




For most of you reading this you have endured 8,9,10....bear markets in your lifetime. Each prior bear market in your life has eventually been followed by a full recovery, and a new all-time closing high each time. 100%. So, are you willing to say “this time is different!”....the average time to a complete recovery is about 2 years, according to BTN Research. The quickest recovery from a bear market was about 3 months in the 1980’s, and the slowest was 1974 to 1980. I think that we have had two in such a relatively short time since the pandemic, is making this one a little more unnerving. Historically they only occur every 5-6 years. So, don’t extrapolate the unusual circumstances of the last few years to far into the future. In that regard, this time is different-ish 😊.

Recession Start	Recession End	BEFORE		AFTER			
		6 Months	During Recession	1 Year	3 Years	5 Years	10 Years
11/30/1948	10/31/1949	-8.99%	19.01%	35.06%	92.80%	177.83%	510.36%
7/31/1953	5/31/1954	-3.53%	22.94%	36.07%	83.74%	145.16%	295.53%
8/31/1957	4/30/1958	6.52%	-0.94%	37.23%	66.38%	89.85%	211.22%
4/30/1960	2/28/1961	-3.83%	19.74%	13.64%	35.15%	68.41%	112.23%
12/31/1969	11/30/1970	-4.14%	-1.92%	11.25%	20.58%	25.10%	146.56%
11/30/1973	3/31/1975	-7.63%	-7.80%	28.33%	22.08%	55.64%	253.47%
1/31/1980	7/31/1980	12.99%	9.58%	13.00%	56.07%	100.53%	344.64%
7/31/1981	11/30/1982	3.59%	14.23%	25.57%	66.79%	102.96%	350.21%
7/31/1990	3/31/1991	10.12%	7.94%	11.00%	29.79%	98.08%	284.21%
3/31/2001	11/30/2001	-18.75%	-0.91%	-16.51%	8.42%	34.29%	33.17%
12/31/2007	6/30/2009	-1.29%	-35.01%	14.42%	57.66%	136.88%	293.77%
2/29/2020	4/30/2020	1.99%	-1.12%	45.96%	N/A	N/A	N/A

Source: First Trust



If the question “are we going into Recession?” was a drinking game...I’d be very, very... tipsy. Yes! We are always headed for another Recession, eventually. Even at my party school, I learned about the pattern---Expansion, Peak, Recession, Trough, Recovery...rinse, repeat. For most of you reading this, you have been through 9-10 Recession since birth...”hopefully” you experience many more. To my knowledge, still no vaccine yet for the “Business Cycle.” I realize many of you probably skim over my weekly charts—but if you fear a Recession, I would encourage you to give the one above a few minutes of study. The main take away—lots of green on those columns on the right, the “After” part. Keep perspective, no need to make this a bigger boogiemer than necessary.



*“There are no prizes for frenetic activity with investing. Rather, investing is mostly a matter of waiting for these rare moments when the odds of making money vastly outweigh the odds of losing it,” Charles Munger. One of the many quotes I highlighted in my copy of Richer, Wiser, Happier, by William Green. There are hardly any pages in my book without a yellowed line or two. A great summer read. A client recently gave me a copy of this book—***I’d like to pay it forward, so if you want one let me know.*** In addition to making me wiser and happier—it appears to have made me handsomer too!*



By the way, your serenity could be highly influential to nervous neighbors, family, friends....The Navy Seals have a maxim I love: **“Calm is contagious”**. The stock market is going down bunches because many are losing their wits a bit. Acting on emotion, rather thansay with me again, this time with feeling....*Faith! Discipline! Patience!* You can instill calm with your words, and actions---your leadership can make a real difference.

As always, I’m honored and humbled you have given me the opportunity to serve as your financial advisor. I am lucky to be in the foxhole with the greatest clients in all the land. We hope you view us as your ***friendly, knowledgeable, and reassuring source of financial guidance.***



faith . discipline . patience

FAITH

DISCIPLINE

PATIENCE

The opinions expressed in this report are those of the author(s) and are not necessarily those of Wells Fargo Advisors Financial Network or its affiliates. The material has been prepared or is distributed solely for information purposes and is not a solicitation or an offer to buy any security or instrument or to participate in any trading strategy. S&P 500 Index: The S&P 500 Index 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. Past performance is no guarantee of future results. Wells Fargo Advisors Financial Network is not a legal or tax advisor. Be sure to consult your own tax advisor and investment professional before taking any action that may involve tax consequences. Index returns are not fund returns. An index is unmanaged and not available for direct investment. Past performance is no guarantee of future results.

Michael H. Kaminski, CFP®

President

SKV Group, LLC

1405 Rolkin Court, Suite 202
Charlottesville, Va 22911

FAITH. DISCIPLINE. PATIENCE

Ph 434.328.8040
www.skvgrp.net

1405 Rolkin Ct., Suite 202
Charlottesville, VA 22911
tel 434.328.8030 fax 434.234.3789
toll free 844.391.3610
www.skvgrp.net
jorgen.vik@skvgrp.net

Investment products and services are offered through Wells Fargo Advisors Financial Network, LLC (WFAFN). SKV Group is a separate entity from WFAFN. 1020-01468