



## THE COMMONWEALTH GAMES

The 2014 Commonwealth Games in Glasgow have now come to an end with Canada climbing back to its customary place on the medal podium. After finishing a disappointing fourth at the 2010 Delhi Games (with a total medal count of 75 – 26 of which were gold), Canada improved to third overall with a total medal tally of 82 (32 gold), behind traditional powerhouses England (174 medals) and Australia (137 medals). 265 Canadian athletes took part in the multi-sport, ten day event – its largest team and best showing since hosting the Games in 1994 (Victoria), where we won 41 gold medals.



### The history of the Commonwealth Games

The Commonwealth Games have been known by various names over the years: the British Empire Games from 1930-1950, the British Empire and Commonwealth Games from 1954-1966, and British Commonwealth Games from 1970-1974. The idea of the Games was first proposed by John Astley Cooper in 1891, when he wrote an article in The Times suggesting a “Pan-Britannic-Pan Anglican Contest and Festival every four years as a means of increasing goodwill and good understanding of the British Empire”. More than four decades later, the inaugural Games were held in Hamilton, Ontario, and have taken place every 4 years since 1930, with the exception of 1942 and 1946, which were cancelled due to World War II.

Sometimes referred to as the ‘Friendly Games,’ only single competition sports had been on the program from 1930 up to and including the 1994 Games in Victoria. The 1998 Games in Kuala Lumpur saw the introduction of team sports, with nations taking part in cricket, field hockey, netball and rugby 7’s.

Over the past 84 years, 18 cities in seven countries have hosted the Commonwealth Games. Canada shares the honor with Australia, as the only two countries to have hosted the Games on four occasions (Canada: Hamilton 1930, Vancouver 1954, Edmonton 1978, and Victoria 1994; Australia: Sydney 1938, Perth 1962, Brisbane 1982, and Melbourne 2006).

Participation has grown significantly since the Games were held in Hamilton. In Hamilton, 400 athletes from 11 nations competed in 59 events, whereas the Glasgow Games saw nearly 5,000 athletes from 71 nations compete in 261 events during the 10-day event.

### The Queen and the Games

The Queen has been a long-standing patron of the Commonwealth Games and believes that sport is a great force for good and can be used to build communities and create harmony in society. A message from the Monarch has been read at every

**Dwight Jefferson, CIMA** ®

Senior Vice President,  
Portfolio Manager  
T: 604 640 0555

[dwight.jefferson@richardsongmp.com](mailto:dwight.jefferson@richardsongmp.com)

**Tyler Steele, CFA**

Senior Vice President,  
Portfolio Manager  
T: 604 640 0554

[tyler.steele@richardsongmp.com](mailto:tyler.steele@richardsongmp.com)

**Neil Kumar**

Associate Investment Advisor  
T: 604 640 0406

[neil.kumar@richardsongmp.com](mailto:neil.kumar@richardsongmp.com)

**Paul Rietkerk, CIM, FMA**

Associate Portfolio Manager  
T: 604 640 0562

[paul.rietkerk@richardsongmp.com](mailto:paul.rietkerk@richardsongmp.com)

**Wendy Lloyd**

Associate  
T: 604 640 0556

[wendy.lloyd@richardsongmp.com](mailto:wendy.lloyd@richardsongmp.com)

**Jessica Dewey, BA**

Associate  
T: 604 640 0405

[jessica.dewey@richardsongmp.com](mailto:jessica.dewey@richardsongmp.com)

**Brenda Geib, BA**

Associate  
T: 604 640 0559

[brenda.geib@richardsongmp.com](mailto:brenda.geib@richardsongmp.com)

## RICHARDSON GMP

550 Burrard Street, Suite 500  
Vancouver, BC V6C 2B5  
TF: 1 866 640 0400  
F: 604 640 0300

[www.richardsongmp.com](http://www.richardsongmp.com)

Commonwealth Games, and in 1958 a new tradition of the Queen's Baton Relay (QBR) was begun. Starting at Buckingham Palace, the Queen enclosed her Games message in a specially designed silver-gilt baton which is then carried by a relay of runners to Cardiff so that the message could be read out by the Duke of Edinburgh. The QBR visits 71 nations and territories, making it much longer than the Olympic torch relay.

Sources:

[www.thecgf.com](http://www.thecgf.com)

<http://www.commonwealthgames.ca/team-canada/games/index.html>

## EDUCATIONAL TIDBIT

### Canadian Real Return Bonds Explained

By Tyler Steele

#### What are they?

Real Return Bonds (RRBs) are fixed income instruments issued by the Government of Canada, the Province of Ontario, the Province of Manitoba and the Province of Quebec. They pay interest twice a year, have a fixed coupon rate and a fixed maturity date. They have all the benefits of a regular Government bond with the added feature that they guarantee a rate of return that is adjusted for inflation.

#### Key features and benefits:

- Purchasing power is preserved because returns are inflation-adjusted. This is because, unlike traditional Government bonds, the principal repaid at maturity as well as the semi-annual coupon payments are indexed to the Canadian Consumer Price Index (CPI). For example, a RRB is issued at \$1,000 with a fixed coupon of 2% per year. Assuming no inflation the bond will pay a \$10 coupon each six months. If the CPI were to rise at a 2% annual rate in the first six months after issuance, the principal to be repaid at maturity would be adjusted to \$1,010 (1/2 of 2%). This would then increase the coupon payment from \$10.00 to \$10.10.
- The price is correlated to inflation, unlike other bonds which historically are inversely correlated. Of course this means that if inflation were to ever be negative both the principal at maturity and coupon payment would decrease.

- Both the interest payments and the increase in the principal are taxed in the year they occur. RRBs are best held in a registered account such as an RRSP, RRIF or TFSA.
- They have the same credit rating as other bonds from the same issuers. For example Government of Canada RRBs carry a AAA rating.
- They have low correlation with other asset classes which adds diversification to client portfolios
- RRBs are thinly traded as compared to other Government bonds so should be considered buy and hold investments. We buy the iShares Canadian Real Return Bond Index Exchange Traded Fund (ETF) to access a diversified portfolio of RRBs with good liquidity.
- Compared to the bond universe in Canada, the term to maturity is generally longer and the coupon is lower than average. As a result, the duration (which is the sensitivity of the price of a bond to changes in interest rates) of RRBs is high. This high duration means that RRB returns can be volatile from year to year as compared to other Government Bonds.

#### Summary

Real Return Bonds can be a good addition to fixed income portfolios due to their ability to provide inflation protection and their low correlation to other fixed income asset classes.

Sources:

Richardson GMP

<http://www.inyourbestinterest.ca/uploaded/doc1380>

## BOOK REVIEW

### Gone Girl by Gillian Flynn

Review by Tyler Steele

I came to work a couple times last week very very tired. The reason, I had been up until past midnight reading *Gone Girl* by Gillian Flynn! It was great summer crime drama reading. I found myself pulled into the plot very quickly and I really enjoyed the ride.

It starts as a basic crime drama. A young beautiful woman, Amy, goes missing on her fifth wedding anniversary and there are signs of foul play. Unfortunately her husband Nick doesn't seem to be shocked or sad enough for the police or the media, and the drama is picked up and pulled into the 24 hour media cycle. It is an

interesting comment on today's instant media, as the most important part of the search for Amy is based on the fact Nick was caught smiling on camera at the first press conference after she went missing, so he must be guilty.

The story is written from both Nick and Amy's perspectives. This creates a situation where your sympathy jumps from one person to the other. Your sympathy for Nick swings as he admits he is lying to the police and is unhappy in his marriage. Their relationship had been in trouble since both Nick and Amy lost their jobs as journalists in New York, and had moved back to his hometown in Missouri. But that doesn't make Nick a killer, or does it?

The book manages to keep you on your toes through a number of major twists and turns. Some are over the top but as long as you don't take it too seriously (it is summer beach / cabin reading after all) it is lots of fun.

## **MATURITY MATTERS**

### **Brain Healthy Foods**

Although it has been proven that healthy eating can lower your risk of diabetes, hypertension and heart disease, the jury is still out on whether it can do the same for Alzheimer's. However, there are foods that researchers think will help keep your whole body healthy, including your brain.

**Oil-based Salad Dressings-** Data supports the claim that eating foods that are high in vitamin E, including healthy vegetable-oil-based salad dressings, can help protect neurons or nerve cells. In Alzheimer's disease, neurons in certain parts of the brain start to die, which jump-starts the cascade of events leading to cognitive deterioration.

**Fish-** Salmon, mackerel, tuna and other fish are rich in heart healthy omega-3 fatty acids, including docosahex-aenoic acid (DHA). DHA

seems to be very important for the normal functioning of neurons.

**Avocado-** This creamy fruit (which many mistakenly consider a vegetable), is a rich source of the antioxidant vitamin E as well as vitamin C.

**Sunflower Seeds-** Seeds, including sunflower seeds, are also a good source of vitamin E. One ounce of dry-roasted sunflower seeds contains 30 percent of your recommended daily intake. Sprinkle them on top of your salad to help give your brain a boost.

**Peanuts and Peanut Butter-** Although both are high in calories, peanuts and peanut butter tend to be a source of healthy fats. They are also packed with vitamin E.

**Berries-** The latest research has found that blueberries, strawberries and acai berries may help put the brakes on age-related cognitive decline by preserving the brain's natural "housekeeper" mechanism, which wanes with age. This mechanism helps get rid of toxic proteins associated with age-related memory loss.

**Whole Grains-** Fiber-rich whole grains are an integral part of the Mediterranean diet, which is also loaded with fruits, vegetables, nuts and seeds, olive oil and wine. Research out of Columbia University Medical Centre in New York City shows that this diet may be linked to a lower risk for the mild cognitive impairment that can progress to Alzheimer's disease.

**Note:** Since all the foods that we eat may interact with medical conditions, or medications, it is vital that you speak to your doctor before making any major changes to your diet.

*Sources:*

<http://www.cpcacanada.com>

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