

Stock Pick of the Week #43.

This week's Pick is Paramount Energy. It trades on the TSX under the symbol PMT/UN.TO and it has a pink sheet listing under PMGYF.

Paramount is producing natural gas at a profit, in Alberta Canada, and since this is an Energy Trust it pays a monthly dividend.

For information and financial reports visit www.paramountenergy.com
The stock last traded at 5.12.



Featured is the bar chart for PMT/UN.TO

Price broke out from a long-term pennant recently and spent last week testing the breakout. The two moving averages appear to be providing the support needed for the breakout to be sustained, allowing the uptrend to continue. The supporting indicators are positive. The moving averages are rising.

Here is a review of Picks #1 to #41

#1 CPQ.V (CPQRF) at 2.01; Bought 08/13/09 sold 11/19/09 at 3.45, profit = 110%

#2 CGC.TO (CGLD.BB), Bought 08/20/09 at 0.60; sold 11/4/09 at 0.94, profit = 36%

#3 SVM.TO (SVM) Bought 08/27/09 at 3.74, sold 10/20/09 at 5.98, profit = 60%.

#4 SCP.TO (SCPZF) at 3.10; Bought 09/03/09, sold 02/02/10 at 4.48, profit 1.38 = 44%.

#5 FCG, bought 09/10/09 at 14.88; sold 10/20/09 at 18.69, profit = 25%.

#6 MAG.TO (MVG) bought 09/17/09 at 5.55, sold 12/02/09 at 7.48, profit = 35%

#7 ARZ.TO (AZK) at 4.60, last traded at 5.21.

#8 IPT.V (ISVLF), at 0.88, last traded at 1.08.

#9 RUN.V (RFXRF) at 0.22, last traded at 0.11.

#10 KCL.TO (KCLOF) at 2.74, last traded at 2.19.

#11 GPD.TO (GPRXF) at 0.59, last traded at 0.50.

#12 GBG.TO (GBG) at 1.71, last traded at 1.87.

#13 PGF/UN.TO (PGH) at 10.26, last traded at 10.19.
(This stock pays a dividend).

#14 CHE/UN.TO (CGIFF) bought 11/12/09 at 9.12, sold 01/11/10 at 12.48; Pr = 36%

#15 GAS.TO (CYMF) at 4.97, last traded at 3.73.

#16 GOZ.TO (GREXF) at 0.50c, last traded at 0.52.

#17 AOG/UN.TO (BAOGF) at 4.60, last traded at 4.85.
(This stock pays a dividend).

#18 GDXJ at 26.14; bought Dec 11/2009, sold May 12 at 30.89, Profit = 18%.

#19 SBT/UN.TO (SVRZF) at 12.92; last traded at 11.73.

#20 MAG.TO (MVG), at 6.58, sold at 7.24, 03/08/10. Profit = 0.66 = 10%

#21 SVM.TO (SVM), at 7.09; last traded at 7.27.
(SVM pays a dividend).

#22 R.V (RTRAF) at 1.51; last traded at 1.90.

#23 CGC.TO (CGC) at 3.20, last traded at 4.16.

#24 SGR.V (SGRCF) bought Feb 4/2010 at 3.27, sold May 12 at 4.89, profit = 49%.

#25 RES.V at 3.45, (RRLMF), last traded at 2.22.

#26 VGQ.TO (VGMNF), bought Feb 18 at 5.45, sold March 19 at 5.98, profit = 10%

#27 BGM.V at 0.92c (BGMZF), last traded at .71.

#28 FR.TO at 3.41 (FRMSF), bought Mar 2nd, sold June 17 at 4.48, profit = 31%.

#29 TXG.TO at 0.95 (TORXF), last traded at 1.15. (Name changed from Gleichen Resources, and symbol changed from GRL.TO).

#30 GWY.V at 1.16 (GWYRF), last traded at 1.01.

#31 SPM.TO at 0.67 (SMNPF), last traded at 0.69.

#32 NGX.TO at 3.11 (NXG), last traded at 3.14.

#33 EDV.TO at 2.30 (EDVMF), last traded at 2.32.

#34 CZN.TO at 0.44 (CZICF), last traded at 0.375.

#35 ECU.TO at 0.70c (ECUXF), last traded at 0.63.

#36 CFO.V at 5.04 (CFMSF), last traded at 4.06.

#37 CET.TO at 5.24 (CETEF), last traded at 5.71.

#38 FVI.TO at 2.10 (FVITF), last traded at 2.09.

#39 MAO.V at 3.50 (MAOMF), last traded at 3.95

#40 USA.V at 0.205 (USSIF), last traded at 0.22

#41 VGQ.TO at 7.19 (VGMNF), last traded at 7.22

#42 RUU.V at 0.25 (STZYF), last traded at 0.26

12 Picks have been sold at profits ranging between 10% and 110%, all within 5 months of purchase. 17 picks are trading above the introductory price and 13 are available at or below the starting price. There are some truly great bargains among these 14, due to the recent correction in the HUI index of gold and silver stocks.

To make a profit and 'sell high' we must first 'buy low'.

The success ratio (winners versus 'waiting to be winners'), is 29 to 11.

Subscribers are notified as soon as we take a profit.

We encourage investors not to 'chase' these picks, but to try to buy them at or below the price at which they were introduced. **As long as a 'pick' remains part of this list, it is an indication that we still like it, even if it slips below the price at which the stock was first listed.**

Whenever you buy a stock at its pink listing (the five letter symbol), always be 'price-specific' with your order to avoid ending up with a 'bad fill'. The recommended procedure for buying or selling 'pink sheet stocks' is explained at the bottom of an article on the website titled: "The making of a successful investor."

To be notified when we take profits, all you need to do is become a subscriber. (The cost is less than \$1 per week). For details, click on 'how to subscribe.'

DISCLAIMER:

Please do your own due diligence. Investing involves taking risks. I am NOT responsible for your trading decisions.

Happy trading!

Peter Degraaf

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