

# Wealth of Life



Wealth Management  
Dominion Securities

SUMMER 2018



## Tingley Group of RBC Dominion Securities

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## Summer adventures

Well here we are into the heat of summer and I am just getting my spring chores done. There is always lots of yard work to do around my property. For the first time in a long, long time – maybe the first time in my adult life – I did not put in a vegetable garden. This summer I am just looking after the perennial stuff (herbs, strawberries, raspberries, blueberries, rhubarb, asparagus, etc.) and mowing the lawn. Well, I did plant a new plum tree, black currants, and gooseberries, but you get what I mean. I am hoping this translates into more time to hike, swim, bike, golf, four-wheel, read, relax and fish. You may have noticed fishing was last on the list, and that is because I just spent a couple of weeks in Alaska in June with my two sons, Garrett and Samuel, and fishing was a big part of the trip. We had a seven-day license and it felt like we hit every brook, lake and stream we could find, so fishing has moved down the list. For anyone who hasn't been to Alaska, it is beautiful. They call it the last frontier. Highlights were great hiking, gold mining for a half day, our trip across the gravel Denali highway and a flight over Denali mountain. I must say, a couple of the fishing outings and hikes caused a bit of stress for me, as we were well into brown bear country and my boys were always leaving me behind. They laughed and said the pepper spray I was carrying was just going to be seasoning for whatever bear ate me.

In this issue of Wealth of Life, we have a great “Ferry Tale” from Ed Allen. I love this story and it brought back a lot of good memories for me and Joe. I am sure anyone over 50 will flash back to the days of Atlantic Grand Prix Wrestling and celebrities like the Beast, Cuban Assassin, Sweet Daddy Siki and others.

We also have an update from Jane Wood on her personal and professional development coaching practice that she has established after leaving RBC in August of 2016, as well as the date and time of her seminar, “Having a Rich Life,” coming up this fall.

We are also going to review our coffee, tea and snack service that we recently implemented. We are pretty excited about it and wanted to make your experience just a little bit better when you come into the office. So don't forget to ask for an awesome French press coffee, herbal tea or sparkling water next time you are in, and help yourself to the bowls of snacks sitting on Jeff and Phil's desks.

Also, from now on when you call in to reach our team, you will receive the Tingley Group's direct line at 506-869-5450.

We hope you enjoy this issue of Wealth of Life and that you have a great summer. Take care!

# Ferry Tales

By Ed Allen

My mother named me Edward Carl Wells Allen, most people call me Ed or Eddie, or other names I can't put into print. In 1971 I started working on the CN ferries between Cape Tormentine and Borden and lasted 26 years until the Confederation Bridge was built. I was just a teenager when I started there and I would like to share a story from those days.

## My encounter with the wrestlers

In March of 1980 I was able to obtain a certificate of competencies as Chief Officer Home Trade (ONII). That summer I wound up in the dreaded swing shift, a different position and different vessel for five nights in a row. This particular night I was Chief Mate on the Vacationland and scheduled to depart Borden at 0100 hours. The control tower told me that a white van was the last vehicle. The van came aboard, the ramps were lifted and I transferred the controls to the Captain in the Forward Bridge and we departed.

As I was leaving the aft bridge to stand the watch in the forward bridge, one of the seamen met me in the doorway. He said "You saw that white van that came aboard, one of the passengers got out and urinated on the deck." He didn't use the word urinated. I called the Captain and explained the situation and as expected he told me to handle it. I started down the stairs to the auto deck with the seaman and he casually mentioned the van contained a group of wrestlers. This put a new light on the situation. The seaman indicated the passenger in the front passenger seat was the one who urinated on the deck. I was starting to get a little nervous as I was still skinny at that time and although brought up on a farm I was not very muscular and never had been much of a fighter.

I approached the van and tapped on the side window, thinking that the passenger would roll down the window. Instead the doors all flew open and I was surrounded by about eight huge wrestlers. Out of the corner of my eye I saw the seaman walking away down the deck and out of sight.



Ed Allen looking intimidating in his uniform (1984).

I thought to myself, "I'm going to die, they will throw me overboard and that will be that." I thought about my beautiful wife at home and our four children all under 10. She would have no problem finding another husband, as I said she was (and still is) very beautiful, but what will happen to the kids? This was going through my mind as I faced the passenger. I was sure he would be able to hear my knees knocking together and see the sweat running down my neck. I was in full uniform and hoped this would help.

The passenger asked me if there was a problem. I replied that I had received a report that he had urinated on the deck, and asked him if it was true. He quickly apologized and explained that they had a match in Charlottetown and just had time to catch the ferry

and he was afraid he would pee his pants, as he couldn't wait any longer. A wave of relief swept through me and I started to get braver and stand a little taller. I looked the passenger straight in the eyes and in an authoritative voice I said, "DON'T EVER LET IT HAPPEN AGAIN OR YOU WILL BE IN TROUBLE." I turned and walked away, thinking I had just escaped a near-death situation. As I thought about this situation later I realized the wrestlers were probably more relieved than I was and happy to get away with just a warning. I also think that people in uniform were much more respected at that time than they are today.

# What's Jane up to?

Hello Readers ....

My name is Jane Wood. Some of you know me from my 21 years of working with RBC Dominion Securities until the summer of 2016. Working in that office with such a wonderful group of clients and terrific coworkers was an honour and a delight. I felt like I learned so much about what it takes to be successful. In my last three years with Dominion Securities I took several coaching courses with New Ventures West in Boston, San Francisco, Chicago and Washington. The courses I took provided a great opportunity for personal development and hands-on coaching, as well as the "Certified Integral Coach" designation. Originally, I felt the purpose of my study in this area was to complement the other services I offered my clients as an investment advisor. The dream eventually grew into being a coach as my vocation. Coaching has felt like a natural fit for me and one that continually fills me with gratitude that I get to do it.

I work out of my home (my sunroom actually) on Salisbury Road. I see clients Tuesday, Wednesday and Thursday between the hours of 9:00 a.m. and 5:00 p.m. I have done some guest speaking and group sessions, but primarily I work one-on-one with clients. I have found that my niche is people between 40 and 60 years of age who are in some kind of transition (or in investment speak, disruption) in their lives. Perhaps they are in a new job, just lost their job or are recently retired and are looking at their lives differently. Maybe the transition is internal; that is, they feel stuck or frustrated and want change. The old no longer works and the new is not yet fashioned. What integral coaching offers is a chance for us to look at where we are in our lives

and where we want to go. What steps can we take to head in the direction of who we want to be and what we want to accomplish? When we truly understand what success looks like to us (this comes after some reflection), we get clarity around what we need to do.

It seems we have all gotten very good at getting swept along with busyness and distraction and many of us don't really know what our own version of fulfilled looks like. Sitting with my clients in a high-trust environment, I have repeatedly witnessed clients discovering ways to feel happier, more aware of what they want from life and what life wants from them, and more skilled at going forward. I help them make wiser choices about the path they want to be on.

I always give my clients homework, so I will end by giving you some.

Please grab a pen and paper, find a quiet spot and carve out some time to answer a few questions for yourself.

1. Who is my network of support? Who inspires me to be my best? Who really knows me and loves me? Who would I like to add to this list and how would I do that?

2. What can I do with this information?

If you are interested in learning more, there is a TED Talk I like by Robert Waldinger: "What makes a good life?"

All of you have the good fortune of having the Tingley Group of RBC Dominion Securities working for you. They have asked me to speak at an event coming up this fall. I hope to see you all there.

Love,

Jane Wood  
Personal & Professional  
Development Coach



## Please save the date

For our next  
Wealth of Life  
guest speaker,  
**Jane Wood**

### Having a Rich Life

September 27 at 7:00 p.m.  
Cocoa Room Event Centre  
391 Coverdale Rd.  
Riverview, NB

(Invitations to follow soon.)

Please RSVP to  
[melanie.price@rbc.com](mailto:melanie.price@rbc.com).

# Service and a snack

We are honoured and delighted to be in a client service-oriented industry, and that you have chosen us as your trusted advisor. When you come in to meet with us, you are our guests and we are always trying to think of ways we can implement things to make your experience more comfortable. It is our job each day to make every aspect of your experience a little bit better.

If you've been in to meet with us recently, you may have noticed the new snack bowls on our desks, or maybe you've had the chance to taste our French press coffee from Buddha Bear Coffee (located in Alma, New Brunswick). We are pretty excited about it and we hope you look forward to a cup of coffee when you come to see us. If you prefer tea, we have many herbal teas to choose from or you can have a cold sparkling water as well. We are now looking to get freshly baked goods from Tony's Bistro & Patisserie (located in Moncton, NB) that will pair well with your hot beverage.

**Another added service, from now on, when you call in to reach our team, you will receive the Tingley Group's direct line instead of going through reception first.**

**Please add to your phonebook or mobile phone our new direct line: 506-869-5450.**

## Strawberry Rhubarb Crisp

Servings: 6-8  
 Prep Time: 20 Minutes  
 Cook Time: 50 Minutes  
 Total Time: 1 Hour 10 Minutes  
 Ingredients

### For the Filling

- 1 pound rhubarb stalks, trimmed and sliced 1/2-inch thick
- 1/2 pound strawberries, hulled and quartered
- 1/2 cup granulated sugar
- 1-1/2 tablespoons corn starch
- 1 teaspoon vanilla extract

### For the Topping

- 3/4 cup all-purpose flour, spooned into measuring cup and leveled-off with a knife
- 1/2 cup packed light brown sugar
- 2 tablespoons granulated sugar
- 1/4 teaspoon salt
- 6 tablespoons unsalted butter, cut into 1/2-inch cubes
- 3/4 cup old fashioned rolled oats
- 1/2 cup chopped pecans

### Instructions

1. Preheat the oven to 350°F.

### For the Filling

1. In a large bowl, combine the rhubarb, strawberries, sugar, corn starch and vanilla. Stir until the fruit is evenly coated with the sugar mixture, and the sugar mixture is no longer white.
2. Transfer the fruit mixture to a 2-quart or 8-inch baking dish (no need to butter it) and set aside while you prepare the topping.



### For the Topping

1. In the bowl of a food processor, combine the flour, brown sugar, granulated sugar and salt. Process until well combined, about 30 seconds. Add the cold butter and pulse until the mixture resembles coarse crumbs, with a few pea-sized clumps of butter within. Transfer to a medium bowl and stir in the oats and chopped pecans.
2. Spoon the topping evenly over the fruit without packing down. Bake for 45-55 minutes, until the fruit is bubbling around the edges and the topping is golden brown. Cool for 20 minutes before serving. Spoon into shallow bowls and serve with vanilla ice cream.
3. **Note:** If your baking dish is shallow, place it on top of a foil-lined sheet pan to catch any spills that might bubble over the edges.
4. **Note:** Don't be tempted to increase the strawberries in the recipe, or you'll end up with fruit soup (they release a lot of juice).

Do what you do so well, that they will want to see it again and bring their friends. – Walt Disney



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