# MONTHLY NEWSLETTER

**SEPTEMBER 2026**

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KLT® WEALTH MANAGEMENT


## TOPICS



# Market Watch

August saw major indices climb to fresh records through much of the month, helped by strong AI-related earnings, before renewed U.S.-Iran strikes sparked volatility late in the month. The S&P 500 still gained about 3% and the Nasdaq nearly 4%, both their best month since May, while the Dow added roughly 2% for a fifth straight monthly gain. Canadian equities held their own too, with the TSX touching fresh record highs above 37,000 on strength in gold, mining, and financials. International markets were more mixed, with Asian shares outperforming while Europe lagged.

Bond markets were choppier as yields climbed to multi-year highs on both sides of the border. Canada's 10-year yield climbed to about 3.75%, its highest level since May 2024, as rising oil prices tied to the U.S.-Iran standoff fed into a broader global bond sell-off that also pushed mortgage rates higher. The Fed held steady for a fifth straight meeting, though a hawkish tone from its Jackson Hole conference on August 29th shifted market expectations toward a possible rate hike in September rather than a cut. The Bank of Canada also held its rate at 2.25% on September 2nd, calling July's 3% inflation reading too high for comfort but pointing mainly to gas prices.

# Market Watch Cont.

The bigger story for Canadian investors was the breakdown in U.S.-Canada trade talks on August 21st: the U.S. imposed 50% tariffs on $20 billion of Canadian goods - including autos, steel, lumber, and dairy - effective the next day, and Canada responded with matching dollar-for-dollar retaliatory tariffs set to begin September 8th. The impact is expected to stay concentrated in targeted sectors rather than spread broadly.

Oil rose again as the U.S. and Iran traded strikes near the Strait of Hormuz in the final days of August. Between the two flashpoints, it's a reminder that headlines can move markets quickly, even when little in the underlying picture has changed, and staying focused on your financial plan remains the better path.

Courtney Beach, QAFP

# ON THE BLOG

## When Should You Start Investing

Money grows like anything else: the earlier you plant it, the bigger it gets. Nothing about it is simple though, so let's break it down.

**Prepare the Soil First**

Before you plant your money to grow, you need to clear and prepare the ground. Start by paying off any high interest debt, since it competes with your investments for room to grow.

You'll also want an emergency fund you can rely on. Many investments take time to sell and turn into cash, and some, like locked in GICs, can't be touched until they mature, so keep a reserve handy.

**Age of Majority**

For young people, age is key. Parents can start earlier on a child's behalf, through an RESP or in trust account. But to open an account yourself, you must reach the age of majority, old enough to sign a contract. That differs by province:

| Age of Majority | Province / Territory |
|---|---|
| 18 | Alberta, Manitoba, Ontario, PEI, Quebec & Saskatchewan |
| 19 | BC, New Brunswick, Newfoundland & Labrador, Nova |

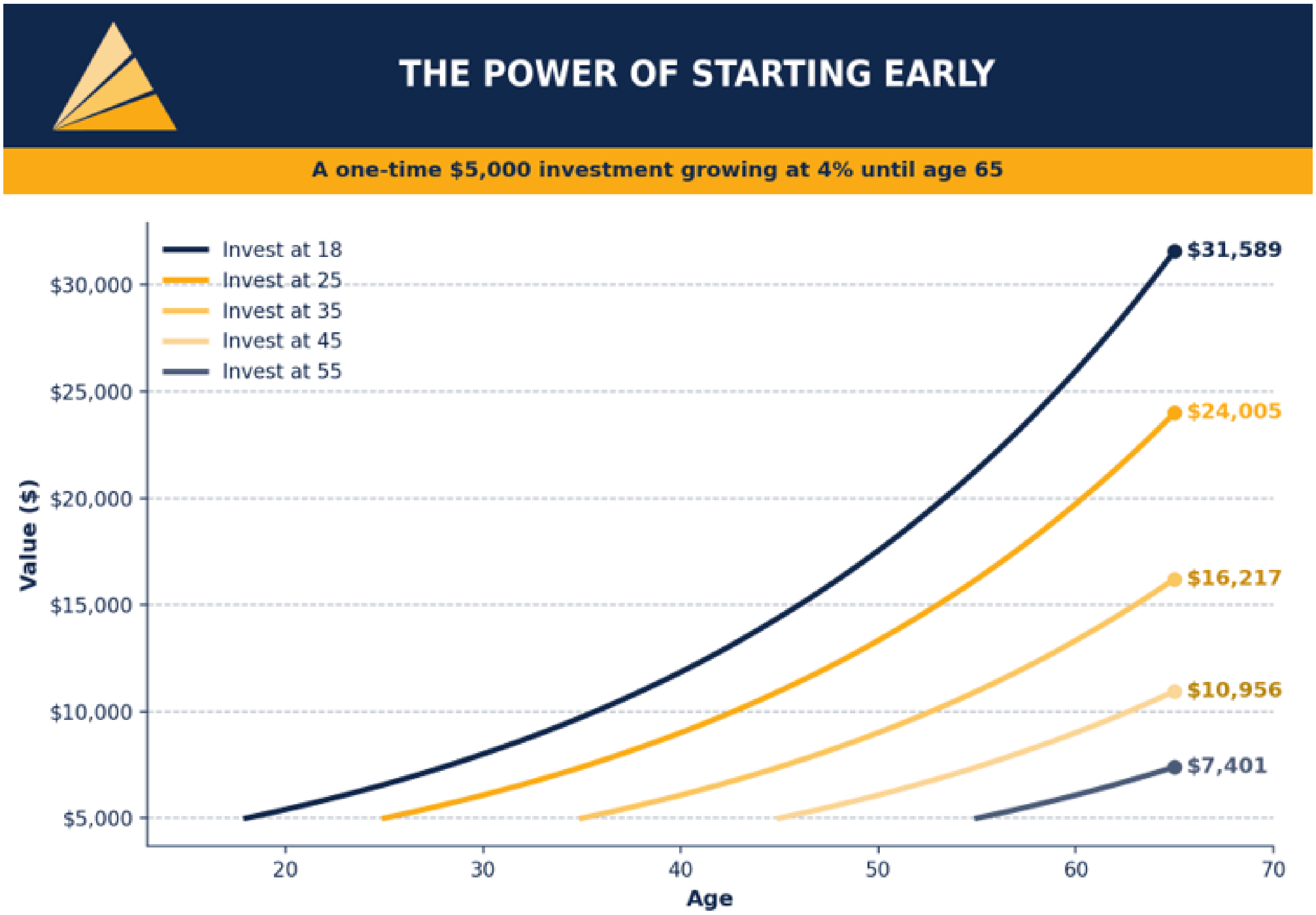
When is RRSP and TFSA room earned? In Canada, RRSP room starts building with your first job, based on your earned income. TFSA room is granted on January 1 of the year you turn 18. So when you open your first RRSP and TFSA, you likely already have room. Regardless of age, it's best to confirm your room with CRA (myCRA).

# ON THE BLOG.cont.

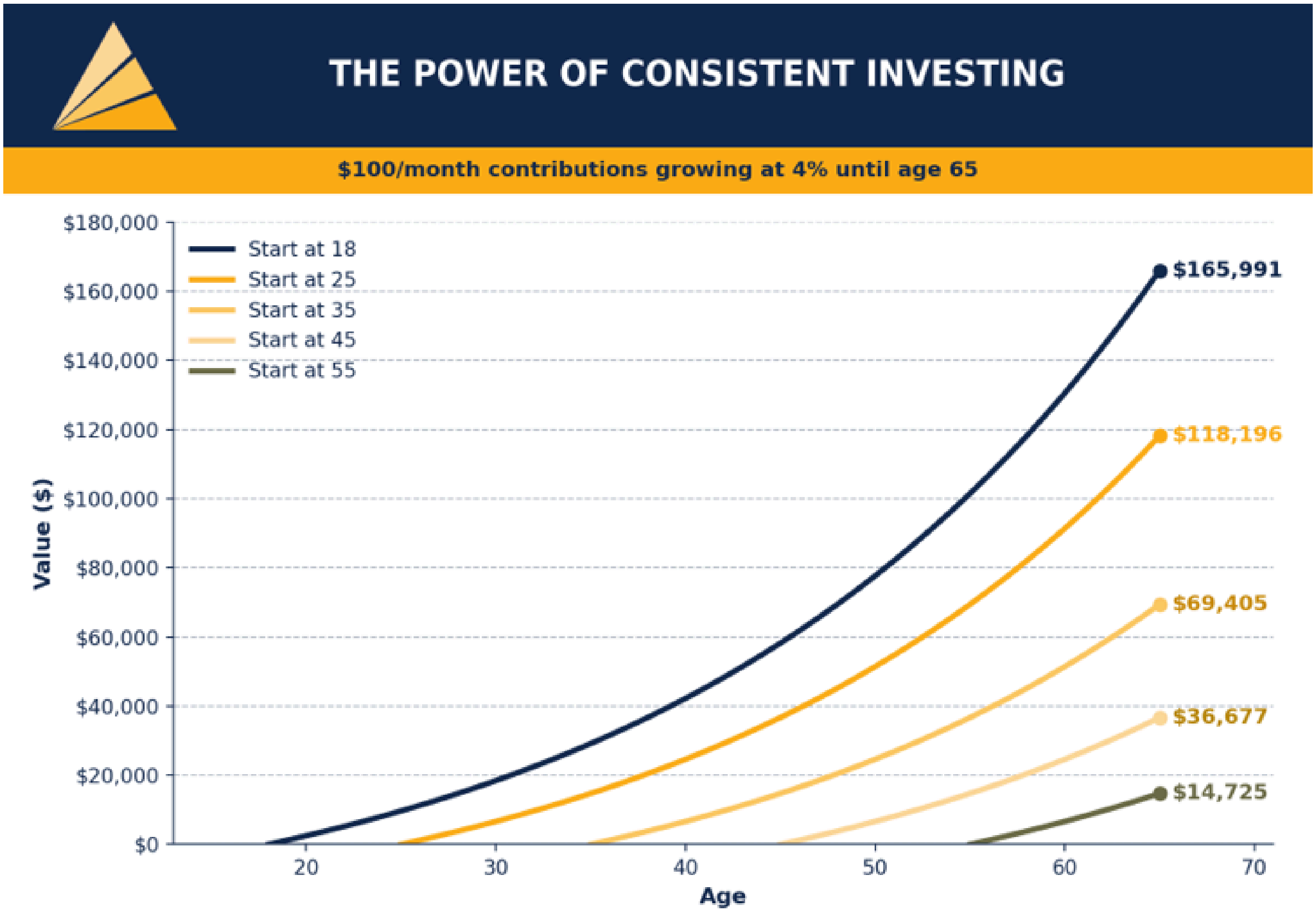
**Power of Compounding**

When your money is invested, it can grow in value over time. But it can also lose value, especially short term. That up and down movement, called volatility, is a normal part of investing. Markets have historically trended upward over the long term, making compounding possible.

Say you invest $1,000 and it grows 4% in a year, bringing its value to $1,040. The next year, that same 4% applies to the larger amount, and the cycle continues. This is a simplified example. Real returns don't move in a straight line, and some years will be negative. But compounding still works, it just needs time.



The earlier you invest, the more years you give it. Additionally, regular contributions and reinvesting dividends or interest adds even more fuel to the cycle. Investing early also gives your investments more time to recover from weak years. And in a TFSA or RRSP, that growth is tax free or tax deferred, so more stays invested and keeps compounding. You also want to ask about fees. Fees work the opposite way. It's normal to pay fees for service, but you want to make sure they're not eating into your returns.




So, when should you start investing? Now. Every year you wait is a year of growth you can't get back, and the earlier you start, the more time compounding has to work in your favour.

Ready to talk through your options? Contact KLT Wealth Management.

Courtney Beach, QAFP

*This article is for general information only and does not constitute personalized investment advice; the example shown is hypothetical, and past performance is not indicative of future results.*

# FINANCIAL TIP

## 5 BUDGET TIP$ FOR COLLEGE STUDENTS

- LOOK FOR STUDENT DISCOUNTS
- UTILIZE A MONEY MAGAGEMENT APP
- USE COUPONS
- SEEK FREE EVENTS
- SEARCH FOR SCHOLARSHIPS

## LISTEN TO OUR PODCAST

**BUILDING WEALTH ON THE GO**


## JOKE OF THE MONTH

**TEACHER:**

**ESSAY ASSIGNMENT:**
**What I did on my summer vacation.**

**STUDENT:**

**You mean you haven’t been following me on instagram all summer?**

# RECIPE OF THE MONTH

## EASY EGG MUFFINS

### INGREDIENTS

- 10 to 12 ounces frozen spinach*
- 6 large eggs
- 1/2 teaspoon dried oregano
- 1/2 teaspoon kosher salt
- 1/4 teaspoon garlic powder
- 1 cup cottage cheese
- 1/4 cup grated Parmesan cheese
- 1/4 cup chopped red pepper, plus more for topping
- Fresh ground black pepper

### DIRECTIONS

Preheat oven to 375˚F. Spray or grease a standard 12-cup muffin tin.

Place the spinach in a colander and let warm water run over it until it is thawed, about 1 minute. Then use your hands to squeeze out as much excess liquid as you can.

In a large bowl, whisk the eggs. Then stir in the oregano, salt, garlic powder, cottage cheese, grated Parmesan cheese, spinach, and red pepper. Add a few grinds of fresh ground black pepper.

Fill each muffin cup three-quarters of the way to the top with the egg mixture. Sprinkle the tops with additional chopped roasted red pepper.

Bake 22 to 24 minutes until set in the center and golden around the edges. Allow to cool for a few minutes (they'll deflate, which is expected), and then run a butter knife around the edges of each muffin to loosen it and pop it out.

*Enjoy!*

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**Our mailing address is:**
148 Peel Street Unit 1B, New Hamburg, ON N3A 1E3

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