

1. **Another way to help fund children's education**
2. **What are they teaching kids in university?**
3. **Finally a diet I can subscribe to**
1. **Cost of education forecast to increase beyond CPI**

As the cost of post secondary education increases the sources for families to fund the cost are shrinking. Getting a student loan is difficult because it is based on the parents financial situation. The student job market is tenuous as good jobs are few and far between. Minimum wage positions are the norm and it takes a lot of hours to cover tuition. If you've started Registered Education Savings Plan and maxed it out you stand a good chance of covering the cost. Here's an idea on an old strategy. Buy a life insurance policy on the child and overfund it. What I mean by overfunding is put more than minimum in each year. This money will grow over time and after they turn 18 you turn the policy over to them. With them drawing the money means the growth will be taxable in their hands which will be minimal. When our kids were born we bought them policies which besides growing in value guaranteed them the opportunity to buy additional insurance regardless of their health. If you want more details let me know.

2. **Our daughter is more worried about our long term than we are**

Erika, a second year student at University of Western Ontario called in a panic yesterday to inquire what our plans are for Long Term Care. Apparently in her sociology course they discussed the current costs and the expectations her generation will need to contribute. Having to contribute to the projected cost of \$43k per annum for each of us in our senior years is not in her budget and insists we start saving now! She did say it is culturally expected the oldest child will take the lead role so she is also warning Graham to be prepared! The alternative is the Eskimo custom of putting their seniors on an ice flow. There is some planning you can do and if you want to avoid the wrath of your kids let me know.

3. **Twinkies and junk food can be slimming**

So you want to lose 20 pounds or whatever number of kilo's that is. January 17<sup>th</sup>, Globe and Mail wrote about a nutrition professor who lost 27 lbs in 10 weeks eating just Twinkies, Doritos and brownies! Ok so that worked out to just 1800 calories a day 900 less than he usually ate. The secret of the diet was to eat less calories regardless of what it was. If that doesn't get you going saw this new exercise machine called a vibration platform. You stand on it and it shakes you. My wife calls it the jiggle machine and thinks it's hokum! Eating a Twinkie while being jiggled. Out with the treadmill and granola bars!

Cheers,

Earle

PS If you get more email than you can ever read & I'm adding to the glut, drop me a note and I'll remove you from my mailing list.

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