

Stop what you're doing and read through some articles we think could give you an interesting perspective. Check out this week's Take 5.



Scams on Kijiji: How to avoid being a victim

Kijiji's popularity attracts scammers. Low prices and ease of use create risk for both buyers and sellers. Phony buyers and fake sellers are common scams. Knowing [these scams](#) can help you avoid losing money.



Find the best mortgage rates in Canada

[Canadian mortgage](#) rates were stable in May 2024. Both fixed and variable rates haven't changed much, with fixed rates under 4.8% and variable rates elevated due to the Bank of Canada's recent rate hold. While the Bank might cut rates later in 2024, significant drops aren't expected soon.



Retirement spending edition

Uncertain about retirement spending? Consider your current spending habits and plan for a range. Remember one-time expenses like renovations or dream vacations, especially early in

retirement. [Here](#) are some reasons why retirement planning should be done 5-10 years before your retirement date.



Ultra-processed foods could lead to strokes and dementia

Study links ultra-processed foods to brain damage! Harvard research suggests high intake of items like sugary drinks and burgers may raise stroke and dementia risks. This goes beyond just calories - the processing itself might be harmful. [Read more](#) to see how this 11-year study followed over 30,000 people!

Quote I'm pondering

"It is difficulties that show what men are."
— Epictetus

Thanks for TAKING 5!

Scott

Whenever you're ready... here are 3 ways I can help:

Option 1.

Let's have a chat: Just [CLICK HERE](#) to see my calendar through our online scheduler. Then, select a time that works for you. The scheduler will book our time and send you the call-in details.

Option 2.

Let's "meet": If you would like to book a free, no-obligation information session, please email me at scottplaskett@ironshield.ca and we can coordinate a time that fits into your schedule.

Option 3.

Attend my next free webinar: Every Friday I get together online with a handful of other local business owners and share with them the most current research and insights into proper financial planning - specifically for business owners. If you'd like to participate or just listen in on the next session, please email me at scottplaskett@ironshield.ca and I'll forward you the details.

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