

# Investment Insights

## Change — The Only Constant

Spring 2023

*“It is up to humans to decide how AI technology is used and the extent to which it affects society.” — ChatGPT, when asked: “Will ChatGPT change the world?”*

Much continues to be made of the artificial intelligence algorithm (AI) ChatGPT and its potential to disrupt on many levels — we’ve already seen its substantial competence in writing college essays, prompting questions over whether it will change education as we know it. It has also ignited a debate about the deeper threat of our technological advances.

Change can come thick and fast, and the investing world is no exception. Respected investor Howard Marks believes that we are in the midst of a radical change in direction for the financial markets — a “sea change.” With inflation and interest rates rising substantially over the past year, he sees this as a permanent departure from the “easy money” days of recent times. In his view, declining interest rates provided a tailwind for investing success over the past 40 years: growing the economy, reducing businesses’ cost of capital while increasing profitability and providing a subsidy to borrowers. He suggests that inflation and interest rates are likely to remain more elevated than in previous decades, providing headwinds for the years immediately ahead.<sup>1</sup>

Where is this financial cycle headed? Only time will tell. Whether or not you agree with Marks’ assessment, one thing is certain: Change is imminent. Every financial cycle differs from those that came before. The world is a far different place than 10 or 20 years ago — and, arguably, than even just a couple of years ago. But, changing conditions don’t preclude the prospect of continuing to build wealth.

This is because change can also bring opportunity. Beyond its existential debate, ChatGPT exemplifies the human pursuit to advance. Let’s not forget that within our generation, a shift to modern commerce, enabled by the Internet, has revolutionized the way we work, communicate and play — the benefits we may take for granted. Earlier innovations, such as those sparked by the development of railroads, electricity and the automobile ignited upwaves of economic growth that lasted for many decades. Consider the impact of the global petroleum industry or the assembly line introduced by Henry Ford — the latter changed global manufacturing processes forever.

As we navigate the changing times, investors should not overlook the value of thoughtful analysis and evaluation. These skills should be trusted to guide us through the longer term. This is because change is the only constant. Do you remember Wang or Commodore, the “high-tech leaders” of the 1980s? Or BlackBerry, the dominant “smartphone” in 2010? Sound portfolio management involves assessing the changing landscape and the potential opportunities to come, all while balancing the risks involved. This is one of our roles as advisors: to distill the key factors influencing the financial markets from the mountain of available fact and opinion, and make informed decisions and recommendations that are tailored to support our clients in reaching their wealth and investment goals. Continue looking forward.

1. <https://www.oaktreecapital.com/insights/memo/sea-change>

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Mark Allinotte and Dale C. Gagnon

### To Our Clients:

Spring is here, with the promise of longer days and warmer weather. The winter months may have felt particularly long this year, especially as inflation continues to put pressure on many budgets and the financial markets continue to be volatile. We may all be looking forward to a bit of spring’s revival.

As we enter a new season and you consider your finances, please let us know how we can be a resource. This may be as simple as a quick spring cleaning, such as updating registered plan beneficiaries. Or, as we deal with 2022 tax receipts and returns, it may be a reminder to review tax-planning opportunities in your investment strategy for 2023.

As we strive to make progress, whether it be with our investments or in other aspects of our lives, we hope that spring brings renewal, growth and expansion.

Mark, Dale, Keith & Jennifer

# I Don't Want to Act as Estate Executor/Liquidator

It can be an honour to be named as estate executor (liquidator in Quebec),\* as it signifies a person's trust that you will carry out their wishes as intended. But what happens if you decide you aren't able to carry out the duties or no longer want to?

Sometimes individuals accept the position without fully understanding the duties or responsibilities that come with the role. Or, circumstances can change and the person may no longer be able to assume the role, perhaps due to health issues, incapacity, job change or a move to another province or country, which can make the role challenging or difficult.

What happens if the named executor decides that they aren't able to carry out the duties — or maybe that they no longer want to? It is possible to step down from the position. If the executor hasn't yet applied for probate, they are generally able to renounce the role as executor by providing formal documentation to the courts.\*\*

However, if the executor has applied for probate and started administering the estate (called "intermeddling"), renouncing the role may be more difficult. They may need to apply to the courts and provide an explanation of why they wish to step down. Since the estate administration has begun, they may be held liable by the beneficiaries for any loss in value to the estate. It is also possible that the court could refuse this request, especially if the executor is well into administering the estate.

This is why it's important to think carefully from the outset about the role.

## As you consider your own estate's executor...

- Make sure the person you ask is comfortable in the role;
- Consider naming an alternate executor within the Will;
- Periodically review your named executor's circumstances to account for changes. Reach out to them to discuss their current capacity to ensure they are still willing and able;
- Don't be afraid to consider the support of a corporate executor, to act alongside an appointed executor or as sole executor.



## If you are asked to be someone's executor...

- Recognize that the role can be difficult and may involve many hours of work, emotions and potentially complex family dynamics;
- Don't be afraid to ask questions. Is it a complex estate? Are there any potential surprises that may emerge?
- Remember that this is a fiduciary role with legal obligations and liabilities;
- If your circumstances change, make sure to let the person know. This includes if you plan on moving jurisdictions, face health issues or have a change in responsibilities that make it difficult to assume the role.
- Don't be afraid to say no if you don't think you can handle the obligation.

As always, consult an estate planning professional as it relates to your particular situation.

\*For the purposes of this article, we refer to the person appointed to settle the estate as the executor, also called the liquidator in Quebec and may go by other terms based on province of residence. \*\*In QC, the liquidator cannot refuse the role if they are sole heir.

# Spring Cleaning? Check Your Credit Score

When was the last time you checked your credit score? It may be important for young and old people alike, for benefits beyond just understanding your credit position.

As advisors, one common problem we have seen with older couples is that one spouse will have a good credit rating, but the other will have none. If the spouse with the good credit rating passes away, the other may have difficulty qualifying for a loan or even a credit card.

Establishing a good credit score can take time. It involves creating a credit history and showing that you are able to pay bills on time and in full. The two main Canadian credit bureaus, Equifax and TransUnion, keep track of your credit through public records of lenders like banks, collection agencies and credit card companies. Credit scores are usually based on a range between 300 and 900, with a score of over 700 considered very good.

## Help Younger Folks Understand the Importance of Building Credit

Many young people may have limited experience with credit and do not realize that having a good credit history can make life easier. It is important because your score determines how lenders assess your

credit capacity — the higher the score, the greater the likelihood that you'll be approved for loans or credit. It is often checked when applying to rent a property or even for certain jobs.



## Identify Possible Fraud

For both young and old alike, periodically accessing a credit report may be valuable not just to check your credit score standing, but also to help guard against identity theft. A credit report may list accounts that you may not have opened, which can uncover possible fraud. The credit bureaus also offer monitoring services that can notify you if there are changes to your credit position. You can also request to add extra security measures, such as a fraud alert, when financial providers issue new credit in your name. Some of these services have associated fees, but the cost may be worthwhile to act as a safeguard as new scams become increasingly sophisticated.

# Surviving (and Thriving) in Challenging Economic Times

Are we in for a hard or soft landing...or no landing at all? While we can never control the timing of challenging economic times, there may be ways to better survive and even thrive!

This was the conclusion of a Harvard study that looked at the performance of 4,700 public companies through three recent recessions. While 17 percent fared particularly badly, almost 10 percent did the opposite: they flourished, outperforming competitors by at least 10 percent in sales and profit growth.<sup>1</sup> What made the difference? Preparation. When a downturn eventually hit, companies with contingency plans that had thought through alternative scenarios could switch to survival mode and react defensively.

This may be equally applicable to our personal financial positions. How we survive — and possibly thrive — through a downturn may come down to how well we prepare. In this regard, here are some personal finance ideas that may be valuable regardless of the prevailing economic conditions:

**1. Maintain an Emergency Fund** — This typically consists of the equivalent of three to six months of living expenses set aside in the event of an unforeseen financial situation, such as job loss, illness or damage to your home. While the obvious benefit is to help buffer against financial hardship, it can help to avoid taking on debt. For high-net-worth individuals, an emergency fund may be useful to prevent the need to liquidate investments on short notice.

**2. Take Stock of Your Cash Flows** — Having visibility over your cash inflows and outflows can help better plan your finances. A personal cash flow statement provides a snapshot of your sources of income, as well as what you're spending and saving. Many of us have good visibility over our income, but we may not have as clear a picture of where our funds are going. Often, when our clients undertake this exercise, they discover their expenses aren't exactly what they thought. Once you determine how much you are spending, you can incorporate different rules for managing money. For instance, some set goals like the "50/30/20 Rule," which budgets 50

percent of inflows for needs, 30 percent for wants and 20 percent for saving and investing.

### 3. Prioritize Your Spending —

There may be an opportunity to increase savings by cutting back on non-essential spending.

Debt-relief experts suggest that there are common ways we can all reduce expenses, such as focusing on insurance, unused memberships or subscriptions and "unconscious spending."<sup>2</sup> For instance, consider revisiting insurance coverage to negotiate better rates through bundling (i.e., home and auto insurance), raising a deductible or dropping non-essential add-ons. Or, you may be unknowingly paying for unused subscriptions, especially if you signed up for a free trial that you have since forgotten. There may be areas to reduce unconscious spending: thoughtless purchases made out of convenience, such as one-click online purchases, expensive coffees or food delivery that can add up over time.

**4. Pay Down Debt** — Historically low interest rates made it easy and affordable to assume debt. With rising rates, the cost of debt has increased. If you hold debt, it may be beneficial to focus on paying it down. Consider prioritizing debt subject to the highest interest rates first, such as credit card debt, to reduce the interest paid and allow the principal to be paid down. If you hold a mortgage that will be renewing, shop around to get the best rate possible.

**5. Review Your Goals** — One way to help keep on track is to review your wealth plan to see how you are tracking to your goals. Wealth management can consist of many elements, not just your investments. Tax strategies, insurance planning, risk management/contingency planning, retirement planning, business succession planning and estate planning can all contribute to building wealth. Remember that we are here to assist.

1. <http://hbr.org/2019/05/how-to-survive-a-recession-and-thrive-afterward>; 2. <https://www.cnn.com/select/ways-people-waste-money/>



## Perspectives on Market Volatility: Extend Your Time Horizon

It has been said that, "Life can only be understood by looking backward, and yet it must be lived by looking forward."

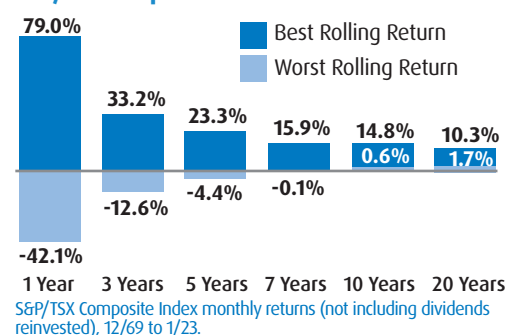
One of the tradeoffs that equity investors have to endure is the volatility that comes with the stock markets. We could choose to invest in other assets like low-risk, fixed income investments to avoid the volatility, but then, of course, we would forego the potential returns.

During volatile times, it may be prudent to remind ourselves that the variability of equity market performance smooths out substantially as the investing period grows. The chart on the right shows the range of outcomes for the best and worst annualized returns of the S&P/TSX Composite Index (not including dividends reinvested) from 1970 to the start of 2023. These figures were calculated using rolling monthly returns. Over one-year periods, the variability is substantial: historically, you could have experienced a variation in annual returns of between -42.1 percent and +79.0 percent!

However, as the holding period extends to decades, the range of outcomes narrows significantly and the likelihood of negative returns also diminishes.

As longer-term investors, a look back in time reminds us that we will always have a higher probability of success than short-term investors. As we look forward, patience is often rewarded if you are able to endure the many bumps that inevitably come in the short term.

**Range of Annualized Returns By Holding Period: S&P/TSX Composite Index Since 1970**



# Planning for Incapacity: Power of Attorney

What is your “cognitive life expectancy?” One study suggests that the period in which we live with good versus declining brain health lasts around 12 years after the age of 65.<sup>1</sup> This means that if we reach average life expectancy, we are likely to experience cognitive decline.

Those over age 85 have a one-in-four likelihood of suffering from some form of dementia.<sup>2</sup> Yet, many of us do not plan for incapacity. In fact, the power of attorney (POA), valuable in planning for incapacity, has sometimes been referred to as the ignored middle child of estate planning. While the names/obligations vary based on province of residence, generally two types of POA are intended to protect you during a period of incapacity: i) POA for property, which includes managing finances on behalf of the incapacitated person; and ii) POA for personal care, which includes making decisions about healthcare.

Even if a POA has been appointed, there is the potential for future complications. Consider the common situation in which spouses appoint each other (as “attorney”) to act under their POAs and then appoint adult children as alternates in the event they become incapacitated at the same time. If one spouse dies, and the other becomes incapacitated, here are some gaps that often emerge:

**Failing to discuss personal wishes or provide specific instructions regarding care or financial decision making.** While spouses may not feel the need to provide specific instructions to each other, communicating wishes with other family members while still capable can go a long way to preserve harmony. Yet, recent surveys suggest the vast majority aren’t having these discussions.<sup>3</sup> In one unfortunate case that led to litigation, two brothers couldn’t jointly agree on the type of care, among other issues, for their mother — one wanted life-prolonging care while the other wanted hospitalization only for comfort.<sup>4</sup>

**Underestimating the cost of care.** While the attorney is not personally responsible for funding financial obligations, when children are appointed they may feel pressure to contribute, which could be an unexpected financial burden. Canada is well known for its government health insurance, yet many of us incorrectly assume it covers more than it does. Often overlooked is the cost of long-term care (LTC), which can average around \$36,000 per year for a private room at a LTC facility, or in excess of \$130,000 at home.<sup>5</sup> If this is not planned for, alternate care may need to be considered, possibly against the individual’s wishes.

**Conflict between multiple attorneys.** Many parents feel a need to treat children fairly by jointly naming them as attorneys; however, the greater the number of attorneys appointed, the greater likelihood of conflict.

**Attorneys have not been updated.** While all estate planning documents should be reviewed following a life change, there may be other circumstances in which updates may be required. Consider the complications if the appointed attorney moves outside the country: a non-resident attorney for property may be subject to rules that prohibit a financial advisor from giving advice or receiving instructions from them.

It is important to have updated POA documents as part of planning for incapacity. As advisors, we can provide other safeguards to help protect you in the event of incapacity. One such tool is the trusted contact person (TCP) — someone appointed by you who we can reach out to if there are concerns. Also important is building the potential costs of care into your wealth plan. This may include exploring tools, such as supplementary insurance options. As always, we recommend seeking the advice of an estate planning professional when it comes to power of attorney and other important estate planning documents.

1. [https://www.washingtonpost.com/national/health-science/research-shows-that-the-prevalence-of-dementia-has-fallen-in-the-united-states/2018/06/15/636d61ac-6fd1-11e8-bf86-a2351b5e99\\_story.html](https://www.washingtonpost.com/national/health-science/research-shows-that-the-prevalence-of-dementia-has-fallen-in-the-united-states/2018/06/15/636d61ac-6fd1-11e8-bf86-a2351b5e99_story.html); 2. <https://www.cihi.ca/en/dementia-in-canada/dementia-in-canada-summary>; 3. <https://www.advisor.ca/news/industry-news/most-canadians-arent-planning-for-long-term-care-costs-survey/>; 4. White v White, 2017 ONSC 4550; 5. Based on the 2021 figure of \$33,349/year, grossed up by 4%/year. <https://www.advisor.ca/news/industry-news/most-canadians-arent-planning-for-long-term-care-costs-survey>



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