

Good morning readers.

A nice stretch of late summer weather. Hopefully everyone gets out and enjoys it.  
A \$600M experiment ends Monday. Was it worth it? Anyways it's only money....

Markets continue to slumber their way through September. A relatively quiet, relatively flat week in market-land.

Apple announced their new iPhone 13 this week. It's rare to see a company use a 13. Maybe Apple is so large "unlucky" isn't a thing anymore.  
Or maybe the new camera is so good it can tell you when bad luck is approaching. Or it's also possible I don't know how cameras work.  
Anyway, nice looking [phone](#). I wonder if they've corrected the selfie feature where my thumb is on the screen?

This COVID thing certainly seems to continue dragging on. Vaccination passports will hopefully result in the vaccine hesitant to "needle up" and move everyone closer to a better future.  
Somewhat sad that I have my Ministry of Health vaccination record saved in my photos "favourites" folder, nestled right beside pictures of family. I anxiously await to see how good the vaccination record will look on a iPhone 13.

Anyways, this COVID thing, and life sometimes create bouts of anxiety or stress for all of us. I like to think I laugh things off pretty easily. But I'm pretty certain that's just called putting on a brave face. This quick article from the Washington Post highlights some scientific anxiety/stress busters. Turns out telling someone to "go suck a lemon" is good advice. As sucking a lemon, or even the thought of it, engages the nervous system which leads to relaxation.  
Dunking your head in ice water certainly helps change your focus and blood gets redirected quickly to your major organs.

I tried many of these ideas and I actually noticed changes pretty quick.  
I must tell you I'm writing this article with a dopey smile and my eyebrows raised (also another trick to improve your mental state).

Enjoy this [read](#), and let me know how dopey you feel if you try any of the tips.

On a sad note, perhaps my favourite comedian, Norm Macdonald (Ottawa raised) passed away this week. Revered by almost every other comedian for his dead-panned delivery.  
A comedic genius. Rolling Stone Magazine does a good job highlighting some of his best work from SNL and beyond. Enjoy the [laughs](#). Thanks Norm.

Have a great weekend.

Sincerely,

## Greg Roscoe, CIM

Financial Advisor & Portfolio Manager |

**Contego Wealth Management | Raymond James**

750-45 O'Connor Street | Ottawa, ON | K1P 1A4



613.369.4661 | Toll Free: 1.866.552.0889 | Fax: 613.369.4699

[www.raymondjames.ca/contegowealthmanagement/](http://www.raymondjames.ca/contegowealthmanagement/)

Karol Phillips | Financial Advisor Associate |



613.369.4662

[karol.phillips@raymondjames.ca](mailto:karol.phillips@raymondjames.ca)

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