

# Wealth Management Matters



Wealth Management  
Dominion Securities

June 2016

Chinner Wealth Management  
Group  
RBC Dominion Securities Inc.

**Phone:** (403) 328-3511  
**Location:** The corner of 9<sup>th</sup>  
Avenue South and Mayor Magrath  
Drive  
**Hours:** 9:00am – 6:00pm



We again are corporate sponsors of the Nikka Yuko Japanese Garden. If you have not been before, or if it is one of your favorite places we encourage you to visit them again. The Nikka Yuko Garden offers an unforgettable cultural experience, combining the beauty of nature in a serene setting. Step away from your busy life and come enjoy their tranquility.

**Dennis Chinner**  
Vice President & Investment Advisor  
dennis.chinner@rbc.com  
403-317-4308

We would like to extend our membership to our friends, & clients. Please let us know if you are interested as we have **courtesy passes available.**

**Sylvia Chinner**  
Associate Advisor & Financial Planner  
sylvia.chinner@rbc.com  
403-317-4322



REGISTER TODAY FOR THE  
WORKSHOP

**RSVP**  
(403)317-4316 or  
jessica.mosby@rbc.com

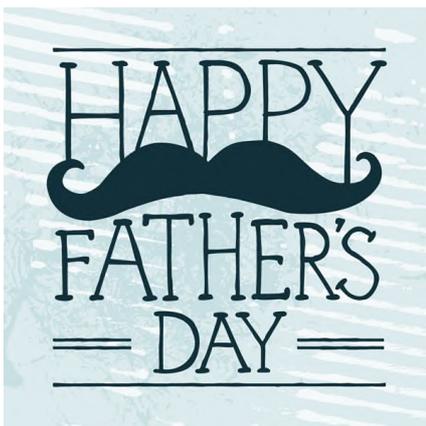
**Join us June 20<sup>th</sup>, 2016 for our Fraud Prevention Workshop**

**Topics:**  
Phishing  
Overpayment Scams  
Lottery, CRA Scams  
Social Media  
Staying Safe Online

Constable Dan Shurtz with Economic Crimes & Tactical Unit for Lethbridge Regional Police will be presenting on prevalent scams and how to better protect oneself from being a victim of fraud.

**Jessica Mosby**  
Associate  
Jessica.mosby@rbc.com  
403-317-4316  
[www.dennischinner.com](http://www.dennischinner.com)

**Lethbridge Legion Hall  
(North Entrance)  
324 Mayor Magrath Drive South  
1:00 – 3:00pm**



Help us with our  
newsletter.

Share your favorite  
recipes or tips.

## No-Bake Raspberry Cheesecake Pots

### INGREDIENTS

#### CHEESECAKE BATTER

- 1 ½ package cream cheese
- 3 tbsp. granulated sugar
- 1 c. heavy cream
- 1 tbsp. fresh lemon

#### OTHER INGREDIENTS

- 8 graham crackers
- 12 oz. fresh raspberries
- ½ c. raspberry jam
- 8 glass jars



### DIRECTIONS:

- 1) Using an electric mixer, beat the cream cheese and sugar until smooth.
- 2) Reduce the mixer speed, and gradually add the heavy cream. Increase speed and beat until thick and firm. Beat in lemon juice.
- 3) Spoon graham cracker crumbs into jars. Top with cream cheese batter, raspberries and jam, alternating between the two. Refrigerate for at least 2 hours before serving.

What do you  
get when you cross  
a sweet potato and  
a jazz musician?

A Yam Session!



### Did you know.....

*The humble spud is often seen as the "bad" guy when it comes to our waistlines but this is just not true! Potatoes are a great fuel to power the body, are easy to digest and provide a ton of nutrients. Need energy? Eat a potato....*

#### Here are the straight-up facts about the healthy potato:

- **Gluten free**
- **Minerals** - Potatoes are high in potassium and low in sodium for a healthy diet and also have iron and magnesium. There is more potassium in a potato than there is in a banana!
- **Antioxidants** - The Vitamin C and other phenolic compounds contained in potatoes can offer protection against some diseases. Potatoes provide a significant amount of Vitamin C in our diets if we consume them regularly.
- **Carbohydrates** - Carb's are an important nutritional component and provide energy for the body. If the carbohydrate reserves in the body become depleted muscle fatigue sets in. It is important to eat enough carbs to maintain the body's glycogen stores. To improve your performance, eat potatoes regularly.
- **B Vitamins** - Potatoes are rich in the B Vitamins, especially B6, thiamine and niacin. One potato has 8 times the amount of niacin than in a glass of milk.
- **Low Sodium** - A good choice for low sodium diets.
- **Vitamin C** - A 148g potato has as much Vitamin C as 1/2 cup tomato juice.
- **Iron** - A potato weighing 148g has seven times as much iron as a glass of milk.
- **Fibre** - Potatoes are high in water-absorbing fibre which makes one feel more satisfied and less hungry.
- **Cholesterol & Fat** - Not only does this vegetable have great taste, it is inexpensive and nutritious, it is cholesterol free and 99% fat free! It is best to eat the skin to double your nutrients! One serving of a (148g) medium baked potato provides the following nutritional value.

Information provided by Potato Growers of Alberta visit <http://www.albertapotatoes.ca/> for info.