



WEEKLY MARKET OVERVIEW

INVESTING BASICS

RETIREMENT PLANNING IN THE CURRENT ENVIRONMENT

With the pandemic, cost of living has gone up, interest rates are rising and the risks of further interest rate hikes triggering a recession is of great concern. Against this background, some investors may experience greater challenges in achieving their long-term savings and retirement goals. In this week's market news, we discuss **actions you should be taking now for retirement planning in the current environment.**

1. **Preserve your cash**

If you are planning to retire in a few years, it is likely that a good portion of your investment portfolio is in cash. Maintaining your liquidity should be your top priority, resist the urge to 'buy the dip' in the stock market.

2. **Stay Invested**

Even if the prices of assets in your long term investment portfolio have fallen off sharply since the pandemic, try not to panic sell. If you can, stay the course.

Even amidst the volatility and uncertainty of the current environment, pre-retirees should stay invested in equities. Let us clarify—you do not need to increase your equity allocation. However, given that your retirement assets will remain in the market in some form for years, even after you retire, staying invested with what you have is prudent. History suggests your equity investments will recover, however, you need to allow them a chance to do so.

3. **Plan, Review, and Revise**

While we do expect a turnaround in the financial markets, it is important to revisit your financial plan to address some basic questions: How much can you afford for daily or monthly expenses? How much income will be coming in? How much do you want to spend during retirement? How much do you want to leave to your heirs or beneficiaries?

For pre-retirees, you should also bear in mind that you may be able to significantly increase your ultimate retirement income by delaying your retirement, for a year or two. For young persons, remember, the earlier you start, the better – it is never too early to start planning for retirement! With the help of your advisor, begin by determining if you will have enough for your retirement or long term goals. Also, look at ways you can sure up your short term savings to avoid having to deplete your long term funds.

Our Investment Advisors will provide additional assistance and guidance in helping you to achieve your financial goals. Feel free to give us a call today.

MARKET UPDATE

Global Bond Market

The following are the current Government of Jamaica bond prices as at June 17, 2022:

Maturity	Currency	Coupon	Bid	Offer	Offer Yield
2025	US\$	7.625%	103.00	104.00	5.51%
2025	US\$	9.250%	108.50	109.50	6.04%
2028	US\$	6.750%	101.65	102.40	6.17%
2036	US\$	8.500%	112.00	114.00	6.90%
2039	US\$	8.000%	107.65	108.65	7.08%
2045	US\$	7.875%	102.00	103.00	7.60%

*All rates quoted are opening indicative levels in the international capital markets and are subject to change based on market conditions.

Jamaica Stock Market

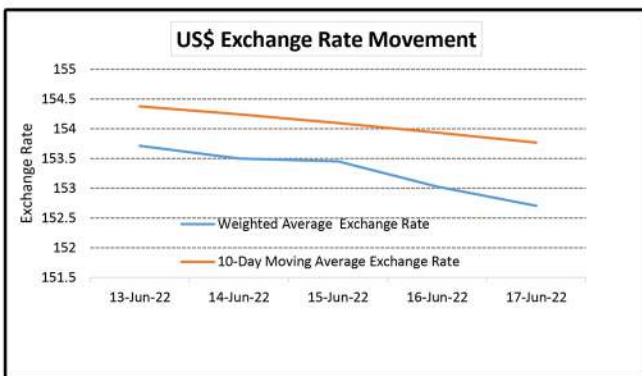
This week's Market activity resulted from trading in 119 stocks, of which 50 advanced, 58 declined and 11 traded firm. Market volume amounted to 104,444,365 units valued at over J\$1,603,222,079.35. The following reflect the movement of the JSE indices.

Indices	Closing levels 06/17/2022	Weekly Change %	YTD Change %
JSE Combined Index	394,523.44	-0.93%	-1.65%
JSE Market Index	381,528.21	-1.29%	-3.69%
JSE All Jamaican Composite	436,271.57	-0.89%	-0.47%
JSE Select Index	9,927.35	-0.41%	0.45%
JSE Junior Market	4,202.44	2.65%	22.58%

Foreign Exchange Market

The Jamaican dollar appreciated by \$1.15 relative to the US dollar week-over-week, moving from a selling rate of \$153.86 on Friday, June 10th to \$152.71 on Friday, June 17th. The closing BOJ weighted average selling rates are as follows:

Exchange Rate	Close 06/10/2022	Close 06/17/2022	Weekly Change	YTD Change
J\$/US\$	153.86	152.71	0.75%	1.54%
J\$/CDN\$	120.55	117.56	2.48%	4.23%
J\$/GBP	192.85	185.82	3.65%	11.57%



Money Market

The following are the average Treasury bill rates:

Tenure	Last Auction	Previous Yield	Current Yield	Net Change
90 day	08-Jun-22	8.12%	7.78%	-0.35%
180 day	08-Jun-22	8.25%	7.96%	-0.29%
270 day	08-Jun-22	4.47%	8.50%	4.03%

FHCIL'S STOCK PICKS

Stock	Last Price
Wisynco	\$ 18.99
Grace Kennedy	\$ 104.48
Proven (USD)	\$ 0.25
Proven (JMD)	\$ 37.65
Lascelles Distributors	\$ 3.19

This information should not be relied upon by the reader as research or investment advice. If you need advice in building a diversified stock portfolio, FHC Investments Limited can guide you in achieving your financial goals. Feel free to give us a call today.



Meet **Shereen Pommells**

Investment & Pension Advisor

Whether your goal is to build wealth or save for retirement, we are committed to helping you achieve it!

Email: shereen.pommells@fhccu.com or WhatsApp 'INVEST' to 876-564-9485 for more info.



FHC Investments Limited
20 Dominica Drive, Kingston 5
Tel: 876-908-1502 / 876-906-5317 / 876-929-5142
Email: fhc.investments@fhccu.com
CARING FOR YOU AND YOUR INVESTMENTS