My Atlantic Wealth

The Freedom to Live Inspired

The Atlantic Wealth Management Semi-Annual Client Newsletter

SPRING 2023 EDITION

The Atlantic Wealth Management
Semi-Annual Client Newsletter

Photos by Grace Bell, Grace Bell Photography

Welcome

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

Before we get started, we wanted to share a little background on our firm! We are an independent, full-service investment management firm focused intently on the growth and protection of our clients' hard-earned wealth through our established process.

Our value is built on our experience and knowledge of financial and estate planning, investments, and financial markets. We work with our clients to understand what is most important to them, create a comprehensive plan, implement that plan, and provide ongoing advice and counsel. We value lifelong relationships while providing the highest level of personal service and intimacy one would expect from a boutique financial services firm. By first understanding what is truly most important to each of our clients and their families, we can then develop a plan designed to last for generations.

Our advice and counsel is built on a foundation of Christian faith, shared values, open communication, and the highest integrity. We strive to help our clients lead more fulfilling lives and take action on the things that are most important to them.

We are excited to share with you about recent updates at the office, in our personal lives, and in the financial markets. In the pages ahead, 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!

Contents

Tax Season Survival

During tax season, we like to take a moment to extend our gratitude to our local CPAs. We appreciate everything they do and hope their busy days are a little sweeter after a delivery of tax season survival supplies!

Including homemade baked goods and Friendly Market treats!

a note *from* Greg Patterson

The most anticipated recession....ever....

All of us here at Atlantic Wealth Management hope you are enjoying your spring! It is always a reminder to us of new beginnings and renewal, of rebirth and rejuvenation. As it is with our seasons, so it is with our markets and economy here and globally. We would say this has been the most anticipated recession of the modern era. The consensus of most economists is that we should expect a slowing economy and some sort of economic landing. I believe all the following words have been used – soft, hard, crash, mild, and even "no" landing. Over two decades in this work has led me to conclude that no one can predict exactly what will happen as there are too many variables.

Rather, like the changing of seasons, we can know that there are business and economic cycles that take us from expansion to peak and from contraction to trough. These cycles have been seen throughout history and continue to replicate themselves. Sometimes we even hear the famous "this time is different" quote, and yes, there are differences to the specifics of our situation, but the trends remain.

Two main headwinds: Rising rates and inflation

Rising interest rates from the Federal Reserve (the Fed) are intended to slow down the persistent inflation, and it is working. Recent inflation numbers from the Consumer Price Index (CPI) for the year ending in February measured 6 percent, down from 6.4 percent in January. This was the eighth consecutive month that the annual rate has declined and marks the lowest annual level since June's reading last year. The Fed remains focused on a 2 percent target, which would indicate they would continue to increase interest rates from where we are today. The consensus among leading economists is that the Fed would raise rates once more this year, which is down from the prior outlook of three rate increases before the recent failure of Silicon Valley Bank changed outlooks and opinions.

What we do know....

Our advice remains consistent – focus on the things we can control. There has always been negative news headlines, and recent research suggests that 95 percent of all headlines today are either negative or written to get you to click on them because that is what pays the bills. If you went back in time and looked at major news stories about the market, you would see the pattern is not new. Meanwhile, markets tend to rise over time.

Photo by Carolyn Temple, Coastal Image Photography

The sleeping giant today is rising prices, and the antidote to rising prices over time has been owning good quality stocks in a diversified portfolio. The innovation that we see taking place will spur growth and earnings, which drive stock prices over a full market cycle.

As stated in our March 13th letter to you regarding the Silicon Valley Bank failure, we are experiencing a time of uncertainty in the markets. Such times are rarely fun, but they're not unexpected. The good news is that our team continues to have confidence in both our long-term strategy and the road you are taking toward your financial goals. We will continue to monitor the markets carefully and keep you updated on what's going on.

It continues to be an honor to serve as your trusted advisor, and we remain grateful for that opportunity. Our focus is on the prudent management of your assets and, as always, we are here daily and on standby to help you or anyone you know with financial issues. We are thankful for the continued trust and confidence you place in us. Enjoy these days and make the most of them.

"Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain."
- 1 Corinthians 15:58

Sincerely,

Greg

Our six firm values - integrity, excellence, consistency, humility, generosity, and progress - form the foundation of our personal and professional service standards. One of those core values, excellence, is an intriguing word in both its desirability and its ambiguity.

Excellence requires other traits to define it, traits like punctuality, superiority, and professionalism. Excellence is what makes one service or product better than another, but the standard is defined differently by almost every service or product available. Most definitions are fluid, based on attaining goals which fluctuate or against benchmarks that are forever changing. Excellence can be defined as "best in class," but if the class deteriorates, then being "best in class" (or excellent) is inferior to what it was before.

Photo by Carolyn Temple, Coastal Image Photography

So how do we set a standard of excellence? How can we achieve what is difficult to define? We look to scripture which identifies God as our unchanging, stable benchmark. Malachi 3:6 says, "I the Lord do not change."

Hebrews 13:8 says, "Jesus Christ the same yesterday, today and forever more."

His standard is perfection, and while we cannot reach His standard this side of heaven, we can follow Jesus' example while he was on earth. His guidelines are two-fold: first, love the Lord your God with all your heart, with all your soul, with all your mind and with all your strength and second, love your neighbor as yourself.

Colossians 3:23 puts excellence in practical terms: "Whatever you do, work at it with all your heart, as working for the Lord, not for human masters."

At Atlantic Wealth, we strive to provide the highest level of personal service to each of our clients and their families, knowing that when we set our standards high and strive for excellence, we are not only working to honor and bring glory to God but also helping our clients to live more fulfilling lives. Our pursuit of excellence, then, is three-fold: first, we look to God as our constant and unwavering standard of excellence; second, we use His example and work hard with the focus and intention of honoring the Lord; and third, we trust God to use our talents and services to help our clients pursue excellence in their personal and financial lives.

"In my life as an architect, I found that the single thing which inhibits young professionals, new students most severely, is their acceptance of standards that are too low." – Christopher Alexander

"We chose Atlantic Wealth Management after speaking to several financial advisors in the Morehead City area, and to date, we are certain that we made the correct choice. The process that they took us through in order to assess our financial situation and then establish a financial plan was executed both thoroughly and professionally. Greg and his associates are extremely accommodating and possess all of the personal values that are important to us."

- Jamie G.

The statement was provided on February 28, 2023 by Jamie G who is a client. This statement may not be representative of the experience of others and is not a guarantee of future performance or success. For additional reviews, search us wherever local businesses are reviewed.

"Over the past 25 years, we have had two previous financial firms managing our portfolio. Neither came close to the expertise we are experiencing with Atlantic Wealth Management. Their knowledge and genuine care about their clients is beyond expectations. Without question, we would recommend them to all of our family and friends."

- Jesse D.

The statement was provided on March 6, 2023 by Jesse D who is a client. This statement may not be representative of the experience of others and is not a guarantee of future performance or success. For additional reviews, search us wherever local businesses are reviewed.

On December 29, 2022, President Biden signed into law the Consolidated Appropriations Act, 2023, an omnibus spending bill that includes the SECURE 2.0 measure (a.k.a. the Securing a Strong Retirement Act 2.0). Broadly, SECURE 2.0 is intended to make retirement saving more straightforward and accessible to a wider range of people. As such, it encompasses many aspects of financial planning and retirement saving.

With time, as the new law is interpreted and applied, nuances will become clearer. Until then, individuals will have to interpret the law's effects based on its language and any guidance the IRS issues.

SECURE 2.0 includes a host of provisions affecting the rules for qualified retirement plans (401(k), 403(b), etc.) and their administration. This article, however, addresses only key provisions pertaining to individual retirement savers (or accounts) and rules applicable to individuals rather than plan sponsors and administrators. The bill is quite broad (more than 4,000 pages), so we intend this article to be a high-level summary addressing the items most likely to affect individuals.

Key Provisions of SECURE 2.0 Relating to Individuals
SECURE 2.0 includes many provisions outside the scope of this summary that could be deemed relevant for certain individuals, however, so it's important to confer with a tax professional before executing any strategy based on this new legislation. Note as well that the bill has a wide range of effective dates for the various provisions.

- Delays the age of RMDs from age 72 to 73, with an eventual increase to age 75 by 2033 (Individuals who turned 72 in 2022 should not be affected by this new rule, and the imposition of the new RMD age does not seem to afford the individual the option of delaying their first RMD beyond April 1, 2023.)
- Allows employers to provide matching contributions to an employer sponsored retirement plan equal to an employee's qualified student loan payments
- Authorizes taxpayers to create SIMPLE Roth IRAs and SEP Roth IRAs
- Permits qualified charitable distributions (QCDs) from an IRA to be made to a split-interest entity (such as a charitable remainder trust or charitable gift annuity) up to a lifetime limit of $50,000

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myatlanticwealth.com/webinars

- Indexes IRA catch-up contributions for inflation year-over-year
- Eliminates RMDs for Roth accounts in employer sponsored plans
- Indexes QCDs (currently limited to $100,000 per individual) for inflation year-over-year
- Permits unused funds remaining in 529 college savings plans to be rolled into Roth IRAs (subject to restrictions, including a lifetime rollover limit of $35,000 and a 15-year minimum on account age)
- Introduces new post-death beneficiary withdrawal options for surviving spouses of retirement plan owners by permitting the surviving spouse to elect to be treated as if they were the deceased spouse
- Adds numerous exceptions to the 10 percent penalty for early withdrawal from a retirement account (exceptions include withdrawals for domestic violence victims and for qualified long-term-care expenses), with each carrying varying limits on withdrawal timing and amount
- Eases limitations on the use of a qualified longevity annuity contract (QLAC) by removing the 25 percent account balance rule and increasing the maximum contribution amount to $200,000
- Makes 529 ABLE accounts accessible to more blind and disabled individuals by raising the age from which disability must be present from 26 years old to 46 years old

Many of the provisions that make up SECURE 2.0 are designed to allow individuals more time for tax-deferred saving and savings growth before requiring distributions and to incentivize and promote retirement saving.

As your life changes, so do your financial needs. Although retirement looks different for everyone, it is important to keep track of of common concerns and considerations present at different life stages.

what to consider

EARLY CAREER
Building Good Habits

- Establishing credit
- Investment time horizon
- Risk tolerance assessment
- First job(s)/workplace benefits
- Mortgage analysis/first home(s)
- Estate planning recommendations
- Student loan analysis/pay-down strategies
- Marriage
- Tax planning
- Develop savings habits
- Disability income insurance
- Build emergency safety net
- Increasing investment knowledge
- Understanding retirement accounts

MID-CAREER
Strategic Planning

- Appropriate insurance coverage
- Maximizing employer benefits
- Diversify retirement accounts
- Estate planning/estate objectives
- Budgeting and cash flow analysis
- Family planning
- Education savings
- Accelerate savings
- Discuss parental care
- Income tax ramifications

PRE-RETIREMENT
Building Financial Flexibility

- Charitable planning
- Children's marriages
- Revisit portfolio allocation
- Revisit retirement financial plan
- Establish initial retirement "paycheck"
- Gifting strategies to the next generation
- Assess Social Security claiming options
- Tax impacts of retirement distributions
- Elder planning
- Business succession
- Reassess estate plan
- Revisit insurance needs
- Review pension decisions
- Pay down remaining debt
- Discuss Long-Term Care options

EARLY STAGE RETIREMENT
Rewards and Planning

- Review beneficiary designations
- Transition to decumulation of assets
- Evaluate retirement account rollover
- Review Medicare enrollment options
- Revisit Social Security claiming options
- Required Minimum Distributions (RMDs)
- Review charitable and family giving plans
- Discuss management of wealth transfer
- Review estate plan
- Post-career identity
- Long-Term-Care planning
- Consider Roth conversions
- Reassess health care costs
- Consider tax bracket changes
- Re-evaluate portfolio allocation
- Health care cost considerations

LATE STAGE RETIREMENT
Establishing Legacy

- Finalize legacy plan
- Wealth transfer planning
- Discuss end-of-life plan with family
- Finalize charitable and family giving plans
- Review and update estate planning documents

Kingdom Advisors Conference

Orlando, Florida, February 2023

Greg and JA had the privilege to attend the annual Kingdom Advisors conference in Orlando, Florida back in February. They were able to meet other advisors across the country who are Christ followers, worship together, share best practices, and be encouraged and taught through speakers and breakout sessions.

They received current economic and market update forecasts from Bob Doll, a leading economist and chief investment officer of Crossmark Global investments, as well as Brian Wesbury, Chief Economist for First Trust.

They also had the opportunity to hear from industry thought leader Michael Kitces, pastor and author Louie Giglio, author and corporate engagement activist Jerry Bowyer, and countless others. They had an evening of worship with Shane & Shane and discussion with movie director Jon Erwin about the newly released *Jesus Revolution* movie.

We are grateful for Ron Blue, co-founder of the CKA® organization, and Rob West, current CEO of Kingdom Advisors, for helping grow it to what it is today. We praise God for an amazing few days of the Holy Spirit moving!

Commonwealth Business Conferences

Tucson, Arizona, and Orlando, Florida, March 2023

In March, Greg and JA were extended invitations to the Commonwealth Vista Club and Business Experience conferences based on the continued growth and success of Atlantic Wealth Management.

JA and his wife Elizabeth traveled to Orlando, Florida, for the Vista Club conference. In addition to the opportunity to receive a market and economic update from Peter Essele, head of Commonwealth's Investment Management and Research, JA also learned how Commonwealth is continuing to grow and develop all areas of the company in order to continue to resource advisors so that clients can be served with excellence.

After the work, there was some time for a bit of fun and recreation. Commonwealth provided a day at the Disney parks, so JA and Elizabeth were able to do something they thought they'd never do - Disney without kids! They were each given a button that said, "I'm celebrating our 1st time without children!"

JA and Elizabeth also enjoyed kayaking and learning about the Florida wildlife with a small group and a river guide.

Greg and his wife Melissa traveled to Tucson, Arizona, for the Business Experience conference and were able to hear from industry experts including Liz Flint with MFS Investment Management and Karen McColl with Commonwealth Financial Network. Both Greg and JA had opportunities to network and learn best practices from other advisors.

Local events

4/15 Olde Beaufort Farmers' Market Opening Day

9:00 a.m. - 1:00 p.m. EST
Carteret County Historic Court House, Beaufort, NC 28516
OldeBeaufortFarmersMarket.org

4/21 Atlantic Wealth's Annual Shred Event

10:00 a.m. - 12:00 p.m. EST
First Baptist Church parking lot
Corner of Bridges Street and N 8th Street

Clean out your filing cabinet and bring your old statements and documents for secure, on-site shredding and enjoy complementary Chick-Fil-A biscuits and sandwiches while you wait! We love providing this service to help protect our local community from identity theft and fraud.

4/22 Carteret County Wide Clean Up Day

9:00 a.m. - 12:00 p.m. EST *Happy Earth Day!*
Morehead City Train Depot, MHC, NC

4/27 Atlantic Wealth Webinar

4:00 p.m. EST
Market Update and Tax Season FAQs

5/13 Atlantic Beach International Food Festival

12:00 a.m. - 8:00 p.m. EST
The Circle, Atlantic Beach, NC

5/14 Mother's Day

Grab some flowers for Mom at Sandy's Flower Shoppe!
SandysFlowerShoppe.com

5/19 5/20 34th Annual Beaufort Music Festival

Gallants Channel, Beaufort, NC
BeaufortMusicFestival.com

5/20 Atlantic Beach Music Festival

11:00 a.m. - 6:00 p.m. EST
The Circle, Atlantic Beach, NC

5/22 Atlantic Wealth Webinar

4:00 p.m. EST
Market Update and Estate Planning

5/26 Morehead City Marlins Home Opener

7:00 p.m. EST *Let's go Marlins!*
Big Rock Stadium, Morehead City, NC

5/29 Memorial Day

Markets closed

Kayak for the Warriors Kayak and SUP Event **6/3**
10:00 a.m. - 2:00 p.m.
Garner Park, Pine Knoll Shores, NC
k4tw.org

Big Rock Blue Marlin Tournament **6/9 6/19**
Weigh-ins at the Morehead City Waterfront
TheBigRock.com

Swansboro Arts by the Sea Festival **6/10**
9:00 a.m. - 5:00 p.m. EST
Downtown Swansboro, NC
SwansboroFestivals.com

Juneteenth & Father's Day **6/19**
Markets closed

Alive at Five Kickoff with Bounce Party Band **6/23**
5:00 - 8:00 p.m.
Jaycee Park, Morehead City, NC
DowntownMoreheadCity.com

Atlantic Wealth Webinar **6/26**
4:00 p.m. EST
Market Update and Inheritance FAQs

Atlantic Wealth's CPA Workshop **6/28**
11:00 a.m. - 1:00 p.m.
Atlantic Wealth, Morehead City, NC

Independence Day **7/4**
Markets closed

Atlantic Wealth Webinar **7/24**
4:00 p.m. EST
Market Update and Education Planning

Atlantic Wealth's Annual Client Appreciation Event **8/24**
6:00 - 8:30 p.m.
Crystal Coast Civic Center, Morehead City, NC

We are already planning and looking forward to one of our most anticipated client events of the year! Mark your calendars for an unforgettable night of delicious food, warm fellowship, and Blazin' Keys Entertainment!

GREG PATTERSON, CKA®

Managing Partner
Financial Advisor

We have a lot to be thankful for in the Patterson household! Most recently, we have been involved with our son Tyler's wedding plans. This event is coming up soon, and the rehearsal dinner is on our minds. The wedding is the first weekend in May, and we are so excited for him and his bride to be, Anna Lane Mayo from Washington, NC. There have been celebrations and get-togethers and a chance for us to meet her family and their family friends who are close to them. The common theme is that these families have known each other most of their lives, and their kids have grown up together. Deep relationships like these are encouraging to us and affirm that Tyler and Anna Lane have a strong support group surrounding them. It also highlights that the things in life that matter are not things at all but relationships. We are grateful to see God at work through their upcoming marriage.

Melissa and I have also had the opportunity to help launch a new church in Havelock called Journey Church. This has been an involvement over the last year and included renovations to the old Winstead's restaurant building just as you come into Havelock.

We both leaned in on the construction over many weekends and weeknights by tearing out walls, putting up drywall, painting, laying flooring, and just about anything else that goes along with a complete remodel. The church received its permit for occupancy and had its first service on my birthday, February 19th. We are excited to see what the Lord is doing in this community of faith with a focus on serving service members and their families as well as young people.

And of course, there are my grandsons Parker and Evan! Our daughters, Caitlin and Alli, are proud moms to the best little guys on the planet! We were able to have the family together over Christmas and had a great time as both boys are walking now. This newfound mobility has led us to the realization that our house is not "child-proof," and no matter how many toys we show up with, they are going for the pots and pans and Tupperware. I still can't find the TV remote – the last I saw it, one of those guys was running around with it in his little hand. Both Parker and Evan are learning so much, and this past weekend, on a visit to see us, Parker demonstrated he can blow a kiss, give high fives, say "uh-oh," and make car sounds. He also loves petting Nugget, the donkey. Evan has recently been to an indoor gymnastics center and bounced on a trampoline, and his mom has been "training" him on finding Easter eggs around their home. You know – making sure he knows what to do when the day comes. We love these guys and their adventures!

I continue to be thankful for our team here at Atlantic Wealth and the care and skill they bring to work each day. JA and I are blessed to have Mackenzie, Tara, and Noel as colleagues to support us as we manage the growth we have experienced over the years. Each of them brings their "A" game to work and are eager to serve, learn, and grow. We look forward to each day and know that the best is yet to come!

JA CANADY, CPA, CKA®, CFP®

Partner, CFO
Financial Planner/Advisor

Over the last six months, a lot has happened with the Canady family! We had an exciting and busy end to 2022. I spent a lot of time getting the house we moved out of ready to rent, as there was a December 31st deadline. The kids had a good Christmas, and we were in South Carolina for a cousin's wedding on New Year's Eve. In January, Elizabeth and I were able to get away for our annual planning weekend, and we made some changes with homeschool. Reese and Sadie are now enrolled in Liberty University Online. This has been an adjustment but a welcomed change. It has added more structure that will be helpful as they get older. We've also been involved in Crystal Coast Family Matters, the local foster/adoption support group Elizabeth helps lead, and we are still in the foster/adoption process with B. Sadie has had a great gymnastics competition season, and Eliza decided she would like to get back involved in gymnastics as well. Reese, Sadie, and Eliza are all playing spring soccer. I've been helping coach both Reese and Sadie's soccer teams. That equates to a whole lot of soccer each week, but I am thankful to be involved with them in that way, and I enjoy the game of soccer. Rosa and Nellie are having fun at nature school at Camp Albemarle two afternoons a week, and Jac and B like to play outside and do whatever else their older brothers and sisters are doing.

As the weather has gotten warmer, they recently set up all their hammocks in the backyard. The kids love going to church, and Reese is still playing drums and singing harmony with me as I lead worship on Saturday nights and Sunday mornings at Life Church. Recently, we spent a long weekend with both sets of grandparents in Myrtle Beach. Sadie had a gymnastics competition, so we took the opportunity to enjoy some time together as a family. On a whim, I decided to sign up for the Myrtle Beach Half Marathon; I completed it but definitely recommend training beforehand! When it comes to Elizabeth and me and the kids, every day is filled with challenges, but Elizabeth gets the MVP award for all that she does with the kids and for putting up with me, too.

As for the usual pet update, Breaker and Jetty, our two Goldendoodles, are doing well. Our fish survived a scare when one of the kids turned off the water filters and dumped almost a whole container of food into the tank. We seem, however, to be going the wrong way in terms of numbers of living things we are responsible for. My last update did not include the addition of four hamsters, in addition to Lily. Yes, that totaled five hamsters for a little bit! Lily passed away, but not before we learned that Lily was actually a boy. I had gotten Elizabeth to commit to finding the other four hamsters a new home, and I was encouraged when I returned home from a trip in February to learn that she had found new homes for two of them. The kids were excited to share with me, though, that while they had to say goodbye to two hamsters, we had gained three rabbits while I was gone. By my math, that is a net gain of one pet. Oh yeah, and that was in addition to Daisy, our first pet rabbit that I forgot to mention yet. If anyone is interested in a hamster or rabbit, please let me know!

There is never a dull moment in Canadyland! In the midst of all that is going on with work, family, kids' extracurricular activities, church, etc., I am striving to live out 1 Corinthians 10:31 –

"So, whether you eat or drink, or whatever you do, do all to the glory of God."

Reese (10), Sadie (9), Nellie (6), Eliza (6), Rosa (6), Jac (4), "B" (3)

TARA GOULD, CFP®, ChFC®, AFC®

Senior Paraplanner
Relationship Manager

Greetings! I am glad to have the opportunity to write to you all. Since the last edition of our magazine, I am happy to report that my husband Adam returned home from deployment just in time for the holiday season. We spent Thanksgiving with Adam's family in Jacksonville and had a great time being all together again. My husband and daughter consider Thanksgiving to be their favorite holiday, and since I tend to tweak recipes to substitute in healthier ingredients, they were happy to spend the holiday enjoying food with a little more flavor. One of my favorite parts about holiday dinners is when everyone brings "their" dish – you know the one you are famous for. I enjoy eating others' perfected dishes, and although I don't have one of those dishes to my name, you can always count on me to bring the salad.

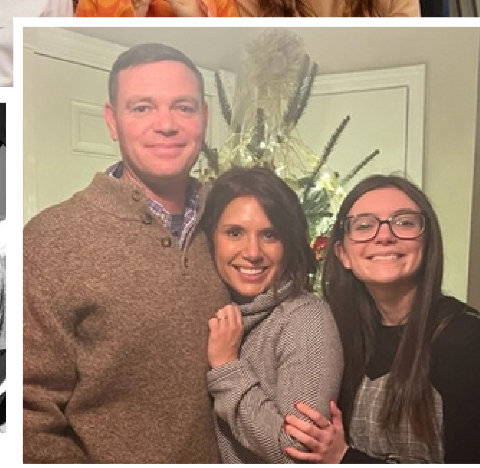
In early December, my younger sister Taylin graduated from UNCW with a Bachelor's of Science in Nursing and started working soon after as a Critical Care Nurse. We had fun celebrating her accomplishments with a night out in Downtown Wilmington. A few weeks later, we enjoyed attending the annual Marine Corps Ball. It was later than usual this year but worked well into our schedule. We decided to invite my middle sister, Tori, and her husband, Matt, who had never experienced a USMC ball. We all got dressed up and had an amazing night. I think sometimes we can lose out on the excitement of something when it's in our lives every day, but being able to see someone experience the tradition and history of the USMC ball for the first time was so exciting in itself.

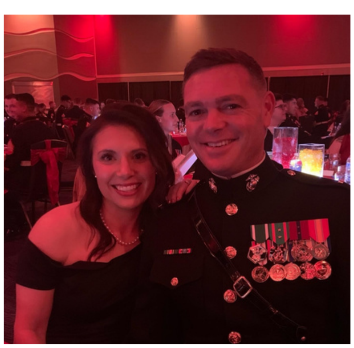
For Christmas, we decided to head out of town for a little family getaway. Adam and I had time off work and Avrie was on break, so we flew down to Florida on Christmas Day. I had imagined that there would not be many other people in the airport since everyone else would be spending Christmas Day with their families, but I was very wrong!

Everyone must have had the same idea as us because the airports were packed! We had a great flight down and were excited to bask in the sunshine and warmer weather. It turns out Florida experienced its coldest Christmas in a very long time, so we stayed bundled up but enjoyed ourselves all the same.

We love traveling and learning about local history, so we visited downtown St. Augustine. During the holidays, the entire downtown area is covered in lights—"The Festival of Lights" they called it—and it was so beautiful. A must see!

As the new year rolled in, we spent a quiet night at home. While I don't make new year's resolutions, I do like to reflect and make plans for the year ahead. It may not surprise you that most are financial, but I also like to make spiritual goals—things like reading through the entire Bible, setting aside prayer and quiet time in the word in the mornings, offering hospitality, and making giving plans. As the first quarter of 2023 comes to a close, I am excited to see what opportunities lie ahead and can't contain my excitement for all the possibilities this year holds!





MACKENZIE SHERRARD

Senior Client Service Associate
Operations/Marketing Manager

Hello, everyone! I hope you and your family had a great holiday season and are enjoying the first few weeks of spring! We enjoyed a nice local Thanksgiving here in Morehead City with some family that made the long drive from Kentucky to visit. Michael didn't burn the turkey and I didn't completely ruin the sides, so we considered that a success! We traveled home to Kentucky for Christmas and, after a bout with airline trouble, rental cars, and icy roads, finally made it home to spend some much needed quality time with family and friends. The holidays look a little different now that our siblings are having children - many more dinosaurs, naps, and hide and seek. We love any minute we can spend with our young nephews, and we are so excited to be welcoming our first niece to the family this summer!

Other than visiting family, we enjoyed participating in some local holiday events this season like Downtown Morehead City's Chowder & Cheer and the New Year's Day Atlantic Beach Penguin Plunge. We had a lot of fun hosting friends for the playoffs and cheering on Joe Burrow and the 'gals. We were hopeful the Cincinnati Bengals would pull through and make it all the way to the Super Bowl! We've been having fun playing pickle ball at the Sports Center and making some new friends in the process. I was even able to meet my mom and sisters in Asheville for a weekend to do some shopping and sight seeing. I'm becoming a true North Carolinian day by day!

It's hard to believe we're on year number three here on the Crystal Coast! We've made some amazing friends that really make it feel like home. The nature of the military, however, is having to say goodbye when it's their time to leave for another duty station. What a blessing it is to have friendships that make saying goodbye so hard!

We are looking forward to the warmer weather and all that comes with this time of year! Michael finally caught his long-desired wahoo this spring (pictured below) and can't stop talking about the approaching mahi season. Aside from fishing, we're ready for weekends on the boat, warm days on the beach, and afternoons supporting our Morehead City Marlins baseball team. Michael will be spending some time training in Florida, Wisconsin, and Arizona this year and gearing up for a potential deployment next spring. I am so thankful for a work family that loves and supports me when he's gone!

If you've been to the office recently for a review meeting, I promise I'm still here! Noel has taken over as our Director of First Impressions, but I am close by upstairs and would love to pop down and say hello. I hope you have a wonderful spring and summer, and I am looking forward to seeing you soon!

NOEL RUPPRECHT

Client Service Associate
Direct of First Impressions

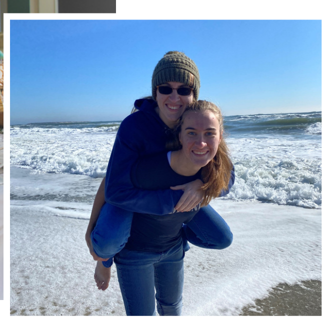
I am so pleased to join the Atlantic Wealth team! Greg, JA, Mackenzie and Tara are wonderful and are helping me to learn so much. They are truly dedicated to serving you with integrity, professionalism, and genuine concern. I am blessed to be a part of it all.

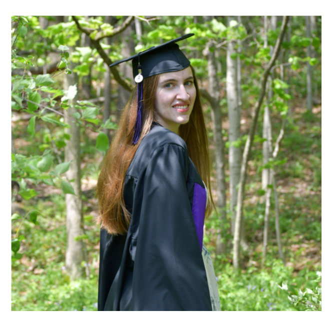
So now I get to introduce myself to all of you. My husband, Paul, and I met in the Chicago area where our fathers worked together for a mission organization. Paul had just been honorably discharged from active duty in the Army. I had just graduated college. We moved from the Chicago area to Northern New York, along the St. Lawrence Seaway when Paul joined U.S. Customs. We lived there 10 years before moving to Saipan, one of the Marianas Islands in the South Pacific. The past 9 years we have lived in Sault Ste. Marie, MI. Each place we have lived has its own beauty. Coming to North Carolina has brought us back near the ocean, the Atlantic this time. We are slowly acclimating to the warmer temperatures, and the local seafood is fabulous!

Paul and I have two daughters, Brittany and Rebekah. Brittany graduated from Taylor University this past May with a degree in Orphans and Vulnerable Children. She is living with us and working at the Marmalade Bakery in Beaufort while she is applying to jobs in her field. Rebekah graduated from Liberty University in December with a degree in Interdisciplinary Studies, focusing on Crisis Counseling and Youth Ministries. She spent much of her time at Liberty playing Ultimate Frisbee. When we moved to North Carolina, we were able to see a few of her tournaments in person. Rebekah is working at a camp in Wisconsin. We pray for God's guidance in their careers and where He wants to use them.

I come to Atlantic Wealth with a varied professional background. After college, I worked for HOLT Value Associates in Chicago, another financial consulting firm. My positions there included human resources, documentation coordinator, and writing the online help and software manuals for our custom-designed software. While our girls were growing up, I worked as a freelance web designer, a preschool teacher, cleaning houses, and baking cheesecakes for a local coffee shop – essentially anything that allowed me to be home with the girls when they needed me. In Michigan, I worked as Executive Director for the local pregnancy center. My favorite part of each position was my interaction with people from all walks of life and from different backgrounds. I can't wait to hear your story!

My favorite activities are baking and athletics, especially football, golf, and volleyball. The beach is my happy place. There is just something calming about the majesty and perpetuity of the waves. What a mighty God could create that and still care so deeply for "little 'ole" me that He put me here to enjoy it. This year, my focus for serving you is twofold: first, to meet each of you and get to know you individually; second, to begin studying for the securities registrations to take the SIE, Series 7, and Series 66 exams. Please pray for me as I study and learn.





hear from our clients

As a former licensed securities advisor, I like the firm's approach to asset management. First and foremost, JA listens very well to our needs. He takes into consideration of our entire portfolio. He makes sure to ask great questions. He will act if he thinks it's in our best interests. I would highly recommend JA and the team at Atlantic Wealth.

- Dave M.

The statement was provided on February 27, 2023 by Dave M who is a client. This statement may not be representative of the experience of others and is not a guarantee of future performance or success. For additional reviews, search us wherever local businesses are reviewed.

Starting our financial journey over a year ago with Atlantic Wealth has made a tremendous impact on our family. We have decreased our debt substantially and have increased cash flow to enable us to do other things for our family. Both JA and Tara approach our family goals with us and are great at strategy, and even though "life happens," we adjust. We highly recommend this firm! Thank you for the impact, communication, and dedication you give to your clients!

Erika S.

The statement was provided on March 4, 2023 by Erika S who is a client. This statement may not be representative of the experience of others and is not a guarantee of future performance or success. For additional reviews, search us wherever local businesses are reviewed.

I began working with Greg Patterson when he was with Wells Fargo. When he and James Canady formed Atlantic Wealth Management, there was no hesitation on my part to have them manage my portfolio. Their dedication and integrity is outstanding. I plan to continue our relationship into the future and highly recommend Atlantic Wealth Management.

- Chris M.

The statement was provided on February 26, 2023 by Chris M who is a client. This statement may not be representative of the experience of others and is not a guarantee of future performance or success. For additional reviews, search us wherever local businesses are reviewed.

Since switching accounts to Atlantic Wealth, I have found the follow up to be outstanding. The overall honesty and integrity has far exceeded my expectations. The entire staff is a pleasure to work with.

- Steve C.

The statement was provided on March 3, 2023 by Steve C who is a client. This statement may not be representative of the experience of others and is not a guarantee of future performance or success. For additional reviews, search us wherever local businesses are reviewed.

We have always received professional and prompt responses to any of our concerns. Which is none since both Greg Patterson and JA Canady are very informative. We have been with this investment company for many years and are very pleased.

- Barry W.

The statement was provided on March 15, 2023 by Barry W who is a client. This statement may not be representative of the experience of others and is not a guarantee of future performance or success. For additional reviews, search us wherever local businesses are reviewed.

Atlantic Wealth Management treats me like family and has a genuine concern for my financial health. I am relieved to live with the confidence that I am always put first as they consider my financial needs and invest accordingly. I have already recommended Atlantic Wealth to my adult children and several friends simply because I want to share the blessings!

- Vickie M.

The statement was provided on March 15, 2023 by Vickie M who is a client. This statement may not be representative of the experience of others and is not a guarantee of future performance or success. For additional reviews, search us wherever local businesses are reviewed.

My husband and I have been with Greg for many years, and now that I am a widow, I am particularly dependent on him and his expanding company to protect and grow my financial investments. I feel completely secure in this aspect as he has proven his competence and professionalism in every manner. I regard him not only as a first rate financial advisor, but a friend and confidant! Greg and his crew are the best!

- Maxine D.

The statement was provided on February 26, 2023 by Maxine D who is a client. This statement may not be representative of the experience of others and is not a guarantee of future performance or success. For additional reviews, search us wherever local businesses are reviewed.

The peace of mind brought by being invested through Atlantic Wealth Management is the top benefit for me. Greg and JA understand my goals and work to meet and exceed them. Being able to sit down across the table and review where we stand and make changes as my life changes is exactly what I want.

- Barbara N.

The statement was provided on February 26, 2023 by Barbara N who is a client. This statement may not be representative of the experience of others and is not a guarantee of future performance or success. For additional reviews, search us wherever local businesses are reviewed.

The new SEC Marketing Rule has updated our advertising guidelines to allow the collection of client testimonials. If our firm has helped you and your family achieve your financial goals, we would love to know about your positive experiences working with us so we can share your feedback with potential new clients. If you would like to submit a client testimonial, please email your feedback to greg@myatlanticwealth.com. We pride ourselves on making a positive difference in the lives of our clients, and we appreciate your help spreading the word so we can help more clients like you.

> I have never considered financial management one of my inherent skills. As such, over the years I have relied upon experts I can trust to manage my investments to my best interests. I believe that Atlantic Wealth Management is likely the most positive experience I have ever had with a financial management firm. Everyone at Atlantic Wealth Management is remarkably friendly and professional.
>
> I feel that I have an experienced partner, that I have complete trust in, to guide me through investment options and strategies that are designed for my specific objectives and goals. Moreover, Greg is a very affable person who is very comfortable to talk with. He takes the time to explain my finances in detail and patiently answers all of my questions. I am most pleased with Atlantic Wealth Management's service and the personal interest they take in me as a client.
>
> – Jay N.

The statement was provided on March 3, 2023 by Jay N who is a client. This statement may not be representative of the experience of others and is not a guarantee of future performance or success. For additional reviews, search us wherever local businesses are reviewed.

Our office will be closed for the following federal holidays:

- Monday, May 29 for Memorial Day
- Monday, June 19 for Juneteenth
- Monday, July 3 - Tuesday, July 4 for Independence Day
- Monday, September 4 for Labor Day

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.

Commonwealth Financial Network® was ranked "#1 in Independent Advisor Satisfaction Among Financial Investment Firms, Nine Times in a Row" in the J.D. Power 2022 Financial Advisor Satisfaction Study. We're honored to partner with a firm that continues to receive such well-deserved recognition year after year!

Commonwealth Financial Network® received the highest score in the independent advisor segment of the J.D. Power 2010, 2012, 2013, 2014, 2018, 2019, 2020, 2021, and 2022 Financial Advisor Satisfaction Studies of customers' satisfaction among financial advisors.

Atlantic Wealth Management

THE FREEDOM TO LIVE INSPIRED

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