MONTHLY NEWSLETTER

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AUGUST 2026

KLT WEALTH MANAGEMENT

TOPICS

Market Watch

In July, renewed volatility arose from escalating Middle East tensions and a pullback in tech valuations. However, markets remained stable, as energy and financial stocks offset a decline in the semiconductor sector due to valuation and supply concerns. The S&P 500 slipped about 0.1%, though the decline was concentrated in chip stocks; most other stocks rose. Europe outperformed, while Asian tech markets faced pressure like that in the U.S.

Bond markets were choppier as yields climbed to multi-year highs on both sides of the border. Canada's 10-year bond yield rose to about 3.55%, worth watching for mortgage renewals, since fixed rates track it more closely than the Bank of Canada's rate. The Fed held rates steady at its July 29th meeting, though three officials pushed for a hike, a more hawkish signal, and investors now see less chance of a near-term cut.

Market Watch Cont.

Canadian markets were a bright spot: the TSX notched its fourth straight monthly gain, up an estimated 1.6% and touching fresh record highs on strength in energy and gold mining. The Bank of Canada held its rate at 2.25% on July 15th, citing May's 3.2% inflation reading; a cooler 2.8% reading for June followed days later, reinforcing that view.

Oil surged after renewed hostilities between the U.S. and Iran disrupted shipping through the Strait of Hormuz, then eased as Saudi Arabia organized a coalition to protect Red Sea shipping routes, strained by rerouted exports. It's a reminder that geopolitical headlines can move markets quickly, even when little else has changed, and staying focused on your financial plan remains the better path.

Courtney Beach, QAFP

Investing in Trends

Investment trends are nothing new. New technologies can create exciting investment opportunities. The challenge is knowing which trends have staying power and fit your long-term investment plan.

Past Trends

Before we examine the ifs and hows, let's look at trends that have come and gone:

Period	Trend	Whys/Notes
1950s – 1960s	Blue Chip Exuberance	Investors sought stability after World War II and gravitated toward large, established companies.
1970s	Commodity Boom	High inflation and oil embargoes slowed markets. Those who were investing focused on gold, commodities and oil exporters.
1980s	Global Expansion	Global investing became more accessible, and Japan's rapidly growing economy attracted investors from around the world.
1990s	Tech & Telecom	The commercialization of the internet fueled the dot-com boom, which ultimately ended with the dot-com bubble bursting in 2000.
2000s	BRIC & Real Estate	Investors increasingly looked to emerging markets (Brazil, Russia, India, and China) and real estate for growth. The decade ended with the global financial crisis, which significantly impacted many asset classes.
2010s	FAANG & Tangibles	Tech giants started to dominate markets: Facebook, Apple, Amazon, Netflix, and Google.
NOW	Artificial Intelligence (AI) & Digitization	AI continues to attract significant investor attention, along with the digital infrastructure needed to support it.

How to Differentiate a Trend from a Fad

Investment trends are not fads. A genuine trend is backed by measurable advancements in innovation, earnings, productivity, or sustained demand. These opportunities are researched by analysts, portfolio managers, and industry experts. A fad is driven by excitement and speculation, with little evidence it will last. Understanding the difference is important.

Methods of Investing in Trends

There are two ways to invest in a trend. One is to invest directly in the companies or industries involved. The other is to invest in businesses that support the trend. For example, an investor interested in AI could invest directly in AI companies or in supporting infrastructure. Both approaches may provide exposure to the same trend but involve different levels of risk.

Trends & Your Portfolio

Investment trends don't last forever. Historically, even the strongest trends eventually slow, experience periods of decline, or are replaced by new opportunities. Because emerging trends experience greater price swings while investors determine their long-term value, maintaining a diversified portfolio remains the best way to manage risk.

Before investing in any trend, it's also important to look at what you have. Portfolio managers regularly evaluate potential opportunities. Supported by analysts, they evaluate companies and determine whether they have potential to fit a portfolio's objectives and risk profile, sometimes well before an idea hits newsstands and blogs. As a result, you may already have exposure to emerging trends.

Before making changes to your investments, it's also worth confirming that a trend aligns with your risk tolerance, complements your existing investments, and supports your long-term financial goals.

To learn more about today's trends and how they fit within your plan, contact KLT Wealth Management.

Courtney Beach, QAFP

FINANCIAL TIP

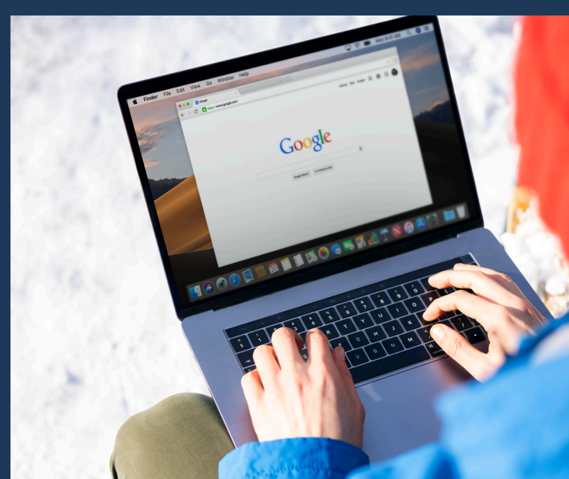
August is an ideal month for a mid-year financial checkup, budgeting adjustments, and planning for back-to-school and upcoming seasonal expenses.

LISTEN TO OUR PODCAST

BUILDING WEALTH ON THE GO

JOKE OF THE MONTH

Respect your parents, they passed school without google!



RECIPE OF THE MONTH

3-Ingredient High-Protein Ice Cream

INGREDIENTS

- 1½ cups whole-milk ricotta cheese
- 1 cup frozen mixed berries
- ¼ cup pure maple syrup

DIRECTIONS

1. Combine 1½ cups ricotta, 1 cup frozen berries and ¼ cup maple syrup in a blender; process until smooth, about 30 seconds.

2. Transfer the mixture to a 9-by-5-inch loaf pan, spreading it into an even layer. Cover with plastic wrap, pressing the wrap directly onto the surface. Freeze until firm, about 4 hours.

NOTES

- Ricotta cheese adds protein to make this dessert satisfying.

- A spin in the blender and a few hours in the freezer are all it takes, no ice cream maker required.

- Use your favorite frozen berries to change up the flavor each time you make it.

- Store covered in the freezer for up to 2 weeks. Let stand at room temperature for a few minutes to soften slightly before scooping, if needed.

Enjoy!

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We're enhancing the way we serve you. As part of our ongoing commitment to delivering personalized service, we have implemented Continuum, a Canadian based transcription tool used during client meetings to help us capture detailed, accurate notes. This allows us to stay present in our conversations, focusing more on your goals and priorities while ensuring nothing is missed in our follow-up. Continuum does not record or capture audio in any form and uses industry leading data security standards. You can ask us to pause or stop its use at any time — and we welcome any questions you have about how it works.

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KLT® WEALTH MANAGEMENT

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