

















International Best Selling Author and Speaker

Mahima Lucille Klinge

Founder of The Mahima Mindset



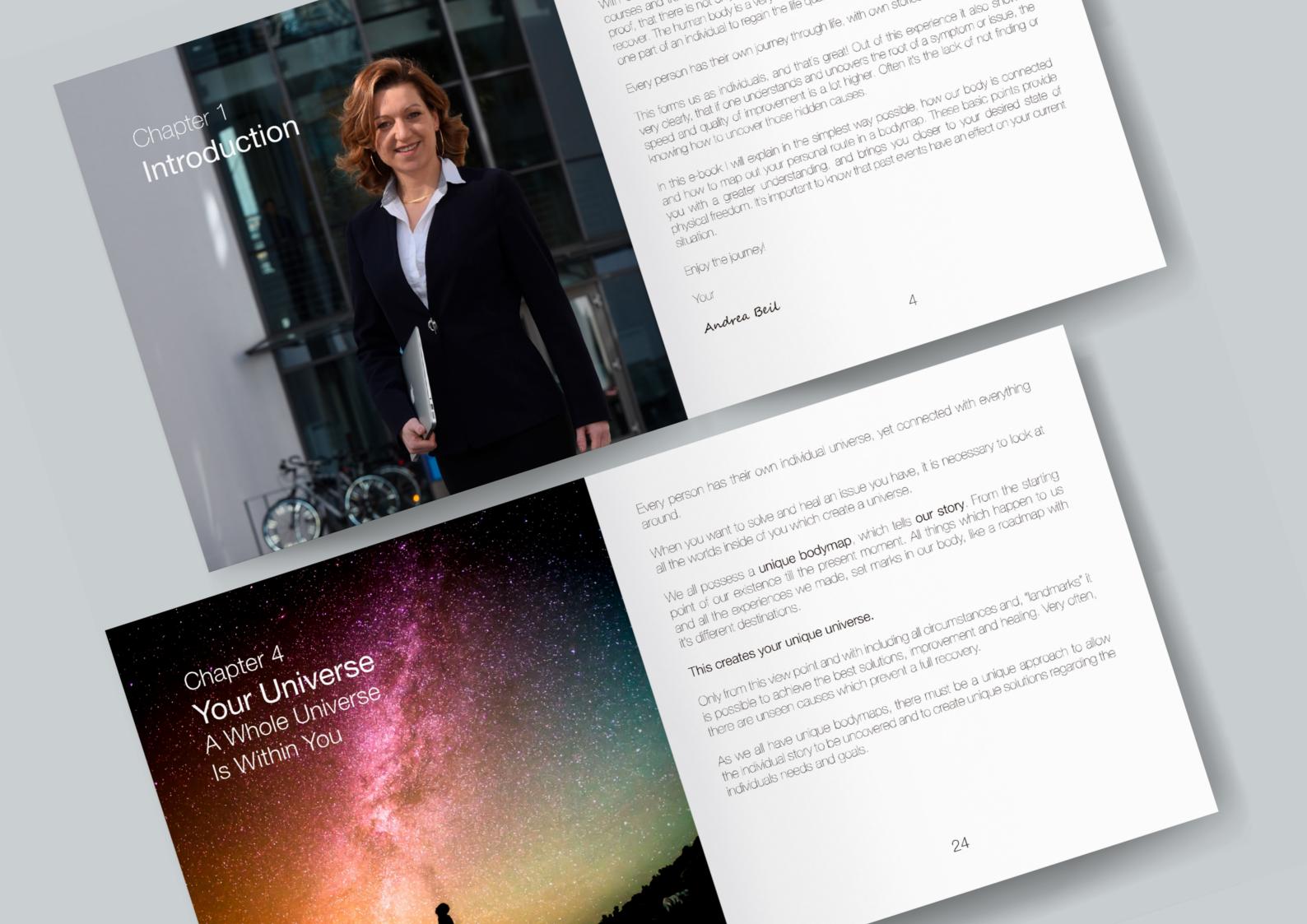












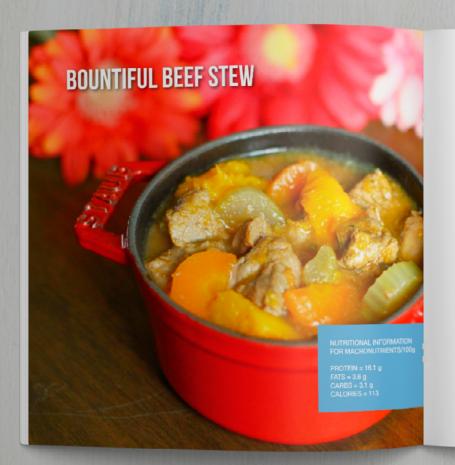














Hearty Comfort Food

lhat you need

500 g beef 40 g beef liver 50 g carrot

50 g pumpkin

50 g sweet potato 1 cup filtered water or bone broth

Steps.

1) Cut the boof into cubes

2) Cut the carrot, celery, pumpkin and sweet potato into slices or cubes

 Heat up a frying pan and lightly fry beef for 1 minute. Transfer boof to an oven proof dish with cover or a cast iron pot. Add in 1 cup of water or bone broth, carrot, celery, pumpkin and sweet potatoes

4) Bake in the oven at 140 degrees Celsius for 45 minutes till the beef is tender

5) Stir in the beef liver

6) Cool & serve

* If you do not have an oven, you can cook the stew in a slow cooker for 4-6 hours. Add in the beef liver at the end of the cooking time.







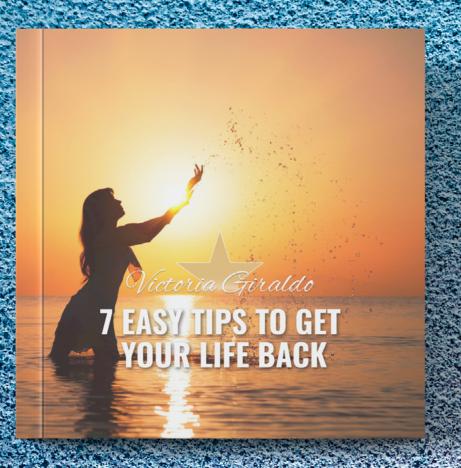
















achieve more in life.

Be your own number one fan! The person you should love the most, is you. We tend to be so critical with ourselves without realizing how harmful this can be. Sometimes our lives are full of challenges and disappointments. We feel lost, frustrated and we just don't know why. Practice being kind and being loving to yourself. Try to have a positive attitude towards who you are, and those around you. You will soon see things will start to take a turn for the better. Loving yourself is a huge step to helping you fulfill your dreams. It may seem difficult at the beginning, but everything can become a habit. The same way we create a negative mental attitude towards ourselves, we can create a positive one, and gain bigger benefits out of it. When you treat yourself with love, you are able to attract love into your life. Remember the quality of your relationships determines the quality of your life. When you gain strength in your relationship with yourself, and with those around you, you find yourself in a more supportive state. And this allows you to be happier. As a result, you will find you can

The first step to moving away from a life of sadness and towards one you desire, is to consciously slow down, or even stop, to look and see what is happening around you.

What are you not happy with?

What would you like to change?

What would you like to improve?

Which areas of your life aren't delivering the results you desire?

How are your relationships?

What are your dreams?

Consider all of these questions. Awareness is the first step to bringing your life to a higher level of happiness and fulfillment. When you take the time to not just live, but to learn how you are really experiencing this life, you can start to move towards a life you really want to have. Take a moment to answer the questions and start creating more awareness throughout your life.





Hi, my name is Vicky Giraldo. I am a certified Life Coach and NLP Practitioner and I devoted many years to develop myself and learn about self-development and coaching. After working successfully in the corporate world for over 15 years, I decided to leave my job and follow my passions.

While I built my professional career as an Industrial Engineer in Finance, I was constantly seeking to develop myself further through reading, attending seminars and learning more and more about self-development.

After having my children I realized I could use this passion and help others who go through difficult times or want to follow their dreams. So I decided to become a Life, Success and Relationship Coach. I am absolutely committed to serve my clients and to support them to succeed in any area they are struggling with.

SPECIALIZED CLIENT MANDATES

We have also developed an expertise in excitingly communicating Financial Data for Hedge Funds. We support our clients improve their investor relations communication platform.





Brexit!

What next for UK Fund Investors?

Following the UK's unexpected decision to leave the uncertainty for UK fund managers looking to sell pro Union (EEA) and for investors in existing grapples with the impact of the vote, it is creassure their investors that they have a sust

Incertainty for Investors

he outlook for managers is as uncertain as is the outlook for uropean consumers of UK-managed investment funds, urrently distributed under UCITS or AIFM. Many invested on asis or that of an EEA AIF fund, where such status is nce firms, these regimes have the potential to offer a better capital treatment when compared to non-EEA

It would seem that the UK should remain a EU member for the next 24 months; however investors make investment decisions on longer horizons, which immediately raises the following question: if your investor purchased a UCITS or an AIF, would he be willing to be a shareholder in a Non-EEA AIF three years from now?

Fund managers in Great Britain need to move rapidly to reassure existing as well as future investors who may now be looking closely at sustainable investment solutions without the risk of future downside or fiscal penalization. Uncertainty as a rule of thumb delays investor decisions. Such delays are driven by the need of investors to feel that their investments are secured for the future and costs minimised as the expected 'Brexit' fall-out unfolds.

Brexit will likely impact funds domiciled in the UK, however many UK managers will run AIFs and UCITS domiciled in other EEA jurisdictions such as Ireland and Luxembourg. These management company passports may no longer be available to UK managers and a restructuring of these arrangements could be required.

Options for UK Ma

Business will continue while the European Union, U their options for con placed to deal with q nd be well who can anaged in EEA purchase competing prostates. One option open to UK. hager permanent presence in the EEA. h. states. One option open to UK. with considerable cost implications an

boots on the ground'. While the regulatory requirements today may well resemble those of the FCA today there are no guarantees that they will in 5 years time.

Each Way Bet
An alternative solution is to partner with a UCITS and/or
AIFM manager domiciled in one of the remaining member states and operate in an investment management capacity under the manager's UCITS/AIFM permissions. Under this scenario the Fund simply appoints an EEA manager to act as the AIFM or UCITS manager and the manager in turn delegates investment management to the UK entity. This is a structure that is popular with investment managers based outside the EEA in jurisdictions such as the US, Canada, Hong Kong and Australia.

How Altarius Asset Management Limited can UK Managers to cou

investor uncert ALTARIUS IS A MALTE

RCED MANAGEN. FUND PLATE SERVI decade of activity, we have been

reasingly complex corporate and environment. We have cub. and an y mindset to a use to our manar and company, gus to provide a b.vestment, e and administrative support services, thus ng with numerous international regulatory nents. As a Maltese Super ManCo, we enable rs to use our structures to affordably support both d AIFs, benefitting both existing management danies as well as new entrants. We assist our clients very step of the way with bespoke advisory while enabling managers to offset cost responsibility and access to a highly

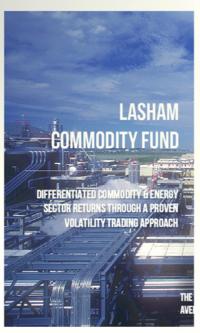
Call us now or contact us by email. We more than likely have the sustainable EU investment solutions you require.













THE
FUND The La:

utilising a combination of options and relative value positions, to include medium to long ten instruments. Trade ideas are developed from both fundamental and technical on-going analysis of commodity option markets. The trading team have more than 20 years experience each, averaging in excess of 25% returns with average VAR of 1.25%

MARKET OPPORTUNITY

There has been a considerable reduction in market risk capital in commodity markets over the last few years as both banks and hedge funds have reduced exposures. Low historical and implied volatility levels creates vulnerability to sudden price movements. Market opportunities include specific categories such as the structural changes in European energy markets, the impact of renewables and the corresponding impact of weather.

LASHAM COMMODITY FUND | INVESTMENT TEAM PERFORMANCE HISTORY

	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2014	2015
Merrill Lynch	20.0%	24.6%	31.3%	33.7%	31.7%	32.7%	28.8%	14.0%				
BarCap									26.0%	12.7%		
Modity											31.0%	47.6%

PRODUCTS & INSTRUMENTS

STRATEGY

The team trades relative value opportunities in commodity markets sector using options to build positions.

The strategy is built on the trading team's considerable experience Gas in commodity options markets. Carbon Emissions

Trade ideas are developed from both fundamental and technical Coal on-going analysis of commodity option markets. Trade ideas are developed in a clear and disciplined process before approval and bry Freight

Trade Sheets are prepared documenting:

- Rationale and fundamental background to the trade
 Best implementation
- Risk characteristics
 Risk controls and target returns

No trade is implemented without approval of the trading and risk management team

PORTFOLIO CONSTRUCTION AND RISK MANAGEMENT

Each trade is clearly planned and documented before enactment TYPICAL PORTFOLIO COMPOSITION Implementation strategies are designed to control risk and maximise return

Portfolio construction seeks to balance the best available opportunity set. Typically 8-10 trades in place

- Each trade has a clear strategy with risk mitigation built in
- Each trade has clear return parameters
 Stop loss at portfolio level & trade level
- Team member dedicated to execution and risk
- Each trade has to be approved by Risk Committee before
- Risk reporting and oversight at the fund level provided by Portcullis Asset Management (the fund AIFM)

Launched	Q4 2015	Maximum AUM	US\$500M		
Management Fee	2.0%	Performance Fee	20.0%		
High Watermark	Yes	Classes	USD and EUI		
Target Return	25.0%	Expected Vol.	10-15%		
Redemptions		Monthly (30 Days)			
Domicile		Malta			
Manager		Portcullis AIFM (MFSA)			
Investment Manager		Sealark LLP (FCA)			
Clearing Brokers		BAML			
Administrator		Deutsche Bank			
Legal		Simmons & Simmons			
Auditor		Ernst & Young			
Depositary		Deutsche Bank			

Iron Ore		HOILOTE	
Instruments		Options, Futures & CFDs	
PORTFOLIO CHARACT	TERISTICS		
	Relative Value	Directional	Other*
Average	35%	10%	55%
Maximum	50%	15%	75%
Positions	2-3	1-2	5-7
Holding Period	3-9m	1m	3-12m

WTI, Brent Panmax & Cape size

NordPool, German, Dutch & UK

NBP (UK), German and Dutch

Holding Period

100	Other	Asia			
90	Freight	US	Futures/CFD		
80					
70					
60	Crude				
50	Croue				
40				Exchange Traded	
30					
20					
10					
	Commodities	Geographies	Derivatives	Transactions	

TEAM & TRACK RECORD

The trading team has 10+ year proven track record, trading the strategy as a desk and have averaged over 25% returns since 2002, trading across all commodity and energy markets and working within banks, asset managers and utilities.

OLA ROSENGREN | MANAGING PARTNER & CIO



Ola has over 20 years experience trading options in commodity markets. He has managed and built trading teams at several major institutions. Ola established and ran the highly profitable trading operation at Entergy-Koch and then Merrill Lynch where the team was one of the most profitable within the bank. As CIO Ola is responsible for developing and managing the fund's trading strategy.

ED GORDON CLARK | MANAGING PARTNER & CEO



Ed has over 20 years financial markets and management experience, most recently as CEO of Vector Commodity Management LLP, a \$600M oil based fund manager. At Vector, Ed was a Managing Partner and Chief Executive Officer. Previously Ed worked for 7 years at ICAP Pic, where he was the Managing Director of shipping derivatives worldwide.





103 Mount Street London W1K 2TJ United Kingdom Tel: +44 207 182 1924 | www.sealarklip.com



