

MONTHLY NEWSLETTER

WWW.KLTWEALTH.CA

OCTOBER 2026



TOPICS

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Recipe of the Month

Market Watch

September was a mixed month: excitement around AI kept tech stocks climbing, but rising interest rates weighed on most other areas. The tech-heavy Nasdaq gained nearly 2%, while the S&P 500 dipped slightly and the Dow fell about 4%. In Canada, the TSX slipped about 3%, its first monthly decline after five straight gains, as banks and miners pulled back while energy stocks rose. Gold also fell about 6%, weighing on Canadian mining stocks. Even so, both the S&P 500 and the TSX finished the quarter higher.

Interest rates were the bigger story. Long-term bond yields rose to their highest levels in years on both sides of the border, keeping pressure on mortgage rates for anyone renewing soon. The U.S. Federal Reserve raised its key rate on September 16th for the first time since 2023, and central banks in Europe and Japan did the same.

Market Watch Cont.

On trade, Canada's counter-tariffs on about \$20 billion of U.S. goods took effect September 8th, and the U.S. responded by banning some Canadian dairy and alcohol imports. Formal negotiations remain on hold, though the impact so far is limited to specific industries.

Asian markets were also rocky, especially in India, where the main stock index fell about 6% in September and is now down more than 13% this year. Foreign investors pulled money out as higher oil prices and rising U.S. rates took a toll, with Indian tech stocks hit hardest, falling about 11% for the month. Chinese and Hong Kong stocks also slipped, while Japan held up. It's a reminder that markets can move quickly on news, even when little in the underlying picture has changed, and staying focused on your financial plan remains the better path.

Courtney Beach, QAFP

Investing 101: Risk Tolerance

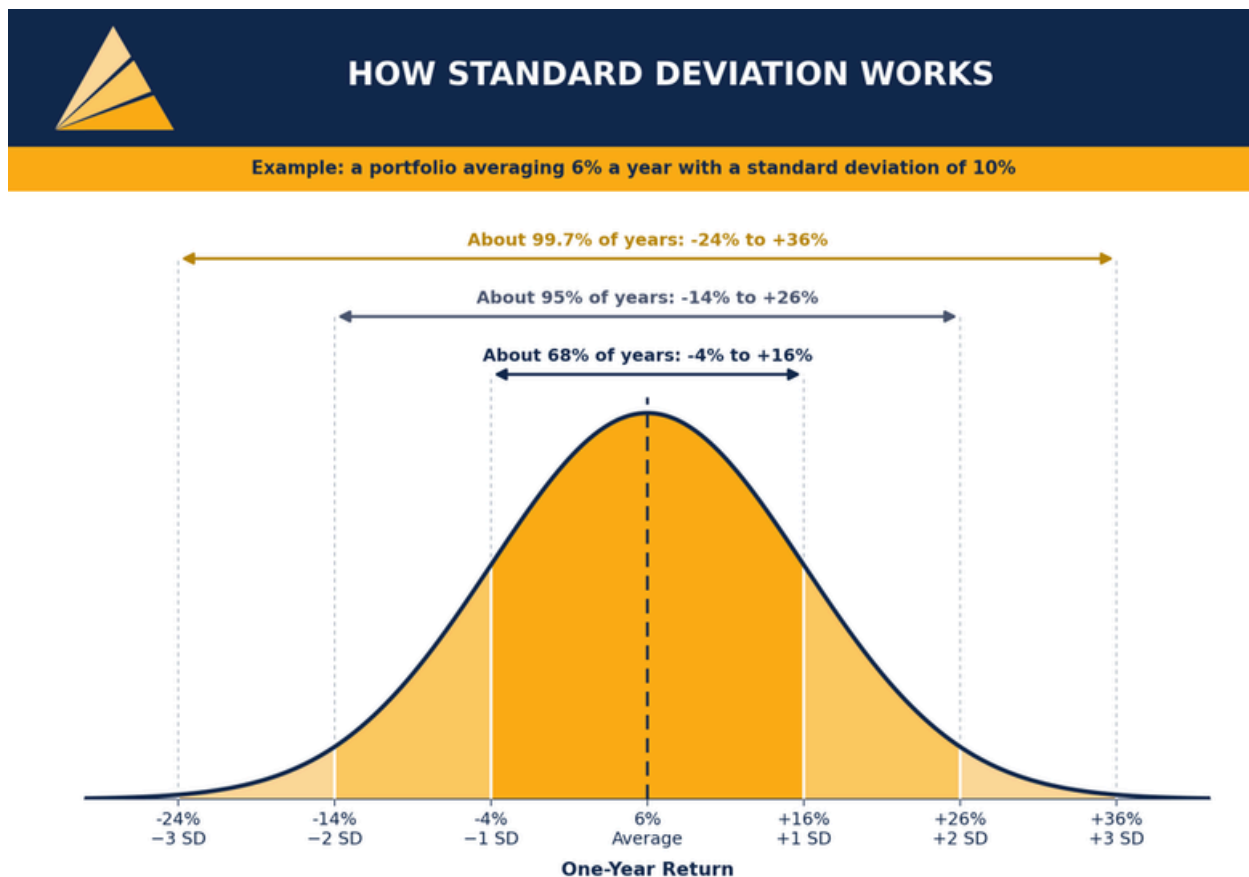
When you start investing, one of the first things you'll need to decide is how comfortable you are with taking on risk. But what is investment risk? And how do you determine the right fit for you?

What is Investment Risk?

Investopedia's definition of risk in finance is "the potential for an investment's actual returns to differ from expected returns, possibly resulting in a loss." In other words, risk is about both the potential for returns and the potential for volatility.

How is Risk Measured?

One common way to measure risk is standard deviation, often found on Fund Facts. It measures how much an investment's returns move up and down around its average. Simply put, it tells you how bumpy the ride has been. The higher the number, the bigger the swings.



For example, a portfolio averaging 6% a year with a standard deviation of 10% tends to land between -4% and +16% in roughly two out of three years. In fact, the risk rating on Fund Facts is based on standard deviation. So, when you and your Portfolio Manager discuss your risk tolerance, you're really asking: how big of a swing am I comfortable with?

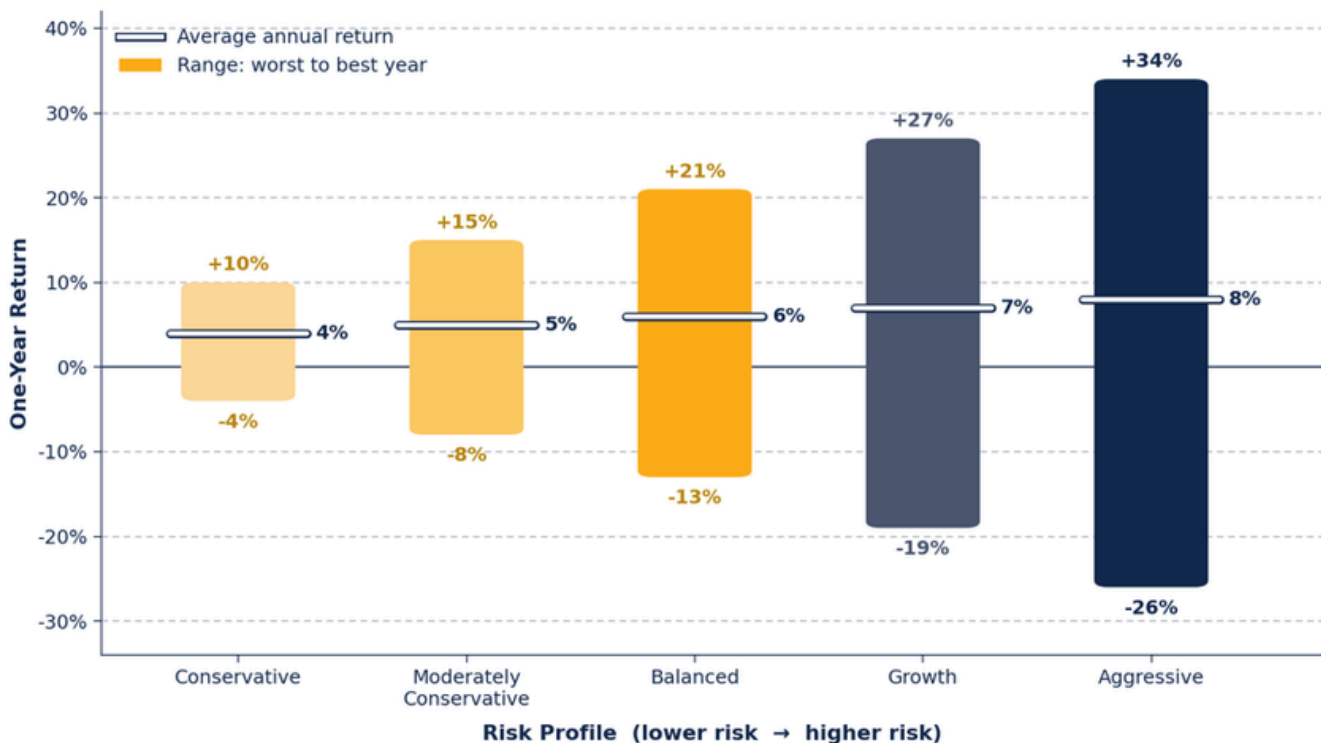
The Right Fit for You

Investing is personal. Not everyone wants to get to the finish line the same way. Some want a steadier ride with few bumps along the way. Others accept a rockier ride for the chance to end up farther ahead. And many are somewhere in between.



UNDERSTANDING RISK TOLERANCE

Higher risk means higher potential returns, and a wider range of outcomes



Finding the right fit matters. Too much risk can tempt you to sell during a market drop, locking in losses. Too little, and you may fall short of your goals or inflation.

To determine the right fit, your Portfolio Manager will take the time to learn about you and your situation, including your:

- Comfort level
- Financial goals
- Investment experience
- Investment knowledge
- Age(s)
- Time horizon - When you'll need the money
- Liquidity concerns - Do you have an emergency fund?

Keep in mind that different accounts may have different risk levels depending on their purpose.

Reevaluating Your Risk Profile

Life doesn't stay still, so your risk profile should be reviewed regularly. There are four reasons to change it:

1. Your Goals Have Changed - The current profile might not fit your new goals.
2. Your Time Horizon Has Changed - As you get closer to needing the money, you may want to reduce your risk. If your time horizon gets longer, you may be able to take on more.
3. A Major Life Event - Marriage, divorce, a new child, retirement, an inheritance, etc. can change your goals and how much risk you can take on.
4. You're Not Comfortable - If you're worried about it or cannot sleep at night, it's not the right fit.

Your Portfolio Manager should be checking in on you and your situation at least annually. But if any of these apply to you, don't wait. Schedule an appointment to review it.

For strategies that will help you reach your goals, contact KLT Wealth Management.

- Courtney Beach, QAFP

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



FINANCIAL TIP

OCTOBER IS
NATIONAL FINANCIAL
PLANNING MONTH

LET'S TALK



LISTEN TO OUR PODCAST
BUILDING WEALTH ON THE GO



JOKE OF THE MONTH

Who is not hungry at
Thanksgiving?

The Turkey because he's
already stuffed.



RECIPE OF THE MONTH

CANADIAN WHISKY, MAPLE & SAGE TURKEY

INGREDIENTS

- 1 Ontario Young Turkey Raised Without Antibiotics (about 7 to 9kg)
- 2 tsp each salt and pepper
- 2 to 3 sprigs each fresh Sage and parsley
- 2 medium onions, quartered
- 1 jar (680mL) Homestyle Gravy for Turkey

Whisky-Maple Sage Butter:

- 1 cup Salted Butter, well-softened
- 1/2 cup loosely packed fresh Sage Leaves
- 1/4 cup loosely packed parsley leaves
- 2 tbsp Maple Syrup
- 2 tbsp Canadian whisky
- 2 large cloves garlic, grated

Whisky-Spiked Cranberry Sauce:

- 3 cups fresh or frozen cranberries
- 3/4 cup packed brown sugar
- 1/2 cup Fresh Apple Cider (or apple juice)
- 1/4 cup Canadian whisky



RECIPE OF THE MONTH

DIRECTIONS:

Whisky-Maple Sage Butter: Combine butter, sage, parsley, maple syrup, whisky and garlic in food processor. Blend until herbs are chopped and mixture is well combined. Measure out 1/2 cup flavoured butter and set aside for basting.

Whisky-Spiked Cranberry Sauce: Combine cranberries, sugar and cider in saucepan; bring to a simmer and cook, stirring occasionally, for 6 to 8 minutes or until most of the berries have popped and the mixture is thickened (it will continue to thicken as it cools). Remove from heat and stir in the whisky. Transfer to a jar and reserve in the refrigerator for up to 2 weeks.

Turkey: Remove neck and giblets from cavities of turkey. Place turkey on rack in roasting pan. Season all over inside and out with salt and pepper. Place sage, parsley and onions loosely in the cavities. Gently loosen skin from breasts and legs. Keeping the reserved Whisky-Maple Sage Butter aside, spread some of the remaining flavoured butter under the skin, massaging skin to distribute evenly. Rub the remainder of it on the exterior. Fold legs into neck skin or tie closed with kitchen twine. Pour 1 to 2 cups water in the bottom of the roaster; tent loosely with foil.

Roast turkey in a preheated 350°F oven for 4 to 5 hours, depending on the size (about 15 minutes per pound). During the last hour, uncover turkey; melt reserved Whisky-Maple Sage Butter and use it to baste occasionally. The turkey is ready when a thermometer inserted into the meatiest part of the thigh registers 170°F. Remove from oven, tent with foil and rest for 30 minutes before carving.

Meanwhile, warm Homestyle Gravy for Turkey according to package directions and serve with carved turkey along with Whisky-Spiced Cranberry Sauce.

NOTES:

You will need 2 pkgs (20g each) fresh Sage for this recipe. It is important that the butter is very soft, as it will distribute under the skin much easier. If you find it is clumping, microwave the butter for 10 to 15 seconds to soften it further.

Enjoy!



ENHANCING CLIENT EXPERIENCE AT KLT

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.

HAPPY THANKSGIVING



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