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Wealth Management
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E-WEDNESDAY

October 14, 2026

“

Money is like a sixth sense –
and you can't make
use of the other five without it.

”

U n c o m m o n Q u o t e s



Money

"Saving money is like dieting; it only works if you avoid temptation!"

U n c o m m o n Q u o t e s

Bumpy and even': RBC Economics releases latest housing market outlook

In the middle of the fall buying season, Canada's housing market is in a precarious position, with conditions varying greatly from region to region, each facing its own unique economic challenges.

That's according to a report last week by RBC Economics.

It found that renewed pressure is being felt in markets across the country as trade tensions between Canada and the U.S. ramped back up last month, but some places appear to be handling it better than others.

"Diverging trends across the country reflect different states of confidence, affordability, pent-up demand, demographics, job markets and market inventory," Robert Hogue, RBC Economics' assistant chief economist and report author, wrote.

"Even macroeconomic factors like interest rates and immigration policy see their impact shaped by the local context."

In September, most local real estate boards reported drops in home resales, the report noted, including in the Ontario markets of Hamilton, Kitchener-Waterloo, Toronto and Ottawa, as well as in Vancouver and Montreal.

"Many have also shown easing home values — a continuing trend in Vancouver and the Fraser Valley where prices have steadily fallen since early 2025," wrote Hogue.

Other areas saw price stabilization in September, the report noted, including Edmonton due to "faster rates of depreciation earlier."

"It didn't take long for the tentative recovery to go off course in the Toronto area," Hogue wrote, referring to a gentle market rally in Canada's largest city that began in the spring and lasted through August.

"September confirmed the new direction with resales and the benchmark price losing another step down 5.2 per cent and 0.5 per cent month-over month, respectively," he said.



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Hogue said that for the roughly five-month recovery period to have continued, consumer confidence would have needed to keep improving, but recent escalations in the U.S.-Canada trade war and long-term interest rate concerns “put buyers on the defensive.”

Meanwhile, in Montreal, growing inventory has limited home price growth, according to Hogue.

“Inventory is now up 20 per cent from a year ago, propelled by the strongest influx of sellers in six years amid calmer resales,” he wrote. “The process of rebalancing supply and demand continues to dampen home value appreciation.”

On Canada's West Coast, home prices in Vancouver remain “squarely in correction mode,” Hogue said, arguing there were no indications in September that the market's prolonged slump will end any time soon.

Despite price declines, buyers still haven't come off the sidelines in meaningful numbers as affordability concerns persist.

“Further depreciation will likely be necessary to draw in more buyers,” wrote Hogue.

“And with inventory remaining abundant — active listings are still near a decade high — and seller competition fierce, we think this is in the cards for the rest of this year and possibly into 2027.”

In Alberta's largest market, it was a different story in September, Hogue said.

“Calgary's state has changed little this year. Home resales remained generally stable and historically robust despite hovering below a year ago,” he wrote.

“Inventory largely stayed on last year's track, keeping supply and demand balanced. Prices have also stabilized close to 2025.”

However, conditions differed greatly depending on housing type. Single-detached homes saw a 4.4 per cent increase in resales and a 1 per cent price drop compared to 2025, Hogue said.

“This contrasted with material declines of 14.3 per cent and 8.3 per cent, respectively, for condo apartments,” he wrote.

At the national level, Hogue said RBC Economics expects some pent-up housing demand to be unlocked in the months ahead, as long as affordability improves and Canada's economy continues to weather the U.S. trade-war storm.

“But,” he said, “the road ahead is likely to be bumpy and uneven across markets.”



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Diesel prices surge to historic highs, hitting consumers harder than ever

Diesel prices rose to historic levels over the past month, filtering through to all corners of the economy as shippers and consumers struggle to absorb the blow.

Retail diesel topped \$2.64 per litre on average last week, up 59 per cent from right before the Iran war and 15 per cent from November 2022, which held the price record until this year.

Supply disruptions caused by the closure of the Strait of Hormuz have shrunk energy output for seven months and counting, with the critical waterway effectively closed and many crude refineries slashing production.

Experts say elevated fuel costs mean higher price tags on items ranging from food and clothing to construction materials for months to come, with diesel demand poised to go up further as winter approaches.

The price of a round-trip haul by a semi truck between Montreal and Toronto would have cost roughly \$850 on Jan. 1. Now the total would amount to \$1,400, said Mike Millian, president of the Private Motor Truck Council of Canada.

"A fleet's No. 1 expense outside of wages was always fuel. Now it's probably fuel," said Millian, whose group represents about 200 companies with in-house fleets including Tim Hortons, Home Hardware and Loblaw.

"It's really dramatic. It's tough to absorb."

Diesel powers industries ranging from agriculture to mining and manufacturing, and the bigger expenses they face are likely to show up as higher sticker prices on consumer items.

"It hurts everybody. There's not anybody this doesn't affect," said Millian.

Even if a deal to open the strait were struck tomorrow, consumers would likely wait months before prices fell.

That lag stems partly from the time needed to carry out major shifts in a creaky global supply chain, from reopening oil wells to shipping crude oil to refineries.

"It's almost like a very slow-moving train where, when you stop it, getting going again has its own challenges," said Ross Prentice, co-founder of Evotrax, an online platform connecting shippers and carriers.

Freight railway fuel surcharges for October now sit up to 73 per cent above levels from early August, according to figures from Canadian National Railway Co and Canadian Pacific Kansas City Ltd.



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Truckers who haul produce, clothes and pharmaceuticals across the continent to Canadian shelves tack on surcharges as well. But there is often a gap between the transport time and the date the weekly fuel charges are pegged to.

"A couple of cents a week used to be a big deal. Now it might move 10 cents from the time you get up to the time you go to bed."

The shippers and retailers who face those transport surcharges often find they have little choice but to raise prices for shoppers.

"If you're an independent grocer and you're on an overall margin of two per cent and you're getting fuel surcharges from your suppliers, you're in a tough spot," said Gary Sands, a senior vice-president at the Canadian Federation of Independent Grocers, which represents about 6,900 stores.

"It becomes very difficult to not pass on those fuel surcharges."

Avoid packing 'Canadian-origin products' when travelling to U.S., snowbird group advises

The Canadian Snowbird Association (CSA) has advised travelers to the U.S. to avoid packing Canadian alcoholic beverages and some dairy products for their trips.

The advisory was published last week, a day before U.S. President Donald Trump's ban on Canadian alcohol and some dairy imports came into effect.

The CSA advised snowbirds to keep the ban in mind when travelling south of the border and to "check their vehicles, RVs and luggage."

The ban, announced on Sept. 8, barred Canadian exports of more than 30 different alcohol products including beer, wine and spirits such as whiskies, vodka and gin. It also barred different whey products, some types of molasses, non-alcoholic beer and some motorcycles.

Trump announced the ban in response to Canada's retaliation measures on nearly \$28 billion of U.S. imports, announced the same day.

It isn't clear if the new import restrictions apply to Canadians bringing their own personal supply of Canadian alcohol or dairy.

However, the organization warned: "Do not bring Canadian-origin products that are subject to the new import bans. All food, agricultural products and alcohol must be declared to U.S. Customs and Border Protection (CBP)."

Recently, a truck carrying "over 1,000 bottles of spirits" was denied entry into the U.S. by border officials at the St. Stephen-Calais crossing between New Brunswick and Maine, despite the driver holding a U.S. customs permit.



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Border officials said the cargo violated the import restrictions that went into effect earlier this week.

Canada and the United States have been embroiled in a weeks-long tariff war after talks of a trade deal broke down in late August. On Aug. 21, Trump imposed 50 per cent tariffs on \$28 billion of Canadian goods.

Food

“Don’t count your chickens before they hatch but make sure you have enough nests.” U n k n o w n

How One Farmer is Educating the Next Generation – by Jody Robbins

Nichole Neubauer has turned her family farm into a living classroom.



Nichole Neubauer at her family's farm; fresh vegetables harvested from the farm; eager young visitors help feed the calves

. | PHOTOS: COURTESY OF THE ALBERTA AWARD OF EXCELLENCE; COURTESY OF NEUBAUER FARM

Twenty years ago, Nichole Neubauer had a simple idea: invite a kindergarten class to her family's farm and let kids discover where their food is from. That one field trip has since grown into something remarkable. To date, Neubauer Farms has welcomed more than 23,000 students to its fields in Cypress County in southeast Alberta. Just last year, Neubauer was recognized with an Alberta Order of Excellence for her trailblazing work bridging the urban-rural divide.

Established in 1910, the family farm is now in its fifth generation. Neubauer, her husband Mark and their adult children manage three parcels of land, located east of Medicine Hat. They include irrigated acres, floodplain, dry-land cropland and native pastures. The diversity of planting is strategic: the variety helps safeguard against drought.



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What sets Neubauer Farms apart, though, isn't its blazing yellow canola fields or thriving cattle herds. It's the mission — one that goes far beyond their own farm. In partnership with Prairie Rose Public Schools, the Neubauers have established an Agriculture Discovery Centre at the playground of Irvine School and developed curriculum-aligned programming, helping thousands of children understand the origins of their food.

"If we can help bridge that rural and urban divide and see people become more informed advocates of the Canadian food system, then we've done our job."

Volunteers, which include retired farmers, local businesses and dedicated teachers, have all helped sustain the program. For Neubauer, the work is purposeful, instilling strong values and a work ethic in the next generation.

"It takes four months to grow a carrot," she notes. "Agriculture doesn't offer immediate gratification. It's a satisfaction that happens over time by working towards a purpose."

Her hope is that the children who visit her farm leave not only with happy memories, but with a genuine connection to the food on their plates.

"If we can help bridge that rural and urban divide and see people become more informed advocates of the Canadian food system," she says, "then we've done our job."

" This article is republished from *AMA Insider*. To read the original article, visit [RADAR The Localer, Playlist - AMA INSIDER | AMA | Summer 2026](#)

Wit

"Like unrinsed spaghetti noodles, good friends stick together." u n k n o w n



"Fusilli, you crazy bastard! How are you?"

National Pasta Day - October 16, 2026



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Health and Wellness

“Almost everything will work again if you unplug it for a few minutes, including yourself.” u n k n o w n

From Gardens to Green Spaces: A New Study Explores Nature’s Role in Cancer Care – by ACTION Centre, Cumming School of Medicine, University of Calgary

As someone impacted by cancer, you know things researchers don't.

You know what it felt like to sit with a diagnosis, or to sit with a loved one with a diagnosis. You know what helped, and you know what didn't. Whether a walk outside cleared your head when nothing else could. Whether the person caring for you needed support just as much as you did.

That lived knowledge matters. And now, researchers at the University of Calgary want to hear it.

The Nature-Connected Oncology Research Exploration, Nature-CORE, is a national study inviting people affected by cancer to share their perspectives on nature-based therapies and their potential role in cancer care. Led by principal investigator Dr. Linda Carlson, the Nature-Connected Oncology Research Exploration, Nature-CORE, is a national study inviting people affected by cancer to share their perspectives on nature-based therapies and their potential role in cancer care. Through an online survey, your experiences could directly shape the programs developed for future patients and caregivers across Canada

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The idea behind the research is straightforward. A growing body of evidence suggests that time spent in natural environments such as parks, gardens, or green spaces may help reduce stress, lift mood, and support overall well-being. Researchers are also exploring possible links between increased nature exposure and improved gut health, which strengthens the immune system. For people navigating cancer, those potential benefits could be game changers.

But researchers can only go so far without hearing from the people who've actually lived it.

The Nature-CORE survey is open to cancer patients, survivors, caregivers, healthcare providers, and policymakers – anyone touched by cancer or healthcare providers involved in cancer care. It asks about the nature-based approaches people may already be using, what barriers make them hard to access, and what kinds of programs would be most useful and realistic.



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This is not about replacing medical treatment. It's about exposure to nature as complementary therapy, strengthening recovery from cancer and its effects.

Every voice adds something that data alone can't capture. Whether you spent time outside during treatment and felt the difference, or cared for someone who did, your perspective belongs in this research. Likewise, the perspectives of those who didn't, or couldn't, spend time in nature are equally valuable.

Canadians 18 and older are welcome to participate in our online survey.

What you've been through has value beyond your own story. Share it with us and help build something better for the people who come after you.

This article is republished from *My Calgary*. To read the original article, visit: [From Gardens to Green Spaces: A New Study Explores Nature's Role in Cancer Care - MyCalgary](#)

Adventure

"A miner's light is small, but it pierces the darkest rock." Welsh coal miner proverb

Explore 150 feet below the Earth's surface at a historic Alberta coal Mine - by Kaiya Williams

Bellevue Coal Mine sits beneath the Crowsnest Pass in Alberta, where hundreds of kilometres of old mine workings once stretched below the surface. Part of that underground history has been preserved for visitors, with 300 metres of restored tunnel open to explore. That means you can actually make your way inside the historic mine and see a small piece of the network that once operated here.

Here's a closer look at what you can expect when you head into the tunnel.

What's waiting for you inside the Bellevue Underground Mine.

Now, before you head in, it helps to know just how much of a role Bellevue Mine once played in the area. The mine was a massive operation, with about 240 kilometres of shafts, rooms, and haulage routes spread throughout the underground workings.

Today, the Bellevue Underground Mine Tour maintains about 300 metres of restored tunnel at the entrance to the former mine. Although it's only a small part of what once existed beneath Crowsnest



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Pass, it gives visitors a chance to see the tunnel and get a sense of what working underground would have been like.

According to Bellevue Mine Tours, the tunnel is a designated Alberta Historical Site, meaning it's officially recognized for its importance to the province's history. The designation helps preserve the site and the story of the people who worked in the mining industry at the time.

When you visit the mines, you'll head 150 feet below the surface as part of a roughly one-hour guided tour. Each visitor is given a miner's helmet and a lamp before heading into the tunnels. There will also be a Heritage Interpreter who will lead the way and explain what you're seeing



Bellevue Underground Mine Tours/Facebook

Tickets, timing, and details

The Bellevue Underground Mine is located in Bellevue, Alta., in the Crowsnest Pass region. If you're coming from Calgary, it's roughly a two-hour drive, and it's an easy stop to add onto a trip if you're heading out to the Waterton area.

Tour pricing starts at \$20, making it a pretty affordable way to spend an hour outdoors. Although you'll want to check the current tour schedule and reserve your spot ahead of time, especially during the warmer months, as tours can fill up quite quickly.

And even if it's hot and sunny above ground, it's quite cold inside the mine. You'll definitely want to bring a warm layer, along with comfortable closed-toe shoes for walking through the tunnels.



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So, if you've ever been curious about the history that lies beneath Alberta, this is your chance to see it for yourself!

Bellevue Underground Mine

When: Open seven days a week

Time: 9:30 a.m. to 4:30 p.m.

Where: 2531 213th St., Bellevue, Alta

Cost: Starting at \$20

This article is republished from *Daily Hive*. To read the original article, visit [Explore 150 feet below the surface at Bellevue Coal Mine in Alberta | Daily Hive | Lifestyle](#)

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