

MARKET WATCH

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Below are excerpts from my weekly Market Watch radio spots.
Market Watch is broadcast across radio stations throughout Western Canada.

***“You don’t trade the markets. You trade your beliefs about the markets.”
-Van K. Tharp, Trading Coach***

Farmers’ Almanac Winter Weather Forecast – December 4, 2023

We've had very mild winter weather across the Prairies so far, but is that about to change?

In Canada, the Farmers Almanac winter forecast suggests "traditional winter weather is coming back. Very cold temperatures are expected for much of Alberta, Saskatchewan, Manitoba, and western Ontario." But, while temperatures will be very cold across the Prairies, expect only average snowfall in the region.

Meanwhile for the US, El Nino lasting into the winter of 2024 means that their forecast "calls for below-average temperatures and lots of snowstorms, sleet, ice, rain for much of the Great Lakes, Ohio Valley, and Midwest areas of the country. Winter in the Great Plains and Rockies will usher in plenty of cold temperatures and occasional bouts of storminess, bringing widespread rains and snows."

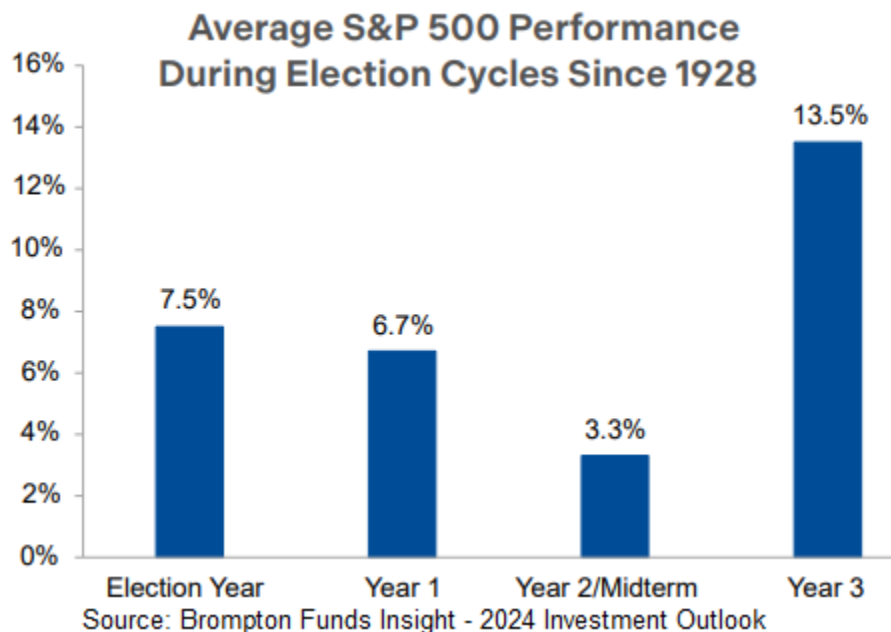


Bottom line, the Farmers Almanac Winter forecast suggests colder than average temperatures with below average precipitation across the North American crop growing regions this year. To help manage weather and market uncertainty this upcoming crop year, use options & futures hedging strategies to help navigate the impact of weather on commodity prices. Connect with me now at 204-982-0011 or commodity-options.ca.

Presidential Cycle – December 11, 2023

We're not even done this year, and many are already looking out to see what stock markets may do next year. There are many important investment factors to keep an eye on for next year with two key points being interest rates and the Presidential election.

The Presidential equity market cycle is the typical pattern stocks follow over the four years between Presidential elections in the US. 2024 will be a U.S. election year and election years typically have good returns. However, election years typically start weak and then rally around election time. Historically, the US S&P 500 index has moved up on average 7.5% in election years.



Next, and perhaps more important, interest rate increases appear to have come to an end. They may not go down, and they could just stay near current levels. Either way, stocks have been rising over the past couple of months based on this new interest rate outlook, and could very well follow through into next year.

Bottom line, there are some positive stock market tailwinds coming into the new year so for unique investment insights and portfolio management strategies, connect with me now at 204-982-0011 or commodity-options.ca.

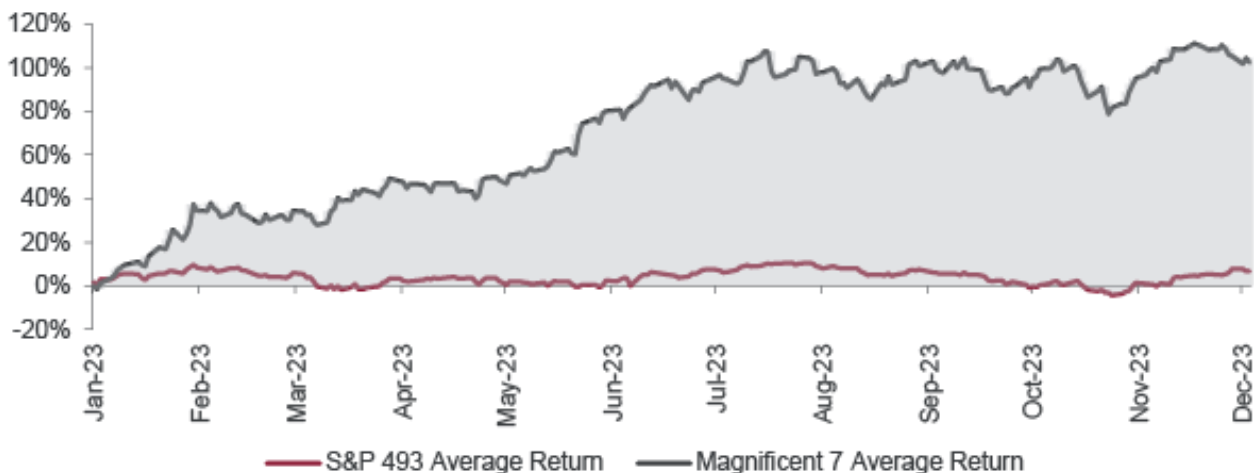
Beyond the Headlines – December 18, 2023

Headlines don't always tell the whole story, especially in the markets. Since the beginning of the year, stocks have been pushed and pulled in both directions by a number of factors starting off with high inflation and rising interest rates, as well as a Silicon Valley regional banking crisis that dragged on equity prices. Now, we're seeing lower consumer price inflation combined with falling interest rates expectations supporting stock prices.

However, you have to go beyond the headlines to get the full picture. A recent CIBC report showed that while the Magnificent 7 companies, comprising seven massive technology companies like Amazon, Apple, Google and Microsoft, are up significantly, the rest of the 493 stocks in the US S&P 500 index are up a more modest 8% in 2023. At the same time, the

Toronto Stock Exchange Composite index is up 6% this year with the cornerstone Big 5 Canadian banking sector essentially flat for the year.

2023 Returns – ‘Magnificent 7’ vs S&P 493



Source: CIBC Capital Markets

Bottom line, there are some positive developments for stocks as we come to the end of the year. Will this market momentum continue throughout 2024? For unique investment insights and portfolio management strategies, connect with me now at 204-982-0011 or commodity-options.ca.

Market Psychology – December 25, 2023

The holidays and end of the year are a great time for reflection, self-assessment and a chance to prepare for the new year. Our attitudes and beliefs are important factors when working with the financial markets. Therefore, the most important thing in the investing and trading process is... you.

Your mental strategies are key, both before and after you've made a trade or investment. What specifically are you looking for in a market opportunity? What's your follow up plan? These are all part of dealing with market psychology.

To manage the emotional aspects of the markets, it's helpful to use objective price trend analysis and not get too influenced by all the daily news and commentary.

Another great approach is to hedge with flexible option strategies to control your downside risk and give you upside potential.

Bottom line, your attitudes and beliefs help create your future so using straightforward market analysis together with option strategies can help balance your decisions, balance your risks & rewards and balance your emotions.

I'm always happy to discuss investment and trading topics so connect with me now at 204-982-0011 or commodity-options.ca. Happy New Year and onward & upward in 2024.



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