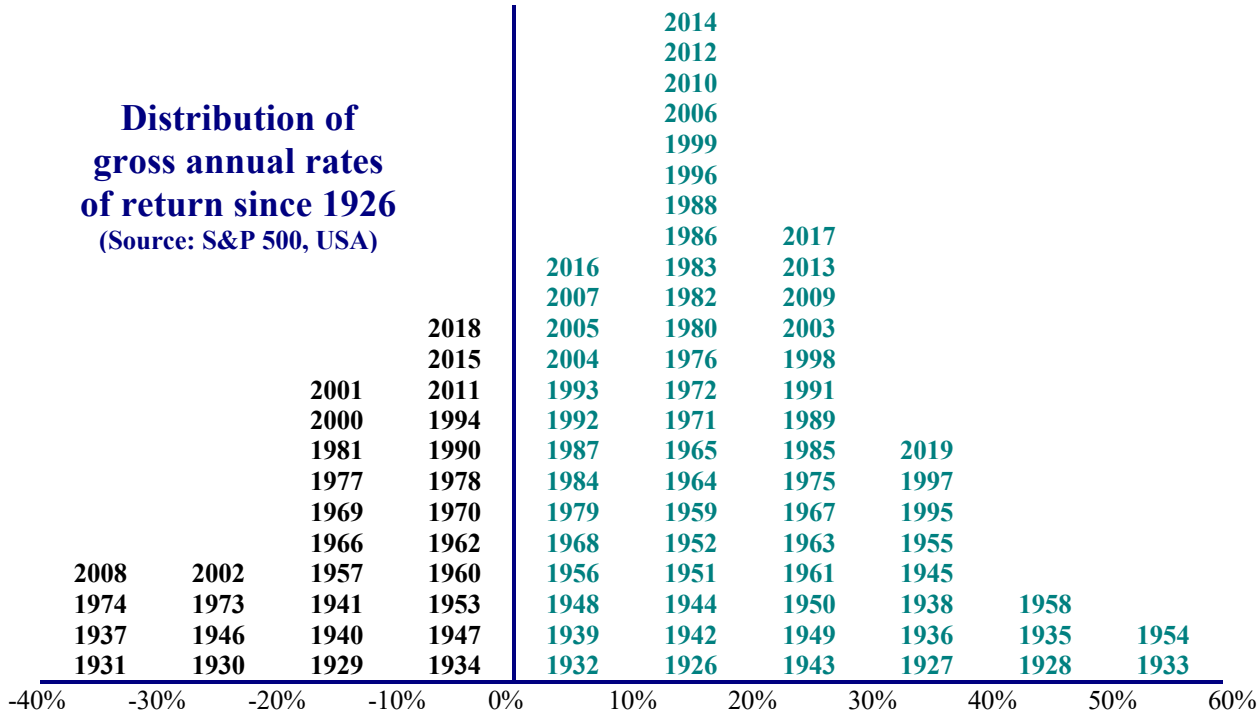
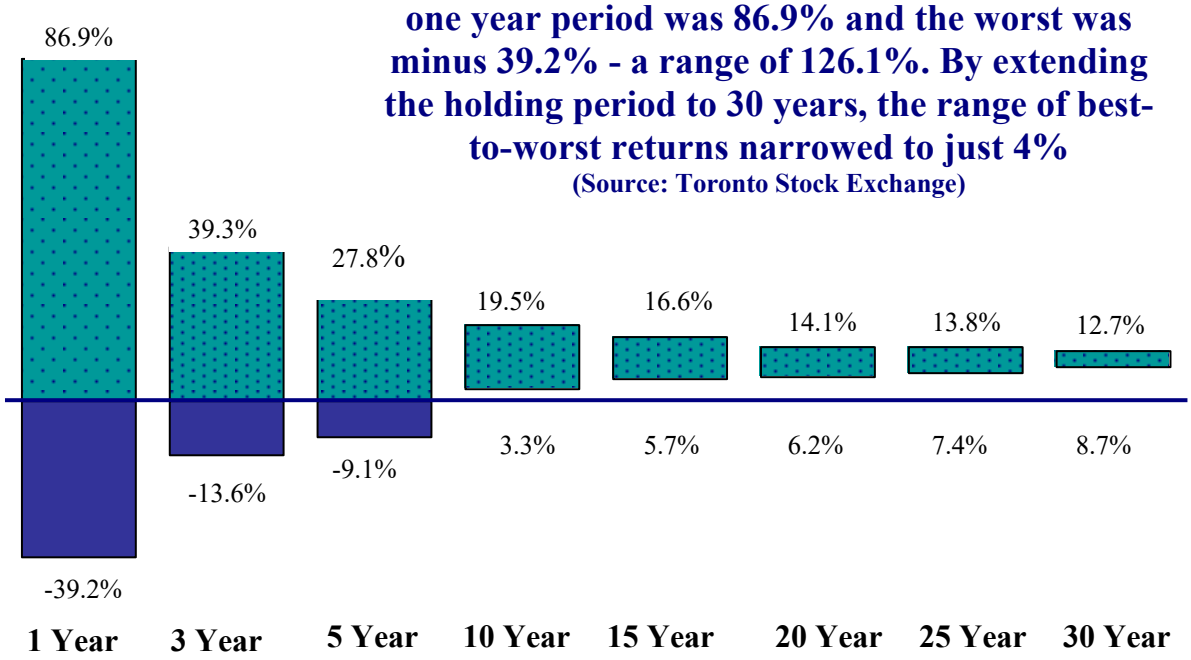
Historically, markets go up more often than they go down



Longer holding periods reduce risk

Since 1937, the best annual rate of return over a one year period was 86.9% and the worst was minus 39.2% - a range of 126.1%. By extending the holding period to 30 years, the range of best-to-worst returns narrowed to just 4%

(Source: Toronto Stock Exchange)