

MONTHLY NEWSLETTER

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TOPICS

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Market Watch

Courtney Beach, QAFP

November has proven to be a rocky month for markets, at least at the time of this article. The VIX reached a high of 28.27 on November 22nd. This was largely due to changing sentiment on AI, uncertainty over the Fed's rate cuts, and mixed labour market reports.

November's biggest economic news is the 2026 Canadian & American national budgets, determining changes to government income (taxes) and where dollars will be allocated in the coming years, affecting both investor confidence and expectations for the new year.

Canada's 2026 budget included plans to downsize government employees and immigration numbers, and to increase local infrastructure and defence spending. Another highlight was their plan to reduce the lowest marginal tax rate from 15% to 14% effective July 2025. Economists had mixed reactions to the plan. Some are optimistic about its focus on boosting Canada's competitiveness. Others worry about the impact of higher deficits.

The American budget also passed. It contained significant cuts to non-defence programs and substantial increases in defence and border security spending. It also aims to reduce the federal budget deficit and improve the efficiency of government spending. Economists had mixed reactions to the budget. They largely expect modest growth but also anticipate persistent inflation and a slowdown in the labour market.

The 12 Investment Terms You Should Know

"Knowledge is Power" ~ Sir Francis Bacon. That said, here is a list of terms you should know to gain more knowledge and confidence about your investments.

- 1. Investment Portfolio** – a group of investments - stocks, bonds, mutual funds, ETFs, cash, etc.
- 2. Asset Allocation** - is the division of a portfolio among various asset classes such as stocks, bonds, and cash. A portfolio's asset allocation should reflect the investor's risk tolerance and goals.
- 3. Risk Tolerance** - refers to an investor's comfort with risk in pursuit of their goals. The higher a person's risk tolerance, the more comfortable they are in taking on volatility in their portfolio for the potential of higher returns.
- 4. Stocks** – aka equity or shares. An ownership stake in a corporation. Shareholders have voting rights in shareholder meetings, receive any distributed dividends, and can sell their shares at a profit or loss.
- 5. Bonds** – aka fixed income. A loan issued by a government or company to raise money, often to fund projects or grow their business. Bondholders are the lenders, owning a portion of the overall bond loan. Bondholders earn interest over a set period and receive their principal investment at maturity.
- 6. Mutual Funds** – a financial vehicle in which many investors pool their money to invest. A fund manager selects the investments for the fund based on the fund's objectives as outlined in the mutual fund's prospectus.
- 7. ETFs** - Exchange-Traded Fund. A financial vehicle in which many investors pool their money and can be traded on an exchange, much like stocks. An ETF can be passive or actively managed. Passive EFTs aim to replicate a specific index, such as the S&P 500 or TSX Composite. Active ETFs aim to outperform a specific benchmark, such as an index, or achieve particular objectives.

8. Financial Markets – a marketplace to trade financial instruments such as stocks, bonds, currencies, etc. They can be either physical or digital.

9. Index - an index is a collection of assets used to track the performance of a specific sector (e.g., health care, financials, energy, etc.) or a broader market (e.g., stocks, bonds, or commodities).

10. Capital Gains – profits from selling a capital asset, such as stocks or real estate.

11. Dividends – periodic payments made to a stockholder from a corporation's profits. Can be paid in cash or as additional shares.

12. Interest – the cost of borrowing money, often expressed as a percentage of the amount owing and paid at a set time. There are two types of interest: simple and compound. Simple interest is paid as cash and is calculated on the original loan amount. Compounded interest is reinvested in the loan and is therefore calculated on both the original loan and the accumulated reinvested interest – often referred to as “interest on interest.”

This, of course, isn't all there is to know about investing, but it's a good start. How many did you already know?

Courtney Beach, QAFP



FINANCIAL TIP

Year-End Checkup:

Review spending,
update your budget,
and set one clear
savings goal for 2026.



LISTEN TO OUR PODCAST
BUILDING WEALTH ON THE GO



Merry Christmas

JOKE OF THE MONTH

Holiday Shopping Tip:

SET A LIMIT

My credit card heard
“sky's the limit.”



RECIPE OF THE MONTH

ITALIAN ALMOND BISCOTTI

INGREDIENTS

- 2 cups all purpose flour, 300 grams
- 1 cup granulated sugar, 200 grams + 1 tablespoon for dusting
- 1 cup almonds with skin, 150 grams
- 2 large eggs for the dough (see notes)
- ½ egg for eggwash
- ½ tablespoon baking powder
- 1 teaspoon vanilla extract
- Pinch of salt
- Lemon zest (optional)



DIRECTIONS

In a large bowl mix flour, sugar, salt and baking powder. Lightly beat the eggs and add to dry ingredients. Add vanilla extract and/or lemon zest. Work with your hands or standing mixer until crumbly dough forms.

TIP: take a small piece of dough and try to roll it into a ball. If the dough comes together nicely and you're able to form a sticky small ball than you're on the right track (see notes).

Add almonds and continue to knead until almonds are well combined with the dough.

It's normal for almonds to fall out at first, as you continue kneading you'll be able to incorporate all of them (and maybe even more, if you prefer).

Divide the dough into 3 parts.

Dust work surface lightly with flour. Roll each part into a thin log - about 2 inch (5 cm) thick and 10 inch (25 cm) long. Arrange logs on a baking sheet well apart from each other. They will rise in the oven.

Brush with ½ beaten egg.

Bake in a preheated to 350 F (180C) oven. Bake for 25-30 minutes until lightly brown.

Once out of the oven let cool for 15 minutes. Cut with a sharp knife slightly on the diagonal into about ½ inch (1.5 cm) thick slices.

Place cut side up back on the baking sheet.

Bake for the second time at 350 F (180C) for another 10-15 minutes.

Biscotti should not brown but dry a little bit. They will still be soft straight out of the oven but will harden as they cool.

Notes

If the dough is too dry, add another ½ of an egg remaining from the eggwash or a few tablespoons of water.

If the dough is too sticky, use more flour for dusting. Press gently with your hands flattening it a little bit.

Enjoy!

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