



The Month Gawne By

January 2019

What Happened?

The Federal Reserve [kept interest rates stable](#) and indicated they would be patient with future rate decisions.

[Trade talks](#) between the United States and China continue.

CEOs in the United States are [more worried about cybersecurity](#) than a possible recession according to a new survey by The Conference Board.

The [World Bank](#) forecasts global economic growth in 2019 to be 2.9%, down from 3.0% in 2018, while the [International Monetary Fund](#) predicts global economic growth to be 3.5% in 2019.

US government shut down [temporarily ends after 35 days](#) (the longest in history). A second shut down could occur on February 15th if a compromise on border security is not reached. Donald Trump is demanding legislation to fund a \$5.7 billion wall along the US/Mexico border.

Brexit deal [voted down](#) by UK Parliament. UK Prime Minister Theresa May now has to [secure concessions](#) with the European Union prior to the March 29th deadline.

Markets (as of January 31st, 2019)

Stocks	Benchmark	January	YTD
Canada	S&P TSX Composite	8.50%	8.50%
United States	S&P 500	7.87%	7.87%
International	MSCI EAFE	6.47%	6.47%
Emerging Markets	MSCI Emerging Markets	8.71%	8.71%
World	MSCI ACWI	7.80%	7.80%

Bonds	Benchmark	January	YTD
Canada	FTSE TMX Canada Universe Bond	1.34%	1.34%
United States	Bloomberg Barclays US Aggregate	1.06%	1.06%
World	Bloomberg Barclays Global Aggregate	1.52%	1.52%

Currency	January	YTD
CAD / USD (Source: ThomsonOne)	-3.68%	-3.68%

Articles of Interest

Lego sets the [best performing asset class](#) for the three decades ending in 2015?

The POT ticker symbol is up for grabs after [PotashCorp and Agrium merged](#) on January 2nd, 2019 to form Nutrien. There will be a lottery held for the ticker symbol which becomes [available for reservation](#) on February 1st.

Consumer Electronics Show 2019: [A Show Report](#).

[Price changes of goods and services](#) in the United States over the last 20 years. Health care increased 225%.

How [US immigration policy](#) is impacting Canada.

The short history of [global living conditions](#).

The world's [largest gathering](#) of humanity.

Consumers spent [\\$43.4 billion on video games](#) last year.

Music

[January Playlist](#) – the 10 to 20 songs I listened to the most during the month. I've done my best to filter for objectionable content and language.

"Baby Shark" is now a [top 40 hit](#).



Books

["Tales of a First Round Nothing: My Life as an NHL Footnote"](#) Terry Ryan

This was a light read. Terry Ryan's personal stories made me nostalgic of the time when I played junior hockey. They were unique and anyone who has laced up the skates would likely enjoy this book.

Video

["The Disaster Artist"](#)

This movie is the story behind the making of, "[The Room](#)," which is regarded as [the worst movie ever made](#) by some, but has since generated a cult following. James Franco does a great job capturing the essence of the Tommy Wiseau, as does the rest of the cast with their roles. The recreated scenes are indistinguishable from the originals.

Health

Study shows intermittent fasting may affect [circadian clocks](#) in the liver and skeletal muscle, causing them to [rewire their metabolism](#). This could lead to improved health and protection against aging.

[Ranking vegetables](#) by how healthy they are.



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