

Newsletter



Summer 2022

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Looking Beyond Today's Challenges

Both equity and fixed income markets have seen significant volatility throughout 2022. Coming into this year, it was expected that central banks would normalize their policies post-pandemic by gradually increasing interest rates from artificially low levels and reducing balance sheets. Yet, it was also expected that inflationary pressures would ease—and they largely haven't. We've been confronted with new headwinds, including the Ukraine war and the spring COVID lockdowns in China. This has led to a more aggressive response by central banks, which some have worried will lead us into recession. The changing expectations have been a key driver of the volatility.

While it may be difficult to look beyond today, this period of market volatility and economic uncertainty will eventually pass. As investment advisors, we have managed through these cycles before and have helped our clients navigate challenging times. Here are some thoughts:

Consider the Bigger Picture – Over shorter time periods, market performance is often unpredictable. By zooming out, this perspective changes; history has shown that the longer-term trend of equity markets is upward. Over time, economies and many businesses have continued to grow, which manifests in earnings growth and improved returns for equity investors. We continue to advocate that investors view the markets in the context of multiple years or even decades—not weeks or months.

Stop Checking Portfolios – Paying attention to the markets, or portfolio values, won't give you more control or change their outcome. Over time, they will experience both gains and declines. If the latter is a cause for concern, consider avoiding the temptation to check portfolio performance. Leave the day-to-day worries to those of us who are here to manage your assets.

Don't Make Unnecessary Changes – During market pullbacks, some investors may feel inclined to sell investments for fear of a greater loss. However, this can create two issues: selling at low prices and the inevitable need to re-enter the markets. Market timing is difficult, if not impossible, perhaps one of the most convincing reasons being that the biggest up and down days have historically tended to cluster together. Selling low to buy higher is the exact opposite of the desired outcome in investing.

There May Be Opportunity Amid Uncertainty – Rising equity valuations throughout 2021 made it difficult to find quality securities at attractive prices. Valuations have fallen since the start of the year, which may bring opportunity for those who have funds sitting on the sidelines. Consider that, to start the year, renowned investor Warren Buffett has added the largest amount of assets to his portfolio since 2008.

Without a doubt, there are challenges ahead. We have entered a period of slower growth globally and continue to face many uncertainties. Rate increases, rising bond yields and more moderate equity valuations have been expected as we embark on normalizing the economy. Periods of volatility can be anticipated as the current challenges are resolved. However, as the year progresses, inflation is expected to moderate. Labour markets continue to be robust and household balance sheets suggest consumer resilience as consumption patterns have shifted to the services industry. At home, our strength in commodities has helped us to be more resilient to the challenges of today. Consider that in the first quarter, Canada's GDP grew by over three percent, whereas U.S. GDP declined.

We understand the challenges that come from an uncertain near-term outlook. During periods such as these, investors should try to stay focused on longer-term goals. Keep your eyes on the horizon, stay invested and look beyond today as better times will eventually prevail.

Brendan Bzdel
Portfolio Manager
Tel.: 306-781-0508
brendan.bzdel@nbc.ca

National Bank Financial
Wealth Management
Suite 305, 2075, Prince of Wales Drive
Regina, SK S4V 3A3

Your Estate Plan: Are There Ways to Better Protect Family Harmony?

An estate plan should consider more than just how you distribute your assets. It can also include strategies for preserving family values and relationships. This may be important; it isn't uncommon for even the most harmonious of families to undergo bitter disputes when dealing with the distribution of assets of an estate. As such, the time you invest in planning has the potential to leave a lasting legacy of family harmony. Here are some thoughts:

① Keep documents updated – Consider reviewing your estate plan periodically to ensure it reflects your current thinking and to avoid future conflict. If you have a Will in place, how old is it? Perhaps this may be a good time for a thorough review of your estate planning documents, especially if circumstances have changed. Equally important: reviewing your designated beneficiaries, where applicable. Many investors fail to revisit these designations to account for major life changes, such as marriage, divorce or the birth of a child.

② Rely on professional support – Improper documentation or vague instruction can lead to misunderstanding, conflict and even escalate to a costly court battle. While you are able to create estate planning documents on your own, such as by using an online Will service, even if the document is valid, do you fully understand the family and succession laws of your province, or income tax and investment rules? These can change over time and should be evaluated against your estate plan. With the rise in blended families, balancing competing interests from children, stepchildren and a new spouse may be challenging. The support of estate planning professionals can help ensure assets are distributed as intended.

③ Communicate – Sharing your intentions with beneficiaries can help manage expectations and prevent



future conflict. While the topic of death is not always easily broached, consider communicating with loved ones while you are alive about your estate. In-depth details do not have to be provided, but high-level conversations can be beneficial to avoid future surprises. These conversations can also help you understand the wishes of loved ones for when you are gone, including for items of sentimental value, which can commonly become the centre of conflict.

④ Understand the implications of joint ownership with children – Joint ownership* is sometimes used to simplify the transfer of assets on death. In certain jurisdictions, it is used to minimize probate fees. Yet, it has the potential to lead to complications, often relating to estate equalization. It is a common cause of stressful lawsuits that will easily surpass the cost of probate—perhaps the exact situation you were trying to avoid in the first place! There may also be unintended consequences, such as tax implications or exposing assets to potential creditors.

⑤ Consider the support of a professional executor – It may be money well spent to consider a corporate executor. This can help to preserve impartiality if you have children you were considering appointing as executor. More important, it can help take the burden off of loved ones during what is often an emotionally difficult time.

Please seek the support of estate planning specialists for your situation.

*Not applicable in the province of Quebec.

Perspectives for Volatile Times: Reasons to Stay Invested

During periods of significant volatility, it may feel difficult to be invested in the equity markets. However, without risk there would be no returns, and equities continue to be one of the greatest generators of wealth of all asset classes. Maintaining discipline and patience throughout volatile times and staying invested is important.

Volatility is a reminder that portfolio growth does not occur at a steady rate. Yet, time reduces the volatility of returns. As history has shown, negative market performance smooths out as an investor's time horizon increases. Over the past 30 years, the likelihood of the S&P/TSX Composite Total Return Index experiencing a negative monthly return is 38 percent. This drops to 13 percent over a three-year rolling holding period, and 0 percent over seven-year rolling holding periods and beyond (chart 1).

Time in the markets also allows investors to participate in the best performing periods in the markets, which, as discussed in our cover story, can often cluster around the worst market declines. Missing these periods can be costly. The chart shows the impact of missing the best performing months of the S&P/TSX Composite Total Return Index over a 30-year period. By staying invested, a notional investment of \$1,000 would have grown to \$12,693. By missing the five best months, this would fall to \$7,503 (chart 2).

These are just two reasons to continue to keep perspective and stay invested during volatile times.

Chart 1: S&P/TSX Composite Index % of Negative Returns Since 1991



Chart 2: Return of \$1,000 Invested in S&P/TSX Composite Since 1991



Source: S&P/TSX Composite Total Return Index from 12/31/91 to 12/31/21.

During Volatile Times: The Case for Goal-Based Investing

Goal-based investing differs from traditional investing programs that generally allocate assets and measure progress based on market benchmarks. Instead, it focuses on the investor by mapping savings and investments to unique goals, which may involve specific time horizons and risk profiles, while measuring progress towards achieving these goals.

With goal-based investing, there is a dedicated focus on the investor to create a wealth plan that meets their needs and works towards achieving their unique goals. It takes into account a detailed understanding of an individual's personal liabilities, as well as their stated objectives over their lifetime: What do you currently owe and how will this change in the future? What do you wish to accomplish? When do you want to retire and what type of lifestyle do you envision in retirement? It also helps to plan for the many milestones that will come along the way: Do you wish to save for and support a (grand)child's education? Are you planning on any large purchases, such as a car, home or vacation property?

A Focus on the Investor... Not Day-to-Day Market Performance

Goal-based investing shifts the focus away from the markets and back to the individual investor. For those who use this approach, the objective is not to generate superior returns or beat an index over the short term, but instead to manage investments to achieve measurable goals over the longer term. This doesn't mean directing all emphasis away from market or investment performance, but it does help individuals to look beyond what may be happening in the markets in the short term and instead consider a broader view over multiple time horizons.

It can also help to instill discipline and foster better investment decision making. For many investors, the biases that can influence poor investment decision-making more commonly emerge during periods of market uncertainty, such as during market pullbacks. With goal-based investing, investment decisions are instead focused on achieving certain goals alongside the individual's personal risk profile, rather than comparing performance to the markets at any particular time.

A goal-based approach also requires a deep understanding of the investor, which can help to foster better relationships between advisors and investors. As the investor, you are in the driver's seat and will be actively involved in the decision-making process, with your investment strategy aligned to your life goals. Over time, your progress will be carefully followed to help ensure that you are on track to achieve your set goals. There is no blanket strategy; the approach is tailored to your own personal roadmap. Your life goals are unique to you and your wealth strategy should take this into account.

Ultimately, the purpose of having a goal-based investing approach is to help individuals attain better outcomes for their financial independence. With clearly defined goals from the onset, you can track your wealth plan throughout time with a focus on meeting your life objectives.

We Are Here to Assist

Portfolio construction and management should begin with the individual investor in mind. A goal-based investing program focuses on the investor first, helping to create a plan to achieve specific goals. If you have questions about this approach, or your own investing program, please get in touch.

1. worldpopulationreview.com/countries/countries-by-gdp; www.worldometers.info; 2. www.newswire.ca/news-releases/canada-is-the-no-1-country-in-the-world-according-to-the-2021-best-countries-report-867033906.html; 3. www150.statcan.gc.ca/n1/daily-quotidien/211101/dq211101a-eng.htm; www.statista.com/statistics/748223/leading-countries-based-on-natural-resource-value/; 4. www.bloomberg.com/news/articles/2022-04-29/canada-extends-growth-streak-as-first-quarter-tops-expectations; 5. www.cbc.ca/news/politics/census-2021-release-population-cities-1.6344179



Macroeconomic Perspectives: Is a Recession Imminent?

With slowing global growth, persistently high inflation rates and as the central banks have taken a more aggressive position to combat inflation by raising interest rates faster than anticipated, the media has been preoccupied with evoking fear that a recession is imminent. While this is a legitimate worry, we suggest that maintaining perspective may be worthwhile.

Economies, like financial markets, are cyclical in nature and are naturally prone to expanding and contracting over time. A recession can occur when economic activity declines and is commonly defined as two successive quarters of declining gross domestic product (GDP), the measure used to gauge economic health.

It's not normal for any economy to be in a perpetual expansion, and contractions do occur from time to time. Yet, recessions can be quite different in their length and intensity. While the Great Depression of the 1930s is the longest contraction historically, consider that our most recent recession was the shortest on record. This precipitated during the depths of the pandemic due to the economic shutdowns, but lasted for just three months in length.

Some are comparing our current inflationary situation to the 1970s, suggesting that we are headed for a similar period of economic slowdown that followed. Yet, let's not forget that today's central bankers are taking more rapid action to try and curb inflation. In the early 1970s, the U.S. Federal Reserve was easing monetary policy. It wasn't until Paul Volcker headed the Fed in 1979 that he raised the Fed funds rate to a whopping 20 percent to try and end high inflation, but this wasn't until after almost a full decade of persistently high inflation. This shock led to more severe economic consequences.

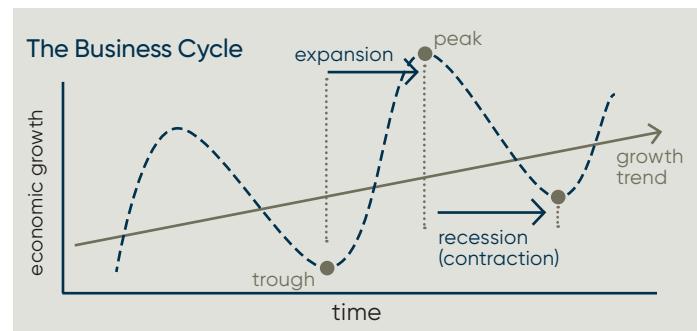
Today, there are a variety of reasons to keep perspective. Labour markets and household balance sheets are at healthy levels to support consumer resilience, and consumer spending has been robust, shifting to the services industry. While some corporate earnings have missed expectations recently, it was anticipated that there would be a period of adjustment as we returned to normal from the pandemic. In some cases, record stimulus skewed consumer demand; in others, the economic shutdowns caused ongoing supply chain issues. High inflation has also driven up many companies' costs, but this inflation is not expected to be permanent. Recessions are also usually characterized by excesses of inventory, capacity or credit, which aren't largely apparent at the moment.

National Bank Financial – Wealth Management

Suite 305, 2075, Prince of Wales Drive
Regina, SK S4V 3A3



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This is not to suggest we don't face challenges. The pandemic has caused a variety of problems, including significant stimulus debt, higher inflation, supply chain disruptions and more. We are now confronted with new issues created by the conflict overseas. Continued patience is needed as we resolve these issues and move forward.

However, some balance may be warranted to address the current discussion of recession. Investors should also remember that portfolios positioned for the longer term have been structured with the expectation that economies and financial markets will experience both ups and downs. Most importantly, when a recession eventually does arrive, remember that it will be temporary.

Recessions in Canada Over the Past 50 Years

Monthly Peak	Monthly Trough	Severity	# Months
December 1974	March 1975	2: Mild	6
January 1980	June 1980	1: Mildest	9
June 1981	October 1982	4: Severe	16
March 1990	April 1992	4: Severe	25
October 2008	May 2009	4: Severe	7
February 2020	April 2020	5: Very Severe	3

Source: CD Howe Institute, "Business Cycles"

Brendan Bzdel
Portfolio Manager
Tel.: 306-781-0508
brendan.bzdel@nbc.ca