

And the Winner is...

Doug presenting Barry D., the winner of the YourStyle Financial specialty license plate contest, with his Winnipeg Blue Bomber plate. Turns out Barry had no problem selecting a Blue Bomber plate as he is a long-time fan of the Blue and Gold. Both Barry and his brother, Dennis, are 40+ year season ticket holders. They have nicely settled in to their seats at the new stadium and had even attended practice on the day we met with him.

Barry has only missed one home game and that was to attend a cousin's wedding. He shakes his head clearly not understanding how someone can be so misinformed as to schedule a wedding on a game day. An avid fan, he managed to attend a Bomber game the day after his own wedding, ensuring

visiting CFL fans from various locales also attended with him some 27 years ago. His wife, Cheryl,

and kids know to check the Bomber game schedule before booking any activities.

Barry claims never to have won anything at a game so it was particularly gratifying for him to receive his new Blue Bomber license plate. He no longer sneaks "beverages" into games in his parka, and he NEVER leaves a game early. Barry is a tried and true Blue Believer to the end and YourStyle was thrilled to recognize his devotion to both the game of football and home team, Winnipeg Blue Bombers.



Team YourStyle teeing it up for charity at the Mondetta Charity Golf Classic on July 29, 2013. Doug and Lor represented the team at Glendale out on the course while Maria held down the fort at the YourStyle sponsorship hole. All proceeds were donated to the Mondetta Charity Foundation and Kidsport Manitoba.



Tomatoes 101

Tomatoes! They're sweet, juicy, and delicious. Everyone knows they are good for you, right? Uh, yeah, sure. Does everyone know specifically why tomatoes are a healthful food? Ummm... They have vitamin C? They're low in calories? They're fat-free? Yes, yes, and yes, but that's not all!



Let's look at what makes the tomato an excellent healthy choice.

One serving of red, ripe, raw tomatoes (one cup or 150 grams) is a good source of Vitamins A, C, K, folate and potassium. Tomatoes are naturally low in sodium, saturated fat, cholesterol, and calories. Tomatoes also provide thiamin, niacin, vitamin B6, magnesium, phosphorus and copper, all of which are necessary for good health.

On top of that, one serving of tomatoes gives you 2 grams of fiber, which is 7% of the daily recommended amount.

One tomato packs one powerful punch of nutrition!

Turn the Tap

One of the greatest joys of my career is when the financial plans I put together for clients come to fruition. This summer, I had the pleasure of attending my Uncle Dan's Retirement Party. He has owned and operated Dan's Heating and Eavestrouthing for 39 years. He and his wife, Gale, have been diligent savers and we would meet regularly to review their goals and dreams and, most importantly, update their retirement plan.

When I met with Dan and Gale last year, we determined that they were indeed in good shape financially for Dan to finally retire. Even though, they had saved and managed their finances well, Dan was still afraid to stop working and begin to access their retirement savings.

Dan said it finally clicked for him when I described it in "mechanical terms" to which he could relate. "You've worked hard to

accumulate your retirement savings, now it's time to turn the tap the other way and start accessing those funds to enjoy your retirement lifestyle." It seems those simple words resonated with Dan as he could now visualize winding down his business and he was excited to begin the next phase of his life.

Dan and Gale have planned a family trip to Mexico this winter. Joining them are their two daughters and their respective husbands, pride-and-joy granddaughter, Abby, as well as nephew and his wife. What a celebration it will be.

It gives me great pleasure to see Dan and Gale enjoying the fruits of their labour and knowing I was a part of the process. Dan eloquently said in his retirement speech:

YourStyle FINANCIAL is My Style!



Home Buyers' Plan (HBP) PAY IT BACK OR BRACE FOR A TAX HIT!

Nearly half (47%) of homeowners currently participating in the HBP aren't keeping up on their required RRSP repayments, according to the Canada Revenue Agency (CRA).

The HBP lets you use tax-sheltered RRSP money for a first-time down payment on a home, conditional upon your paying it back in installments over 15 years. More than 841,000 people failed to make their required HBP repayment in the 2011 tax year.

The catch: If you don't pay your minimum annual installment payment, you must count that amount as taxable income – just as if you cashed it out from your RRSP.

If you are thinking of using the HBP, be sure to set up a repayment plan so you don't fall behind and get caught in the tax trap.

The Unique Advantages of Segregated Funds

Mutual funds and Segregated funds (often called "seg funds") have many similarities. They are both pools of money contributed by investors and managed by professional investment managers.

Both segregated and mutual funds provide their investors with:

- Professional management
- The ability to invest regularly in small dollar amounts
- Regular statements and reports
- Diversification
- The ability to be held in registered vehicles such as TFSA's, RRSP's and RRIF's
- Automatic reinvestment of allocations
- The ability to transfer between funds under one management umbrella



However, segregated funds are insurance contracts with the funds being held separate from the other assets of the insurance company. Segregated funds offered by an insurer have some unique advantages and characteristics that don't apply to traditional mutual funds!

- A maturity guarantee and a death-benefit guarantee
- Bypass of Probate – Seg funds are paid directly to beneficiaries avoiding probate formalities and fees
- Creditor & Bankruptcy Protection – Investments are exempt from seizure by creditors
- The Reset feature – Resets allow for the potential to lock in market gains
- Favourable tax treatment – Both gains and losses on the portfolio are passed on to contract holders
- Beneficiary Designation – your choice as to who the proceeds will be paid out to tax free.

The designation of a beneficiary is a key advantage of segregated funds. It is important to designate a beneficiary so that in the event of the annuitant's death, a benefit is payable to the designated person. It's possible to designate more than one beneficiary, and if several beneficiaries are designated in the contract, the proceeds will be divided accordingly.

Younger Canadians fraud victims

Think about fraud and you might picture vulnerable seniors swindled out of their life savings by a smooth talking telemarketer. But a new report from VISA Canada shows another group exposing themselves to significant fraud risk: the age 18 to 34 demographic. Surprisingly, 45% of these younger Canadians said they loaned their bank or credit card to someone and also shared their payment card information via email or text. Not surprisingly, of those who admitted they "overshared" financial information, 43% experienced some form of payment card fraud. Those who didn't engage in such activity were much less likely to be fraud victims.

Stretch your prescription drug costs

There is no doubt that many millions of lives have been saved and countless sources of pain have been relieved by the proper application of prescription drugs. In Canada, over 25 billion dollars are spent annually on prescription drugs with about half of that being paid by various levels of government and the other half out of pocket by consumers and/or through employee benefit plans.

That's a lot of money! Here's a few tips to keep your prescription drug costs under control.

1. Register for a government program. Most provinces have a provincial program in place to assist with prescription drug costs. On some, once you reach your family deductible which is based on total family income, provincial assistance will commence. Go to: <http://www.gov.mb.ca/health/pharmacare/> for more information.
2. Use pharmacies with lower dispensing fees. A dispensing fee is a fee each individual pharmacy sets and adds to the cost of your prescription. By choosing a pharmacy with a low dispensing fee, you could save anywhere from \$5 - \$10 per prescription.

2013 Manitoba Dispensing Fees

Manitoba Pharmacies	Average Dispensing Fees
Canada Safeway	\$11.21
Costco	\$4.47
Independent Pharmacies	\$12.46
Sobey's/IGA	\$10.40
London Drugs	\$8.35
Pharma Plus/Medicine Shoppe	\$11.75
Pharmasave	\$11.52
Pharmx Rexall	\$11.15
Shoppers Drug Mart	\$11.76
Loblaws/Superstore/Extra Foods	\$9.65
Walmart	\$9.68

Source: Olympia Benefits Inc.

3. Purchase multiple months at a time. If you are on a monthly maintenance drug, you can save on the dispensing fee by purchasing 3 months of your prescription at a time instead of each month. By making this simple change you will only be charged one dispensing fee instead of three.
4. Choose a generic option if available. If you have been prescribed a brand name drug, request the generic version from your physician. By accessing generic substitutions you can save approximately \$5 - \$15 off of your prescription cost.
5. Capitalize on group benefit plans. Access spousal group plans and submit your health and dental expenses through these regularly. For self employed or small business owners, consider opening a Health Spending Account (HSA). For more info on HSA's give us a call. Please note that any premiums paid towards a traditional group benefit plan can be reimbursed through an HSA.



What's important to you

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