift. The deduction for gifts of capital gain property is generally limited to 30% or 20% of your AGI, depending on the type of charitable beneficiary (e.g., public charity or private foundation, etc.) and the form of the gift.

**Do you have other non-cash assets that you would like to donate?** If so, be sure to understand the value and deductibility of such assets, as well as the substantiation requirements.

**Do you have a traditional IRA, and are you over age 70.5?** If so, consider making a Qualified Charitable Contribution (QCD) of up to \$100,000 (per tax year), which would be excluded from taxable income. If you are age 72 or over, a QCD can count toward satisfying your RMD. Not the "first dollars out" rule.

**Did/will you make charitable gifts this year?** If so, consider the following: Any cash gift must be substantiated by financial statements or written confirmation from the charity. Cash gifts of \$250 or more must be supported by a contemporaneous written acknowledgment (CWA) from the charity. Generally, noncash gifts of more than \$500 require a CWA and the filing of Form 8283. Noncash gifts of more than \$5,000 must also be supported by a qualified appraisal (unless an exception applies, e.g., for publicly traded securities, vehicles, etc.). For noncash gifts exceeding \$500,000, the qualified appraisal must be filed with your 1040.

**Did you receive anything of value in exchange for a charitable gift?** If so, you may take a deduction to the extent that your gift exceeds the FMV of the goods or services you received in return. A charity must provide to you a written disclosure if you make a quid pro quo gift of \$75 or more.

**Do you want to make completed gifts for income tax purposes this year, but delay/spread the distributions to charities over multiple years?** If so, consider the following: A donor advised fund (DAF) allows you to make a gift and take an immediate charitable deduction while delaying delivery of the funds to the charities of your choosing. You can use a DAF to "bunch" several years of gifts in one tax year, taking advantage of the itemized charitable deduction when your gifts might have otherwise been covered by the standard deduction. You can then spread the grants from your DAF over future years to smooth the impact to the charities.

**Do you need help determining the deductibility of your gift(s)?** If so, consider the following: Charitable gifts are itemized deductions (deductible to the extent that they exceed the standard deduction). For taxpayers who claim the standard deduction, you are allowed a deduction of \$300 (\$600 if MFJ) for cash contributions to certain qualifying charities in 2021. If your charitable gifts are less than 20% of your AGI, you can generally take a full deduction. Above this threshold, there are several deduction limitation categories, including 60%, 50%, and 30% of your AGI, which may apply depending upon the nature of the charitable gift and beneficiary. Excess deductions can be carried forward for five years.



Photo by Carolyn Temple, Coastal Image Photography



### **Noel Rupprecht**

As part of our commitment to providing you with the highest level of personal service, we are pleased to announce our newest team member, Noel Rupprecht! Noel joined our team in October as our Client Service Associate and will help provide support to you as it relates to delivering a quality client experience, including any account service or requests you may have.

Noel shares our work ethic, values, faith, and passion for helping others and will assist our office in providing exceptional service to you. We are excited that Noel has joined our team and are confident you will enjoy meeting her. Please stop by if you are in the neighborhood and welcome Noel to our team!

### **Commonwealth Receives J.D. Power Award**

We're thrilled to report that Commonwealth Financial Network®, the Registered Investment Adviser–broker/dealer we affiliate with to help manage your financial life, was ranked “#1 in Independent Advisor Satisfaction Among Financial Investment Firms, Nine Times in a Row” in the J.D. Power 2022 U.S. Financial Advisor Satisfaction Study. We're honored to partner with a firm that continues to receive such well-deserved recognition year after year!

Commonwealth received the highest score among independent advisors in the J.D. Power 2010, 2012, 2013, 2014, 2018-2022 U.S. Financial Advisor Satisfaction Studies of independent advisors' satisfaction among those who are affiliated with a broker-dealer but operate independently. Visit [jdpower.com/awards](http://jdpower.com/awards) for more details.



### **Market Update Webinars**

The increase in market volatility and constantly-changing economic landscape over the past few years set in motion a desire to keep our clients updated on market conditions, economic indicators, and our forward-thinking perspectives. We implemented recurrent market update webinars as a way to keep our clients up-to-date in a transparent, approachable, and accessible manner.

Our market update webinars can be viewed on our website under Events > Webinars. We encourage you to reach out about any topics discussed that you would like to explore in more depth and share these webinars with friends and family who you feel would benefit from these presentations.



# Thanksgiving Recipe Spotlight

## Caramel-Pecan-Pumpkin Bread Pudding

### Ingredients

#### Bread Pudding:

4 large eggs  
2 (15-oz.) cans pumpkin  
1 1/2 cups milk  
1 cup half-and-half  
1 cup granulated sugar  
1 teaspoon ground cinnamon  
1/2 teaspoon salt  
1/2 teaspoon ground nutmeg  
1/2 teaspoon vanilla extract  
1 (12-oz.) French bread loaf,  
cut into 1-inch pieces (about 10 cups)

#### Caramel-Pecan Sauce:

1 cup pecans, chopped  
1 cup firmly packed light brown sugar  
1/2 cup butter  
1 tablespoon light corn syrup  
1 teaspoon vanilla extract



Prep: 27 minutes

Total time: 9 hours & 22 minutes

Yield: Makes 11 servings

*You can prepare this recipe in individual  
ramekins or a 13x9 dish*

### Directions

- 1 Prepare Bread Puddings: Whisk together eggs and next 8 ingredients in a large bowl until well blended. Add bread pieces, stirring to thoroughly coat. Cover with plastic wrap, and chill 8 to 24 hours.
- 2 Preheat oven to 350°. Spoon bread mixture into 11 (6-oz.) lightly greased ramekins. (Ramekins will be completely full, and mixture will mound slightly.) Place on an aluminum foil-lined jelly-roll pan.
- 3 Bake at 350° for 50 minutes, shielding with foil after 30 minutes. If preparing in a 13x9 baking dish, cover with aluminum foil then bake, covered, at 350° for 35 minutes. Uncover and bake 15 minutes. Proceed with recipe as directed in Steps 4 through 6.
- 4 During last 15 minutes of baking, prepare Caramel-Pecan Sauce: Heat pecans in a medium skillet over medium-low heat, stirring often, 3 to 5 minutes or until lightly toasted and fragrant.
- 5 Cook brown sugar, butter, and corn syrup in a small saucepan over medium heat, stirring occasionally, 3 to 4 minutes or until sugar is dissolved. Remove from heat; stir in vanilla and pecans.
- 6 Remove bread pudding(s) from oven; drizzle with Caramel-Pecan Sauce. Bake 5 minutes or until sauce is thoroughly heated and begins to bubble.

# Greg Patterson

Managing Partner  
Financial Advisor

I hope you are all well and of good health as you read this update. Summer has seemed to fly by but has been enjoyable nonetheless. Melissa and I hosted an engagement party recently for both of our sons, Tyler and Austin, and their soon-to-be brides, Anna Lane and Madi. We are excited to see what God is doing in their lives and rejoice in their upcoming 2023 weddings. All of our kids and our two grandsons were able to join us at the farm for this get-together, and it was a special weekend. We enjoyed time spent catching up with everyone, sharing meals together, and even updating our family pictures.

Our grandson, Evan, turned one in August, and we had a great time celebrating his first birthday in Wendell, NC. I am so proud of our daughter, Caitlin, as she put together the best birthday party. It was a cruise theme with decorations and food as well as good fellowship with both sides of the family. Evan was shy and took a while to dig into his cake, but he was covered in it once he got over the stage fright.

Earlier in the summer, we were able to check off a bucket list item of mine by traveling to Gettysburg, PA. I have always wanted to see the Civil War battlefield and visit the town and learn more about and see what took place there. It was truly a moving experience in so many ways, and the grounds were preserved so well. The museum was first class, and we had the opportunity to do a guided tour the afternoon we arrived and come back the next day to retrace our footsteps with a self-guided tour. If you get the chance and have the interest, I encourage you to go and visit Gettysburg. You will be glad you did.



From there, we went to visit good friends of ours in New Bloomfield, PA, and then traveled to see clients in Georgetown, MA. Later that week, we ended up on Cape Cod for a work conference in Chatham, MA. This historic town has seen its share of folks on vacation, and it was no different when we were there. The highlight of this trip was kayaking in Pleasant Bay and riding bikes around the quaint coastal town of Chatham. We ate the best lobster and spent time feeding the seals in the Chatham Harbor. Their beaches are different in that there are so many rocks along the shore and no major shopping center developments within the town limits, just a small coastal town feel. We drove home via the George Washington bridge over the Hudson River in New York. That was not the best way to go as it was wall-to-wall traffic, and we have never been so glad to get back to eastern North Carolina.

It was great to see so many of our clients at our annual client event in late August. We are blessed by your friendship and look forward to seeing you again soon!



# JA Canady

Partner, CFO  
Financial Advisor

What a summer it has been in Canadyland! In May, we took our annual trip to Virginia to spend time with family as well as visit Great Wolf Lodge and Busch Gardens. June was filled with lacrosse tournaments for Reese, in Charlotte, Charleston, Chapel Hill, and Richmond. We were able to take him to see the Premier Lacrosse League (PLL) play in Charlotte for his 10th birthday. In July, we went to the River (Pamlico River) for July 4th and came down with COVID – we all managed to get through it fairly easily thankfully. July also included Bible School for the kids in Clayton with grandparents, swim lessons, and two more birthdays – Rosa turned 6 and “B” turned 3.

Things did not slow down in August either. At the beginning of the month, everyone piled in the van – all nine of us PLUS the puppies, Breaker and Jetty – for a road trip to a mid-week wedding in New Hampshire. We left at 4:00 on a Sunday afternoon and arrived to our destination in NH at 8:00 the next morning! Our girls were all flower girls in the wedding, which was beautiful. We then drove northeast to Maine for the Lobster Festival in Rockland. Elizabeth and I (and 5-month old baby Jac at the time) had been there three years ago for our 15th wedding anniversary. Since then, the kids had all said they wanted us to go back and take them, and the festival happened to be the same week as the NH wedding – so why not!?

More recently, we have started back with school and fall activities only to be interrupted with moving into a new house. This is not new construction but a renovated older home. We are in the same neighborhood, just in a bigger house around the corner to accommodate growing children and space needs for homeschool. We are focused on schedule, routine, discipline, consistency, and responsibility as Nellie, Rosa, and Eliza are officially joining Reese and Sadie with homeschool. Fall activities include lacrosse for Reese, gymnastics for Sadie, Seashore Soccer for all the girls, and Camp Albemarle Nature School for the five oldest.

As for the Canadyland pet update, last time I communicated the addition of two Goldendoodle puppies named Jetty and Breaker, a hamster named Lily, a snake named Jared, and a snail named Gary.



Lily is doing well, Gary got moved to the fish tank, and Jetty and Breaker have grown up and no longer look like puppies. They are good dogs – they have to be, as I told someone recently. As for Jared the snake, he escaped from his aquarium in the boys’ room after about six weeks. Somebody left the cover cracked when they put him back in after holding him – so it definitely wasn’t me! To this day, we have not found Jared. It’s been about four months now, so we think he somehow made his way outside – at least that’s what we are telling ourselves! And no, we are not moving because of the snake!

Each day is an adventure! A scripture verse that was one of the first I memorized growing up and that has stuck with me lately and provided encouragement is **Proverbs 3:5-6 – “Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.”**



Left to right - Reese (10), “B” (3), Jac (3), Sadie (8), Nellie (5), Eliza (5), Rosa (6)

# Tara Gould

Senior Paraplanner  
Relationship Manager

So much has happened since our last newsletter! I often get busy and forget, so it's nice to take a moment to sit still and reflect on the past few months. At the office, I have had the opportunity to meet with and assist many clients with financial planning, guidance, and account updates. I am very grateful for this opportunity and have truly enjoyed being able to meet many of you and assist with your financial questions and concerns. I spend time each week on financial planning continuing education to ensure I am up-to-date on changes in the industry that impact you as our client. Our August client appreciation event was one for the books! From initial planning to final execution, it was a blessing to see it all come together and to spend the evening enjoying good food, socializing, and sharing laughs. It was a very special and memorable night, and I am glad so many of you could attend!

On a personal note, at the end of the school year, our daughter, Avrie, participated in her school's drama play which she adored. She played two characters, and our families were able to drive up and see her perform. In June, we celebrated Avrie's 16th birthday with a trip to Tennessee to the Alcatraz and Titanic Museums. These were two places she specifically picked and wanted to see. We had a great time, but I think we are done with the touristy parts of Tennessee for the time being. I say that, but she is already talking about wanting going to Graceland after watching the new Elvis movie, so never say never!

I do love North Carolina in the summertime. The heat, the ocean, and the longer days are what my dreams are made of. My husband Adam has been deployed quite a bit this year and we miss him very much, but we make sure he stays involved with our aftermath stories of our adventures. My nieces came to visit, and we took them to the base pool, playground, and base theater. It was fun to watch their reactions and hear their comments on how there were so many rules everywhere we went on base! We are so used to it that we forget that's not the norm in most people's day-to-day lives. We recently visited my sister in Wilmington and got tour the historic downtown area which is idyllic with a spooky twist if you look into its history.

Although I will miss summer, the change of season leads me to pretend I'm in an episode of Gilmore Girls. Give me all the fall colors, cozy sweaters, and pumpkin-flavored treats! We are anxiously awaiting Adam's return to officially kick off the holiday season.



# Mackenzie Sherrard

Senior Client Service Associate  
Direct of First Impressions

Hello, everyone! I hope you and your family had a fun and healthy summer and are enjoying the first few weeks of fall! We spent most of our summer weekends either on the boat, at the beach, or hanging out with family and friends. It turns out when you live by the beach, people actually want to come visit! We enjoyed numerous weekends hosting family and friends and showing them around town, which was extremely nice but also a little tiring at times. We enjoyed a quick adventure over to Ocracoke, a few offshore fishing trips, and many breakfast dates at Grumpy's. It's hard to believe we have been here for over two years now! This has officially been our longest stop with the Marine Corps, and I could not be more thankful for that.

I was grateful to be able to take a few quick trips home to Kentucky this summer to spend some much needed quality time with family. I flew home for my nephew's second birthday back in August, and we recently visited home for an old friend's wedding in September and my mom's surprise birthday celebration in October. Michael spent a little time away for work over the summer, but I'm happy to have him home for the rest of the year! He was in Norway during the middle of winter and the desert of Arizona during the middle of summer, so I think he's pretty happy to be back to normal.

Aside from that, I'm still enjoying CrossFit and have been trying to get back into long-distance running. I quickly learned you need to be up either really early or really late to do any physical activity outdoors during the summer!



I'm not sure why, but I decided to spend an entire weekend in July weeding and mulching all of our front landscaping. I was in too deep when I realized it was a mistake, but thankfully my very kind neighbors came to my rescue! Hopefully some cooler weather will warrant a little more outdoor activity in the coming months.

It was so nice to see many of you at our Client Appreciation Event at the end of August! We loved being able to gather together again and share an evening of delicious food, laughter, and fellowship celebrating you as our cherished clients. We have been planning and preparing for a few more events coming up over the next several months, so be on the lookout for invitations heading your way! I hope you enjoy the approaching holidays with your loved ones, and I look forward to seeing you again soon!





# Commonwealth Founder's Conference

June 19 - 23, 2022

Greg and JA, along with their spouses Melissa and Elizabeth, traveled to Chatham, Massachusetts, in June. They were extended an invitation for this trip by Commonwealth Financial Network based on the continued growth and success of Atlantic Wealth Management. In addition to receiving an update from Commonwealth's Chief Investment Officer (CIO) Brad McMillan regarding the market and economy, Greg and JA also heard from industry financial partners who shared best practices for managing an advisory and planning firm, serving clients, and advising through times of market volatility.

Commonwealth also communicated several of the ways the firm is striving for continued excellence and progress in serving advisors, ultimately so that advisors can best perform their primary job of serving clients. In between meetings, there was time for networking and learning from other successful advisors across the county.

There was also some time for a bit of fun and recreation. Melissa and Greg were able to go kayaking and bike riding. JA and Elizabeth went fishing and whale watching and competed against each other in an art class to see who could paint the best painting. It was a close contest, but per a vote from all their kids, Elizabeth won.



*Thank you for attending our*

## **Client Appreciation Event**

Thank you to all who attended our recent Client Appreciation Event in August! We had a wonderful time spending the evening celebrating with you.

We enjoyed a delicious dinner catered by Phyllis Manning and her team at Class Act Catering as well as an entertaining performance by comedian Larry Weaver! We are grateful for our corporate sponsors for their generous help supporting the event and thankful for our other local vendors who helped make the evening a success.

The focus of this event was on thanking and honoring our clients for your friendship and loyalty over the years. Our clients are not a bottom line or number but are instead like family to us. It is such a privilege to learn great lessons from you and share in the highs and lows of your life.

We are grateful for the opportunity to help provide you with peace of mind about your financial lives and are honored to serve as your trusted financial advisors.



## Veterans' Day Brunch

The Carteret County Veterans' Day celebration will be held on Saturday, November 5, starting at 11:00 a.m. We invite you and a guest to join us at the office for coffee and breakfast beginning at 10:00 a.m. before the event begins.

## Thanksgiving Pies

Keep an eye out for upcoming communication on reserving your homemade Thanksgiving pie! Stop by the office on your designated pickup date to enjoy a hot cup of apple cider and take home your delicious homemade pie to share with family and friends!

## Upcoming Office Closures

Our office will be closed for the following federal holidays:

Thursday, November 24 and  
Friday, November 25 for Thanksgiving  
Friday, December 23, Monday, December 26,  
and Tuesday, December 27 for Christmas

Aside from these hours, Atlantic Wealth Management is open during normal business hours 8:30 a.m. to 5:00 p.m. on Mondays through Fridays except from Memorial Day to Labor Day when we close at 4:00 p.m. on Fridays. We encourage you to contact us any time you need assistance. As always, our team strives to provide the highest level of personal service as quickly as possible.

We are honored to be the advisors you've chosen to help manage your financial life. In our experience, our clients who value the comprehensive services we offer often have a family members or friend who shares those values.

If someone you know could benefit from financial guidance, or a fresh perspective on their retirement, we would be honored to help. We are pleased to offer anyone you refer a no-obligation, complimentary financial review. Your continued trust in us is worth more than we can say. To refer someone, just call our office at (252) 515-7800.



**Atlantic**  
Wealth Management

**THE FREEDOM TO LIVE INSPIRED**

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