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“ Success is built on the foundation
of smart financial choices. ”

Tim Borody



Money

"Empty pockets never held anyone back. Only empty heads and empty hearts can do that." *N o r m a n V i n c e n t P e a l e*

Ottawa offers faster access to tax rulings as Carney kicks off investment summit

Ottawa says investors putting \$1 billion or more into the Canadian economy will now get priority access to a program that offers binding decisions from the Canada Revenue Agency.

Finance Minister Francois-Philippe Champagne's office made the announcement today as Prime Minister Mark Carney prepared to welcome investors from around the world to a high-stakes investment summit.

A government press release says that through the Advance Income Tax Rulings (AIR) program, qualifying investors can get binding decisions from the CRA on how income tax law will apply before they commit capital.

The government says the new policy will reduce risks and give investors the confidence they need to move major projects forward.

Hundreds of executives and global asset managers are in Toronto for Canada's first-ever investment summit, and Carney, his ministers and premiers from across the country will be pitching investors on opportunities in multiple sectors over the next few days.

Carney government scales back federal reviews for major energy projects

Prime Minister Mark Carney's government is scaling back a major Trudeau-era environmental review process, a move environmental groups say will weaken oversight of some of Canada's largest industrial projects.

The change removes several energy projects from the federal impact assessment regime and shifts responsibility for their review to the Canada Energy Regulator (CER).

The federal government said the change will "simplify the project decision process" by relying on a single federal regulator.

Environmental groups quickly condemned the move.



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"The government has wiped its hands of doing a fulsome environmental review of the most polluting projects like oil pipelines and gas plants, at a time of unprecedented climate disaster," said Julia Levin of Environmental Defence.

Levin said the Carney government was "turning its back on the requirement to conduct real reviews" of major projects.

Since the federal election in 2025, the government has argued that major projects need to be approved more quickly and with less regulatory duplication.

Ottawa has promoted a "one project, one review" approach, saying it will streamline approvals by consolidating federal decision-making and making the CER the lead reviewer for many pipeline and energy projects.

The regulatory filing also highlights support from the energy industry.

"Industry stakeholders expressed strong support for the proposal to have all pipeline projects reviewed exclusively by the CER. Industry actors view this as a key step toward improving regulatory certainty, reducing duplication, and streamlining approvals," the federal government said in its regulatory impact analysis.

The move comes just as Carney gets set to lead the Canada Investment Summit in Toronto. It is the federal government's attempt to attract major infrastructure investments in Canada with a goal of \$1 trillion in new investment over the next five years.

Trump says trade deal with Canada could come 'fairly soon'

U.S. President Donald Trump predicted his administration could reach a trade deal with Canada "fairly soon".

Trump made the comment while taking questions from reporters in Ireland alongside that country's Taoiseach, or prime minister, Micheál Martin. A journalist had asked if he is considering withdrawing from the Canada-U.S.-Mexico trade agreement, known as CUSMA.

"We're going to have a great relationship with Mexico. We actually have a good one with Canada, but the United States has been ripped off for 50 years by Canada," he said.

"We don't need their product, and they need our product. They do all of their business almost with us and we do very little with them."

According to data from the U.S. Census Bureau, Canada exported US\$382 billion in goods to the U.S. in 2025 and imported US\$334 billion. A TD report on trade between the two countries found that in 2025, Canada was the United States' second largest trading partner, behind Mexico. Some 34 states sell more goods to Canada than any other foreign economy, according to the bank.



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Canada, the U.S. and Mexico are in the midst of several trade negotiations. The CUSMA pact came up for regular review over the summer, and the U.S. opted not to renew it outright. Instead, the Three Amigos will participate in annual surveys, while agreement itself remains in place.

Meanwhile, Canadian and U.S. trade negotiators appear to continue behind the scenes, even after formal talks broke down on Aug. 21. That day, Prime Minister Mark Carney called his delegation home from Ottawa after he says the U.S. introduced new and unacceptable requirements at the 11th hour. The Americans blamed Canada for the impasse.

Ralph Goodale, a member of Carney's insider Canada-U.S. trade advisory group, called the American offer "one sided" and "fundamentally uneconomic" during an interview with CTV News Channel Saturday.

Following the rupture, Trump imposed 50 per cent tariffs on nearly \$28 billion in Canadian goods. Canadian retaliatory tariffs took effect Trump signed new orders to ban imports of some Canadian products, including most alcohol. He also added new products to the tariff list and took some off it, including toilet paper, cement and road salt.

Trump also took aim at Canada's agricultural imports.

"They were charging our farmers 400 per cent tariffs," he claimed, apparently referencing Canada's supply management system – a system that regulates the amount of agricultural goods entering the country.

Eggs, turkey, chicken and dairy products fall within that system, which allows a certain amount of those goods to enter the country with low or no tariffs. Exceed that quota, and importers face high levies.

Goodale called Trump's characterization "factually wrong," and "part of the PR game."

"Canada wants to make a deal very badly," Trump told reporters on Saturday, touching as well on an eventual peace deal in Iran.

"Canada wants to make a deal, and Iran wants to make a deal. And at the right time both of those things could happen," he said, remarking that he hopes "Canada appreciates being in the same sentence with Iran."

CTV News political commentator Scott Reid said Trump's inclusion of Iran in his answer "really speaks to the destructive nature of Donald Trump's foreign policy."

"We are now treated expressly as an enemy," said Reid, who served as a communications director to former Liberal prime minister Paul Martin. He added Trump's comments could "stiffen the spine" of Canadians looking at a prospective trade deal with the U.S.



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It's hard to keep up with the ups and downs of the Canada-U.S. dynamic right now," said policy and advocacy strategist Diamond Isinger.

Isinger formerly served as a special adviser to former prime minister Justin Trudeau during the renegotiation of the North American Free-Trade Agreement (NAFTA).

While the trade tension temperature appears to have been turned down even slightly, she still has reservations.

"If they (the U.S.) simply would like to resume talks at the same starting point things were severed, those were not realistic expectations for Canada to agree to," Isinger said.

Getting back to the negotiating table would require the U.S. to move off their current position, she suggests.

"If talks resume, I expect we would need a high degree of good faith, a willingness to bring new offers to the table on the part of the U.S. because Canadians wouldn't accept the status quo of what was on the table weeks ago," Isinger said.

Travel

"Food is our common ground, a universal experience." *J a m e s B e a r d*

Beautiful European spot named best food destination in 2026 - not Greece or Italy – Chloe Dobinson

Food can be a celebration of culture, and for many, it can be what holiday itineraries revolve around. Nearly eight in 10 Brits (79%) say finding authentic food is important when abroad; this is according to group travel brand WeRoad.

Meanwhile, three-quarters (75%) admit they struggle to know where to go beyond the tourist hotspots. To help tourists find a better food experience, Saga Holidays conducted a study to uncover Europe's most authentic food destinations. The team analysed 5,000 restaurants across 125 European cities by looking at Google review data to track how often diners praised restaurants and dishes as "authentic".

Alison Porter, Product Manager at Saga Holidays, said: "Authentic restaurants often have menus only in the local language with minimal English; you'll see plenty of locals dining there, and they'll also have seasonal specials that change regularly.

"These spots are usually tucked away on side streets away from the main tourist areas, and the staff may seem genuinely surprised but pleased to see tourists."



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The results

Budapest in Hungary, ranked as the top European place for authentic food. The city scored an impressive 98 out of 100 and is home to dishes such as goulash and traditional street food like lángos, a deep-fried flatbread topped with sour cream and cheese.

There is also food such as Kolbász, which is Hungarian sausages, and you can find smoked, cured, or fried at local markets.

Not forgetting Halászlé, which is a fiery, paprika-heavy river fish soup traditionally prepared in a cauldron over an open fire.

Ranking in second place is Piraeus, which is Greece's largest harbour and is celebrated for its fresh seafood. Piraeus just missed out on the top spot and scored 97 out of 100.

Rounding out the top three is Athens, which scored 96 out of 100 and is home to favourites like gyros and souvlaki.

Top 10 European cities for food in 2026

1. Budapest, Hungary - 98
2. Piraeus, Greece - 97
3. Athens, Greece - 96
4. Vienna, Austria - 94
5. Krakow, Poland - 92
6. Prague, Czech - 90
7. Valletta, Malta - 89
8. Warsaw, Poland - 88
9. Munich, Germany - 84
10. Milan, Italy - 81

This article is republished from *MSN*. To read the original article, [Beautiful European spot named best food destination in 2026 - not Greece or Italy](#)



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Wit

"I really don't think I need buns of steel. I'd be happy with buns of cinnamon."

- E l l e n D e G e n e r e s



October 3rd National Cinnamon Roll Day

Discover

"What did the mushroom say at the party? I'm a fungi!" U n k n o w n

Where in the World? Massive Mushrooms in Vilna - By Allison Bench



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In the Summer 2026 issue of AMA Insider, we showcased the World's Largest Mushrooms, located in the village of Vilna, about 150 kilometres northeast of Edmonton. The massive fungi were constructed in 1993, inspired by early Ukrainian settlers who were known to hunt for mushrooms.

The enormous toadstools weigh over 18,000 pounds and were designed and built by local artists and tradesmen. While Vilna's giant mushrooms might be the conversation-starters, the area is rich with history to check out while you're there.

Vilna began as a "boomtown", meaning

development in the area was quickly spurred on by railway expansions that happened at the turn of the 20th century. Boomtown architecture is distinct and features buildings with a decorative false front, what you would typically associate now with Western movies. Visiting Vilna offers a glimpse into another era. The village's main street has been preserved and historically updated through the years, giving visitors an opportunity to feel like they're taking a step back in time.

And be sure to check out Vilna's fully operational, 1921 pool hall and barbershop—the oldest operating one in the province, with historic pool tables, cues, balls, benches, and more.

"Our four pool tables, two snooker and two billiard tables are over 120 years old and are original to the pool hall," says Ron Farmer, president of the Friends of the Vilna Pool Hall Society. "They're still in very good condition."

The pool hall is open Thursday and Friday from 10 a.m. to 6 p.m., and Saturdays from 10 a.m. to 4 p.m.

This article is republished from *AMA Insider*. To read the original article, visit [Where in the World? Massive Mushrooms in Vilna - AMA](#)

Food

"What I say is that, if a fellow really likes potatoes, he must be a pretty decent sort of fellow." – A . A . M i l n e

Stop baking potatoes in foil—this simple trick makes it 100x better - By Molly Adams



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Skip the old-school technique!



CREDIT: SIMPLY RECIPES / MARK BEAHM

For the first 16 weeks or so during each of my pregnancies, I survived on baked potatoes. They were easy on my stomach, didn't require much effort to prepare, and reminded me of the simple and nostalgic dinners I grew up eating.

Over the years, I have perfected the contrast between the fluffy interior and crisp skin of a baked potato. The number one secret? Ditch the foil!

Why I Stopped Wrapping Baked Potatoes in Foil

Wrapping baked potatoes in foil is one of those kitchen tasks that almost seems like second nature. We've always seen it done that way, so we continue on with the tradition without asking too many questions. However, now that foil prices have gone up exponentially, it's time to take a step back and ask whether this old-school technique is really necessary.

First off, foil-wrapped potatoes will absolutely cook faster, but only by 10 or 15 minutes. As foil-wrapped potatoes cook, they trap steam from the flesh, which allows the whole thing to soften a bit quicker than unwrapped potatoes.

That said, while the steam will cook the potato faster, it will also leave the skin a sad, soggy, unappealing mess. If you're already heating the oven and planning for about 50 minutes of baking time, what's a few extra minutes in the long run?

How I Bake Potatoes Without Foil

Instead of treating the potato skin like an afterthought, I'm here to make a case for it being the main event. We all know foods that have been browned and caramelized taste better, so why not give your potato skin the royal treatment, too?

The key is to thoroughly coat the potato skin in oil, then generously season it with salt and pepper. If I'm feeling fancy, I'll add some fresh herbs like minced thyme or parsley. Sometimes I'll also add a little finely grated Parmesan cheese to enhance the nuttiness of the roasted skin.

Then you roast it at high heat—I like to do so using the convection setting at about 400°F. While the skin crisps under the high heat, the inside will steam, creating a light and fluffy interior texture. I'm partial to using olive oil for the flavor, but avocado oil works well, too.

Potato Skin Is the Best Part

While the taste of crispy skin is the main appeal, there are also other reasons to enjoy it. According to the Idaho Potato Commission, the skin contains about half of a medium potato's fiber content. It's also rich in potassium, antioxidants, and vitamins C and B. Plus, by making the skin appealing to eat, you'll also cut down on food waste.

Skip the foil next time it's baked potato night, and trust me, you won't regret it!



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