



June 2023

Greetings!

Hello from Woodward Financial Advisors! We hope our newsletter finds you well and enjoying the beautiful spring weather.

To start things off in this quarter's newsletter, Elizabeth Eastman explains how TD Ameritrade and Schwab are integrating as companies. Next, we introduce our newer team members, Courtney Cubbin and Laura Tymas. Please read about how Woodward was happy to blend together a team building event with a donation to the Ronald McDonald House. Finally, we have included links for several of our recent communications, as well as a few of our favorite recipes in "What We're Dishing Up."

Schwab and TD Ameritrade Integration

6/1/2023

Schwab and TD Ameritrade Integration

Schwab and TD Ameritrade continue to make great progress on the integration of the two brokerage firms. This process started in 2019, with an anticipated transition date of September 5, 2023. Your relationship with us, your advisory team, will not change as part of the integration. Your TD Ameritrade accounts will transition to Charles Schwab's platform once the two firms have integrated.

Take Action

Have you logged into your TD Ameritrade [AdvisorClient.com](https://advisorclient.com) site recently? If not, go to advisorclient.com to set up your login ID and

password. This is the easiest way to view your accounts and balances. Having your login activated will allow you to be prepared for access to Schwab's online portal, Schwab Alliance, in September. In a few weeks, TD Ameritrade will mail you an Account Transition Notice. This letter provides details about the transition, including timing, what to expect, how to opt out of transferring to Schwab, disclosures, and information about Schwab's account balance transfer feature. This letter does not require any action on your part.

New Account Numbers

Once the firms have completed their integration, you will have new Schwab account numbers. Schwab will automatically transfer all your assets (cash and positions) and most of your settings, instructions, and preferences set up with TD Ameritrade. You will need to give your new account numbers to any institutions where you have established recurring bill pay and any incoming check deposits, such as paychecks or social security payments. **There is nothing you need to do until after the transfer is complete.**

Check out these online resources for more information

Information Hub

- Schwab Alliance Overview Short video about the Schwab Alliance platform
- Client Learning Center Client Learning Center Information hub with simple instructions to access account information, approve requests, download mobile app, and more

New Faces at WFA!



We're thrilled to introduce you to **Courtney Cubbin, Associate Advisor** at WFA, who joined the Woodward team in April.

Courtney graduated with a degree in Economics from Haverford College and is currently working toward her Financial Paraplanner Qualified ProfessionalSM - FPQP[®]. Read more about her below.

Tell us about your family:

I live in Durham with my boyfriend and our two rescue dogs (Wrangler and River). We love having a yard for them to play in and enjoy taking them for walks around the neighborhood or going for hikes on the great trails around Durham.

Where did you live before coming to Durham?

I'm from Pennsylvania (right outside of Philadelphia) but moved to North Carolina after graduating college.

Do you play sports?

I played many sports growing up, but my favorite was lacrosse, which I played in college. Now that my playing career is over, I enjoy watching great lacrosse on the weekends at Duke and UNC.

We're equally delighted to introduce you to our new **Client Service Associate, Laura Tymas**, who joined Woodward in March. Laura is also furthering her knowledge by studying for the Financial Paraplanner Qualified ProfessionalSM - FPQP[®]. Read more about her below.



What is your career background?

I practiced physical therapy, and also worked in public health, and international development.

Where have you lived?

I am proud to call Durham home for the past 22 years. I grew up in Wisconsin and Pennsylvania, but also lived in Richmond, VA, Washington, DC, and Nairobi, Kenya.

How do you like to spend your downtime?

I love spending time with my family, walking my dog, gardening, kayaking or paddle boarding, exercising, and doing yoga. I have practiced and on/off taught Iyengar yoga for over 30 years. I have pretty much every yoga prop you can think of in my house.

ICYMI

Perspective for Investors on the US Debt Ceiling

Blog post by Laura Neal, CFP[®]: [Click here](#)

No doubt there has been plenty of uncertainty in the last few months to keep the 24-hour news channels busy. First, it was banking issues, and now the debt ceiling. It is our innate human nature to want to take action when things happen that feel out of our control. Sometimes a little perspective can help.

Your Money in 20, Ep: 24 - Can You Bank on Banks? The Current Banking "Crisis" Explained

Podcast by Vic Colella, CFP[®] and Alex Richani, CFP[®]: [Click here](#)

In this episode, Alex and Vic talk through the banking issues that have been developing over the past months at banks like Silicone Valley Bank, Signature Bank, and most recently First Republic Bank. They break down what's contributed to the bank failures of past

months, and what actions you might want to take in light of the turmoil in this critical industry.

Time to Embark on a Treasure Hunt

Blogpost by Elizabeth Eastman: [Click here](#)

This is the tale of a modern-day treasure hunt, embarked upon with the power of the internet. Whether you have an affinity for open waters or not, finding your very own unclaimed funds is very much a real possibility.

Woodward donates bikes to the Ronald McDonald House



The Woodward Financial Advisors team recently had the opportunity to build and donate childrens' bicycles to the Ronald McDonald House of Chapel Hill, while also enjoying a day of team building activities. Our group enjoyed a beautiful spring day on the patio at UNC's Rizzo Center.

Elizabeth Hullender, Senior Director of Philanthropy joined us to take the bikes our team assembled back to the Ronald McDonald House.

We strive to include multiple purposes in everything we do, and this was a day filled with both giving back to the community and creating stronger bonds with one another.

What We're Dishing Up:

Every newsletter several members of our team share a favorite meal they've been making recently. We hope you may find something that piques your interest, and we would be delighted for you to share a current favorite recipe as well!

Grilled Pineapple

Salsa



shared by Elizabeth Eastman

The extra time spent grilling the pineapple and veggies is so worth it!

Serving/yield 4 cups

Ingredients

- 1/2 ripe pineapple, trimmed and sliced
- 1 large red bell pepper, seeded and quartered
- 1/2 small red onion, peeled
- 1 whole jalapeno
- 1/2 cup cilantro, finely chopped
- 1 tablespoon lime juice
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cumin
- salt and pepper to taste
- olive oil

Instructions

1. Pre-heat grill to medium high heat
2. Drizzle red onion, red bell pepper, and jalapeno with olive oil to lightly coat and pop them onto a skewer
3. Grill pineapple and vegetables at medium-high heat until tender and lightly charred all over. (Grill in batches as needed)
 - 12 minutes for the onions, turn occasionally
 - 8-10 minutes for the pineapple, or until caramelized, flip once
 - 6 minutes for the red bell peppers, flip once
 - 3-5 minutes for the jalapeño, turn occasionally
4. Once vegetables are cool enough to handle, dab off any excess oil with paper towels and chop pineapple (remove the core), red bell peppers, and onions. Devein and deseed jalapeno and dice
5. Toss pineapple, red bell pepper, red onion, jalapeno, cilantro, lime juice, ginger, cumin and salt and pepper in a large bowl
6. Can be served immediately or even better chilled

Recipe credit: Carlsbad Cravings

<https://carlsbadcravings.com/grilled-pineapple-salsa/>

Mamma's



Meatballs and Marinara

Shared by Vic Colella, a Colella family favorite!

Meatballs: Serves 4 or so...

but you're going to want more, so double or triple this

Ingredients:

- 1 lb ground beef, or mix of beef / pork or sausage, higher fat ratios are better (80/20 works well)
- 2 eggs
- 1/2 cup parmesan
- 1/2 cup breadcrumbs
- 4-5 cloves garlic finely minced (or more if you're a garlic enthusiast like I am)
- Salt and pepper to taste, about 1 tsp each
- Fresh finely chopped parsley (or dried in a pinch)
- Optional: Whatever herbs or spices you have fresh – Lizzy and I recently did finely chopped sage from the garden and ground fennel seeds, and it was the best batch yet.

Method:

1. Mix it all together with your hands and fry up a tiny meatball to make sure the spices are all good. Try not to overmix.
2. Form into uniformly sized meatballs (I like big ones, 1.5in diameter, but they're your meatballs!)
3. Set oven to 425°, and pop them on an oiled or parchment covered cookie sheet. After 15-20 minutes cut into one. You're aiming for an internal temp of 165° when you take them out (especially if there's pork in there). Sometimes I broil to get them a little crispy.
4. Enjoy them while they last!

Marinara (Serves 8 or so)

Ingredients: A quick note - It is ALL about quality ingredients here. The sauce has very few ingredients, so make them count. Italian food is simple – quality ingredients mean quality flavor.

- 2, 28oz cans of *QUALITY* whole peeled tomatoes (Cento are widely available, and very good, whether you spring for the San Marzano or not)
- 1/2 cup *QUALITY* extra virgin olive oil.
- Lots of fresh basil (1 cup at least)
- Lots of finely minced garlic (6 good sized cloves minimum, I've never found a maximum...)
- Hot pepper seeds, to your taste
- Salt, Pepper, Any delicious Italian seasonings you like (we always have a bunch of sage, oregano, thyme and basil from the herb garden this time of year) – all to taste

- Sugar, Honey, or a Sweet Red Wine (optional, but recommended – especially the wine)
- Optional: Make a [sofrito](#) and add it after the garlic is browned but before you add the tomatoes. This is a way to add depth, veggies, and some sweetness to the sauce.

Method:

1. Warm the olive oil over medium heat, and then add the garlic and hot pepper seeds. Keep it simmering until the garlic is golden (but DO NOT burn the garlic. If you do, start over, or my grandma will come find you). A little hot pepper seeds go a long way when they're in the oil.
2. Entirely optional step – if you're making the sofrito, add your *very finely chopped* onions, carrots, and celery to the oil, turn the heat to low, and gently simmer it for about 25 minutes. The ration of onion to carrot and celery will be 2:1:1
3. Once the garlic looks good, start adding the tomatoes, one by one, squeezing them through your fingers to break them up (this is also a kitchen show off move if you have an audience, or helpers). Be careful not to explode them all over your kitchen or your clothes (I puncture with a finger first). Dump in all the liquid and everything from both cans. Sometimes I'll use an immersion blender to hit the tomatoes in the can if I want to save time, or if no one is watching. This makes your texture a bit more uniform if you're Ok with that.
4. Bring the whole mixture up to a boil and turn down to simmer on low heat. Add your salt, pepper, and other dried /fresh seasonings now (not the basil yet). Let this sauce simmer down while you get the meatballs going, stirring every once in a while to prevent any scorching.
5. After 45min or so, start tasting the sauce. You're really looking out for (1) How is the flavor for seasonings like Salt / Pepper (2) What's the acidity like. The longer the tomatoes cook, the less acidic they become. This is the artful part. If it's too acidic, you can start to add little amounts of sweet red wine, sugar, or even honey (I've used it all). You can adjust the sweetness this way, or with additional time if you have it. Get the whole team involved here – I never have trouble finding someone willing to taste the sauce...
6. When the sauce starts tasting right, then you cut up the basil into strips, after removing the big stems. Keep it cut in pretty wide strips of around 2 inches wide. Then, to really show off, start to "Bruise" the basil with the back of the knife. At this time, start telling anyone who will listen about how this is the secret to getting the flavor out of the basil. It may or may not be true, but it makes you seem like a sauce master.
7. About 5-10 minutes before you serve the sauce, throw all that basil into the sauce and mix it in to let it wilt. Once wilted, stop the heat, and serve over the pasta of your choice with some high quality Parmesan grated over it all.

Note: This works as a pizza sauce very well, but I suggest you blend the tomatoes with an immersion blender (or whatever works) more finely, and skip the big basil strips.

Recipe Credit: Collaboration between Colella family kitchen experiments and the Soprano's cookbook – yes it exists, and it's an amazing cookbook for classic and authentic Italian recipes.

Please let us know if you try out one of these recipes and share your tips with us. Enjoy!

Thank you for reading our June newsletter! Please reach out if there is anything we can do for you.

Sincerely,
Your Friends at Woodward Financial Advisors



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