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“

Formal education will make you a living;
self-education will make you a fortune

”

Jim Rohn



Money

"Many folks think they aren't good at earning money, when what they don't know is how to use it." *Frank A. Clark*

Reasons for optimism': Economists break down summer retail sales data

Canadian retail sales declined in July, but likely rebounded robustly in August, continuing a macroeconomic trend of consumer resilience in the face of an ongoing trade war with the U.S. and global energy price shocks, economists say.

Statistics Canada (StatCan) said recently that retail sales fell 0.7 per cent month-over-month to \$73.7 billion in July. But the agency also released a flash estimate predicting a 1.3 per cent increase last month.

Michael Davenport, senior economist at Oxford Economics, told BNN Bloomberg in an interview that the dip in July was "not all that surprising," noting that the headline figure fell in line with most expert estimates.

"Overall, I think the number that stands out is the flash estimate for August, which shows that retail sales likely rebounded quite strongly," he said.

"When we take that flash estimate for August into consideration, it looks like consumer spending in the third quarter overall remained fairly resilient given the global oil price shock, elevated uncertainty and all the other headwinds that continue to face the Canadian consumer."

Davenport said the expected rebound in August points to an "underlying trend of steady growth in retail sales," noting that he and his team believe there was likely an even stronger boost in overall volumes than StatCan's estimate suggests.

The strength and broad-based growth in sales expected in the third quarter are a continuation of a year-to-date trend in 2026, Sébastien Mc Mahon, Chief Economist at iA Financial Group, told BNN Bloomberg in an interview.

"This is the way it goes in macro data, you have to expect some payback at some point, and we got it in July, but that doesn't change our 'strong Canadian economy' story," he said.



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As for what last week's data reveals about the state of Canada's economy as a whole, Mc Mahon said there are a number of reasons for optimism going forward.

"If you look at the trade front, of course it's top of mind, we are seeing exports of goods to the rest of the world that are accelerating, so this strategy to diversify Canada's economy seems to be working," he said.

"Canada's economy, it's not firing on all cylinders, there are some challenges, but you do see data that is much better than what we could have expected when we were doing our forecasts in early 2025... so, there are some reasons for optimism."

Despite the resilience shown by Canadian consumers to this point, Davenport said he expects signs of weakness to start showing up in the coming months, as a long list of headwinds continues to weigh on Canada's economy.

"We think (it's all) going to combine to lead to a little bit of slower growth in consumer spending," he said.

"We don't think consumer spending is necessarily going to contract in the near term, but we do expect to see a little bit of a deceleration from the fairly health pace that we've seen over the first part of 2026."

Trump says U.S. to continue buying Canadian potash but wants cheaper price

U.S. President Donald Trump says his country will continue buying Canadian potash.

Trump made the comments to reporters last week during a bilateral meeting at the United Nations General Assembly with Ukrainian President Volodymyr Zelenskyy.

It comes a day after Trump said he was working on a deal to buy cheaper potash from Belarus in a bid to lessen the United States' dependence on Canada.

"Belarus has a lot of potash, and our farmers need good prices, and we want to get a lower price," Trump told reporters when asked about the proposed deal.

"We'll continue to go with Canada, but Belarus would like to sell it for a much lower price."

Canada is the world's largest producer of potash, a key component of fertilizers, and the United States is its biggest customer.



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Asked about Trump's comments, Prime Minister Mark Carney told reporters at a separate news conference that Canada's potash is reliable and cost-effective.

He said Canada will continue to supply the United States with potash and that there's an opportunity for both countries to grow the fertilizer industry together.

"That would be good for Canadian farmers, it would be great for American farmers," Carney said.

All of Canada's potash is produced in Saskatchewan.

Saskatchewan Premier Scott Moe condemned Trump's initial comments, saying Belarusian potash is unethical due to the country's involvement in Russia's invasion of Ukraine.

Industry leaders and economists have also questioned how the United States could get cheaper potash from Belarus when Canada is much closer and has reliable supply-chain infrastructure.

Belarus President Alexander Lukashenko has also said his country has limitations, saying it can't supply the United States with large volumes of potash.

Worsening El Niño threatens Asia with drought, potentially raising food prices globally

All signs are pointing toward a record-breaking El Niño this year, which experts say may cause severe drought in Asia and other extreme weather across the world, threatening food security for millions of people.

El Niño is part of a natural climate cycle of warming ocean temperatures, but this year's is expected to reach new extremes of drought, heat waves, flooding and other climate-related disruptions in South America, Africa and Asia.

Southeast Asia is one of the world's most climate vulnerable regions. It's already beset by an energy crisis triggered by the war in Iran. El Niño is already fueling wildfires across farmland, depleting water supplies for major cities and hurting fish catches in the region.

Asian governments that have been drawing on their financial reserves to mitigate the war's ripple effects of higher energy costs and scarce fertilizer supplies have less capacity to cope with this year's intensifying El Niño, which is forecast to peak in December.

During El Niño years, sea surface temperatures in the Pacific Ocean are warmer than usual. This happens every few years and often alters global weather patterns.



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This year, the seas already are hotter than average, with global oceans hitting new temperature records in August as the climate warms, said Kareff Rafisura, chief of the Disaster Risk Reduction Division at the U.N. Economic and Social Commission for Asia and the Pacific.

This intensifying El Niño may be the “strongest in living memory,” according to the United Kingdom's national weather and climate service. Similarly, the U.S.' National Oceanic and Atmospheric Administration said there is a 69% chance that this will be the strongest recorded El Nino since record-keeping began in 1950.

El Niño's impact will be felt differently across regions, but it is expected to jeopardize food security worldwide. It could push at least 49 million more people into acute food insecurity by the end of 2027, according to the United Nations' World Food Program.

The problem will be worst in parts of Central America and southern Africa, with significant effects also anticipated in eastern Africa and South and Southeast Asia, warned the food agency.

In Southeast Asia, wildfires are torching forests and peatlands in Indonesia, sending up plumes of toxic haze. The water level of a major reservoir supplying the bustling capital city of Jakarta — the world's biggest metropolis — is dropping inch by inch.

Less rainfall and hotter temperatures are putting pressure on Southeast Asia's fisheries, an essential source of protein.

It's a pressing problem along the Mekong, a river basin that flows through six nations and is being disrupted by mining and construction of hydropower dams.

Southeast Asia's wet season generally runs from June to October, when rains usually replenish reservoirs, cool overheated cities and supply water for irrigation ahead of the next planting season.

Drought may force farmers to delay planting, reduce acreage or switch crops entirely, said Rafisura, with the U.N. “Agriculture is definitely on the front line,” she said.

Cutbacks in staple crops like rice and palm oil can have global impacts. The world's top three exporters of rice — India, Vietnam and Thailand — are among the nations most likely to be hit hard by El Niño this year.



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El Niño is also bearing down on Indonesia and Malaysia, suppliers of about 85 per cent of the world's palm oil, which is used in everything from cookies and lipstick to toothpaste and laundry detergent.

Malaysia's prime minister has ordered its Ministry of Agriculture and Food Security to find ways to mitigate El Niño's impact, which is forecast to hit Malaysia hardest in November.

In Indonesia, farmers rely on rain to dissolve fertilizers into the soil to avoid burning the plants, explained Eddy Martono, chairman of the Indonesian Palm Oil Association.

While the total economic fallout of an extreme El Niño is hard to calculate, losses from past events have reached trillions of dollars, according to HSBC's Global Investment Research, which warns the numbers could be even bigger this time.

Intriguing

"A pair of blue jeans is a must. It is the most comfortable outfit anyone can opt for."

Nikita Thukral

Your jeans' tiny front pocket is not for coins. Find out the 150-year-old reason it exists – *Mallika Soni*



AI Image Generator

Tucked inside the front right pocket of almost every pair of blue jeans sits a miniature, secondary pouch. While modern wearers use it for spare coins, key fobs or wireless earbuds, this tiny compartment was not created as a casual catch-all for small items. It was engineered in the late 19th century to address a very specific need of working-class laborers: protecting delicate pocket watches from damage on the job.

1. The 1873 Pioneer Workwear Patent

When Levi Strauss and tailor Jacob Davis patented the world's first riveted denim work pants- then known as "waist overalls"- in 1873,



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the design was aimed squarely at miners, cowboys, carpenters and railroad crews in the American West.

At the time, wristwatches were not worn by everyday men. Laborers relied on chain-bound pocket watches to track time during long shifts. Storing a glass-and-metal watch in a standard trouser pocket alongside heavy iron tools, nails and rough stones frequently scratched the face or shattered the glass during heavy physical labor.

2. Dedicated Safeguard For Timepieces

To protect these essential instruments, Levi's introduced a small, tightly contoured pouch sewn directly into the upper edge of the right front pocket. The snug design held a standard pocket watch firmly against the wearer's hip, preventing it from jostling, sliding out, or colliding with other objects. This kept the main pocket clear for larger tools while allowing workers to easily pull the watch out by its chain without searching through loose items.

3. Lasting Design Tradition

By the mid-20th century, wristwatches had replaced pocket watches, rendering the original purpose of the tiny compartment obsolete. During World War II, metal rationing even prompted Levi's to temporarily strip the corner rivets from the watch pocket to conserve steel for the military.

Despite losing its original utility, denim manufacturers continued to stitch the fifth pocket onto jeans after the war as a signature design element. Over 150 years later, what began as a practical safety feature for 19th-century gold miners remains an enduring standard in modern everyday apparel.

This article is republished from parts of *News18*. To read the original article, visit [Your Jeans' Tiny Front Pocket Is NOT For Coins. Find Out The 150-Year-Old Reason It Exists | World News - News18](#)

Wit

“ A cookie a day keeps the sadness away. An entire jar a day brings it back.” *u n k n o w n*



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"Mom's cookies are the best, but I don't tell her that. I like her to think practice makes perfect!"

October 1st
National Homemade Cookies Day

Discover

"Neighborhoods are more than just places to live; they are the fabric of our community." - Jane Jacobs



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Historic Calgary neighbourhood named one of Canada's coolest –

by Kendall Collins



Jeff Whyte/Shutterstock

A Calgary neighbourhood just got some national recognition, landing on a list of the coolest in Canada, according to a new list from Maclean's.

Calgary's oldest neighbourhood, Inglewood, took home the honour, alongside a handful of trendy Canadian neighbourhoods.

The piece comes from Joshua Whitehead, who moved to Calgary more than a decade ago and now calls Inglewood home.

He highlighted the neighbourhood's "bustling with youthful energy and historic bona fide," noting the area's age and Edwardian and late-Victorian masonry, sandstone details and red brick

buildings that have stood through Calgary's growth.

He also praised Inglewood's connection to nature, including the Inglewood Bird Sanctuary and the meeting point of the Elbow and Bow rivers, as well as its walkability and community feel.

Whitehead also highlighted Inglewood's mix of local businesses, including microbreweries, art galleries, restaurants and independent shops. He noted that the neighbourhood is part of Calgary's Music Mile, which features more than 20 live music venues.

Some of Whitehead's favourite Inglewood spots include Cold Garden, Eden Bistro and Recordland, a longtime music store with more than a million records in its collection.

Other Canadian neighbourhoods and areas named to the coolest list included: Saint-Sauveur, Quebec City; Crown Point Hub, Hamilton; The Forks, Winnipeg; Rosemont–La Petite-Patrie, Montreal; Songhees Walkway, Victoria; Wîhk-wêntôwin, Edmonton; Lower Lonsdale, North Vancouver; Davenport, Toronto; and The Hydrostone, Halifax.

This article is republished from *Daily Hive*. To read the original article, visit [Historic Calgary neighbourhood named one of Canada's coolest | Daily Hive | News](#)



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Health & Lifestyle

"The only proper way to eliminate bad habits is to replace them with good ones."

Jerome Hines

20 Daily Habits That Will Improve Your Life - Article posted in: Harvard

Life can feel chaotic sometimes. Between work, family, social obligations, and just trying to find some "me" time, it's easy to get lost. But the small choices we make every day add up. Tiny habits, when repeated consistently, can transform your life in ways you never imagined. Here are 20 daily habits that can help you feel healthier, happier, and more in control of your life.

1. **Wake up early**

It might sound cliché, but getting up earlier gives you extra time to focus on yourself before the day takes over. Even 30 minutes can make a huge difference. You don't need to be a morning person overnight, just start small.

2. **Make your bed**

This is a small win that sets the tone for the day. It feels insignificant, but psychologically, it gives your brain a sense of accomplishment right away.

3. **Drink water first thing**

Your body gets dehydrated overnight. A glass of water in the morning wakes you up and helps your metabolism. Some people even add lemon for a small boost.

4. **Move your body**

Exercise doesn't have to be intense. A short walk, stretching, or some push-ups can energize you. Movement also improves mood and reduces stress.

5. **Eat a balanced breakfast**

Fuel matters. Skipping breakfast may save time but can make you irritable or slow your brain. Protein, fruit, or whole grains can give you steady energy.

6. **Practice gratitude**

Spend a few minutes each day noting things you're thankful for. It can be as simple as your morning coffee or a kind text from a friend. Gratitude shifts your focus from what's missing to what's abundant.

7. **Plan your day**

Write down your top 3 priorities. Don't overwhelm yourself with a long list. Knowing what matters most reduces stress and helps you stay on track.

8. **Limit social media**

Scrolling endlessly can eat hours of your day. Try setting boundaries, like no phone for the first hour after waking. You'll be surprised how much mental space opens up.

9. **Read every day**

Even 10 minutes can be powerful. Reading expands your mind, reduces stress, and improves focus. It doesn't have to be self-help or heavy—fiction counts too.

10. **Practice mindfulness**

This doesn't mean meditating for an hour. A few minutes of deep breathing or simply noticing your surroundings can center you. Mindfulness helps you respond instead of react.

11. **Keep a journal**

Writing down your thoughts helps you process emotions and clarify your goals. You don't have to be poetic—just write what comes to mind.



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12. Connect with loved ones

A quick call, text, or hug strengthens bonds. Social connection is one of the strongest predictors of happiness. Even small gestures matter.

13. Declutter a little each day

Mess creates mental clutter. Tidy your space bit by bit, even if it's just one drawer. A cleaner environment helps you feel more in control.

14. Practice a skill

Dedicate time to improving something you care about—writing, cooking, coding, drawing. Daily progress, even if small, compounds over time.

15. Take breaks

Working nonstop is counterproductive. Step outside, stretch, or simply breathe for a few minutes. Breaks reset your mind and increase productivity.

16. Eat mindfully

Slow down, savor your food, and pay attention to hunger cues. Mindful eating improves digestion and prevents overeating. It also turns meals into moments of calm.

17. Reflect on the day

Before bed, spend a few minutes thinking about what went well and what you can improve. Reflection builds self-awareness and sets you up for growth.

18. Get quality sleep

Sleep is the foundation of everything. Create a bedtime routine, limit screens, and aim for 7-9 hours. Rested brains are sharper, happier, and healthier.

19. Limit negative inputs

Whether it's news, social media, or toxic people, reduce negativity in your life. Protecting your mental space improves mood and focus.

20. Celebrate small wins

Every achievement, no matter how small, deserves recognition. Did you drink enough water today? Finish a task? Take a moment to celebrate. It reinforces positive habits.

Improving your life isn't about giant leaps or drastic changes overnight. It's about the little things you do consistently, day after day. Each small habit builds momentum, shaping your mindset, your health, and your happiness in ways you might not notice at first—but over time, the impact is profound. Start small, stay consistent, and be kind to yourself along the way. Life isn't perfect, but it can get a little better every single day.

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