

Guided Portfolio Update – Canadian Core

The Canadian Core Portfolio is designed for investors whose investment horizon and objectives focus on long-term capital appreciation. The goal of the portfolio is to provide a long-term consistent rate of return by holding a diversified portfolio of stocks comprised of industry leaders. Emphasis is placed on stock selection and the portfolio is actively managed with the goal of enhancing returns.

	Canadian Core	S&P/TSX Composite	Relative to S&P/TSX	TSX 60 TR ⁴	Relative to TSX 60 TR ⁴
Year 2000	23.0%	7.4%	15.6%		
Year 2001	-9.3%	-12.6%	3.3%		
Year 2002	-12.0%	-12.4%	0.4%		
Year 2003	19.2%	26.7%	-7.5%		
Year 2004	12.6%	14.5%	-1.9%		
Year 2005	2.1%	24.1%	-22.0%		
Year 2006	12.9%	17.3%	-4.4%	19.2%	-6.3%
Year 2007	10.4%	9.8%	0.6%	11.1%	-0.7%
Year 2008	-32.5%	-33.0%	0.5%	-31.2%	-1.3%
Year 2009	45.8%	35.1%	10.7%	31.9%	13.9%
Year-to-Date ¹	-2.4%	0.5%	-2.9%	0.0%	-2.4%
Since Inception ²	100.2%	112.0%	-11.8%	21.2%	0.0%

¹As of 6/11/2010

²Inception date is Sep 15, 1999 for the portfolio.

³Not applicable because the inception dates for the portfolio and the TSX 60 are not the same.

⁴Benchmark inception date is Dec 31, 2005

The Guided Portfolio returns are not calculated according to CFA Institute 'Performance Presentation Standards'. Returns are calculated on a total return basis including dividend income. The returns are used to gauge performance by comparing the returns of the Portfolios to benchmark total return indices such as the S&P/TSX 60 and the S&P 500. Historical performance is not necessarily indicative of future performance. Each client's return will vary depending on number of shares purchased, as well as the timing of the purchases. The Guided Portfolios themselves should not be used as benchmarks with which to compare clients' portfolios.

Company	Symbol	Date Added	Adjusted Cost	Price 14Jun10	Gain/Loss	Market At Add	Relative ROR	Target Price	Target ROR	Dividend	Yield	Rating*
Interest Sensitive												
Brookfield Asset Management Inc.	BAM.A	13-May-08	US\$29.97	US\$24.04	-19.8%	14617	0.4%	n.a.	n.a.	US\$0.52	2.2%	n.a.
Bank of Nova Scotia	BNS	25-Mar-09	\$31.94	\$50.21	57.2%	8797	24.6%	\$60.00	23.4%	\$1.96	3.9%	n.a.
Great-West Lifeco Inc.	GWO	29-Jul-09	\$24.74	\$24.68	-0.2%	10455	-11.8%	n.a.	n.a.	\$1.23	5.0%	n.a.
Manulife Financial Corporation	MFC	12-Oct-00	\$18.77	\$16.27	-13.3%	10027	-29.7%	n.a.	n.a.	\$0.52	3.2%	n.a.
Rogers Communications Inc.	RCI.B	10-Feb-06	\$27.85	\$37.06	33.1%	11652	32.9%	\$40.00	11.4%	\$1.28	3.5%	1-SO
Royal Bank of Canada	RY	18-May-05	\$39.25	\$53.74	36.9%	9408	12.9%	\$68.00	30.3%	\$2.00	3.7%	2-SP
Sun Life Financial Inc.	SLF	20-Jul-06	\$38.08	\$30.01	-21.2%	11466	-23.0%	n.a.	n.a.	\$1.44	4.8%	n.a.
Consumer Products												
Shoppers Drug Mart Corporation	SC	27-Jul-05	\$41.51	\$34.45	-17.0%	10501	-28.1%	\$48.00	41.9%	\$0.90	2.6%	1-SO
Thomson Reuters Corporation	TRI	19-May-10	\$37.88	\$38.66	2.1%	11666	2.0%	\$45.00	19.5%	US\$1.19	3.1%	1-SO
Industrial Products												

Canadian National Railway Company	CNR	22-Nov-04	\$38.36	\$62.03	61.7%	8991	31.9%	n.a.	n.a.	\$1.08	1.7%	n.a.
Research In Motion Limited	RIM	12-Aug-09	\$75.91	\$61.33	-19.2%	10660	-28.7%	\$117.00	90.8%	US\$0.00	0.0%	1-SO

Resources

Barrick Gold Corporation	ABX	30-Mar-06	US\$33.22	US\$42.00	26.4%	12207	30.8%	US\$63.00	50.0%	US\$0.00	0.0%	1-SO
Canadian Natural Resources Limited	CNQ	18-Nov-08	\$41.87	\$37.27	-11.0%	8836	-43.0%	\$50.00	35.0%	\$0.30	0.8%	1-SO
Crescent Point Energy Corp.	CPG	19-May-10	\$39.26	\$39.01	-0.6%	11666	-0.7%	n.a.	n.a.	\$2.76	7.1%	n.a.
Nexen Inc.	NXY	05-Jul-07	\$27.26	\$22.62	-17.0%	14079	0.1%	\$30.00	33.5%	\$0.20	0.9%	2-SP
Potash Corporation of Saskatchewan, Inc.	POT	19-May-10	\$104.70	\$102.21	-2.4%	11666	-2.4%	\$150.00	47.2%	US\$0.41	0.4%	1-SO
Suncor Energy Inc.	SU	11-Nov-08	\$27.84	\$33.51	20.4%	9424	-3.4%	\$41.00	23.5%	\$0.40	1.2%	1-SO
Teck Resources Limited	TCK.B	05-Jul-07	\$16.71	\$35.10	110.0%	14079	127.2%	\$52.00	49.3%	\$0.40	1.1%	1-SO
Talisman Energy Inc.	TLM	06-Apr-06	\$18.70	\$17.80	-4.8%	12342	0.7%	\$22.00	25.0%	\$0.25	1.4%	1-SO
TransCanada Corporation	TRP	23-Jul-08	\$36.48	\$36.38	-0.3%	13513	13.4%	\$44.00	25.3%	\$1.60	4.4%	1-SO

S&P/TSX

Composite 11667 14200 24.5% 324.75 2.8%

* Rating definitions:

1-SO = Sector Outperform

2-SP = Sector Perform

3-SU = Sector Underperform

T = Tender

UR = Under Review

R = Restricted

Bank	Symbol	Scotia Capital Recommendation	Risk Rating	1 Yr Target
Bank of Montreal	BMO	1-Sector Outperform	Low	\$70.00
Bank of Nova Scotia	BNS	1-Sector Outperform	Low	\$60.00
CIBC	CM	2-Sector Perform	Low	\$80.00
National Bank	NA	2-Sector Perform	Low	\$70.00
Royal Bank	RY	2-Sector Perform	Low	\$68.00
Toronto-Dominion Bank	TD	1-Sector Outperform	Low	\$90.00

The supervisors of the Portfolio Advisory Group own securities of the following companies.

Bank of Nova Scotia, Manulife Financial Corporation

The author of the report owns securities of the following companies.

Bank of Nova Scotia, Canadian National Railway Company, Great-West Lifeco Inc., Manulife Financial Corporation, Royal Bank of Canada, Shoppers Drug Mart Corporation, Talisman Energy Inc.

The Bank of Nova Scotia is a Related Issuer of Scotia Capital Inc.

Bank of Nova Scotia

Scotia Waterous acted as exclusive financial advisor to Nexen Inc. on its sale of heavy oil properties in Western Canada to Northern Blizzard Resources Inc.

Nexen Inc.

Kevin Choquette, a member of Kevin Choquette's household and/or an account related to Kevin Choquette own securities of this issuer.

Bank of Nova Scotia, Royal Bank of Canada

Scotia Capital Restriction -- U.S. (American)

Bank of Nova Scotia

The Head of Equity Research/Supervisory Analyst, in his/her own account or in a related account, owns securities of this issuer.

Barrick Gold Corporation, Bank of Nova Scotia, Canadian Natural Resources Limited, Canadian National Railway Company, Crescent Point Energy

Corp., Great-West Lifeco Inc., Manulife Financial Corporation, Nexen Inc., Rogers Communications Inc., Research In Motion Limited, Royal Bank of Canada, Shoppers Drug Mart Corporation, Sun Life Financial Inc., Suncor Energy Inc., Teck Resources Limited, Talisman Energy Inc., Thomson Reuters Corporation, TransCanada Corporation

Thomas C. O'Neill is a director of Nexen Inc. and is a director of the Bank of Nova Scotia.
Nexen Inc.

Scotia Capital USA Inc. or its affiliates has managed or co-managed a public offering in the past 12 months.
Barrick Gold Corporation, Brookfield Asset Management Inc., Bank of Nova Scotia, Crescent Point Energy Corp., Great-West Lifeco Inc., Manulife Financial Corporation, Royal Bank of Canada, Sun Life Financial Inc., Teck Resources Limited, TransCanada Corporation

Scotia Capital USA Inc. or its affiliates has received compensation for investment banking services in the past 12 months.
Barrick Gold Corporation, Brookfield Asset Management Inc., Manulife Financial Corporation, Royal Bank of Canada, Sun Life Financial Inc., Talisman Energy Inc., Thomson Reuters Corporation, TransCanada Corporation

This issuer owns 5% or more of the total issued share capital of the Bank of Nova Scotia.
Royal Bank of Canada

Scotia Capital USA Inc. or its affiliates expects to receive or intends to seek compensation for investment banking services in the next 3 months.
Manulife Financial Corporation

Scotia Capital USA Inc. had an investment banking services client relationship during the past 12 months.
Bank of Nova Scotia, Nexen Inc., Potash Corporation of Saskatchewan, Inc., Royal Bank of Canada, Teck Resources Limited, Talisman Energy Inc., Thomson Reuters Corporation

This issuer paid a portion of the travel-related expenses incurred by the Fundamental Research Analyst/Associate to visit material operations of this issuer.
Barrick Gold Corporation

Scotia Capital Restriction
Bank of Nova Scotia

Scotia Capital Inc. and its affiliates collectively beneficially own in excess of 1% of one or more classes of the issued and outstanding equity securities of this issuer.
Brookfield Asset Management Inc., Great-West Lifeco Inc., Manulife Financial Corporation, Rogers Communications Inc., Royal Bank of Canada, Sun Life Financial Inc., Thomson Reuters Corporation, TransCanada Corporation

The Fundamental Research Analyst/Associate has visited material operations of this issuer.
Barrick Gold Corporation, Potash Corporation of Saskatchewan, Inc., Rogers Communications Inc., Research In Motion Limited, Shoppers Drug Mart Corporation, Thomson Reuters Corporation

Within the last 12 months, Scotia Capital Inc. and/or its affiliates have undertaken an underwriting liability with respect to equity or debt securities of, or have provided advice for a fee with respect to, this issuer.
Barrick Gold Corporation, Brookfield Asset Management Inc., Bank of Nova Scotia, Crescent Point Energy Corp., Great-West Lifeco Inc., Manulife Financial Corporation, Nexen Inc., Potash Corporation of Saskatchewan, Inc., Rogers Communications Inc., Royal Bank of Canada, Sun Life Financial Inc., Talisman Energy Inc., Thomson Reuters Corporation, TransCanada Corporation

The Bank of Nova Scotia ("the Bank") is the parent company of Scotia Capital Inc. ("SCI"). This Report includes comparative information regarding a substantial number of competitors of the Bank where such comparable information is known or ascertainable by SCI and in equal prominence to the information in respect of the Bank.
Bank of Nova Scotia

Scotia Capital is an affiliate of The Bank of Nova Scotia Trust Company ("Scotiastrust"). Under the estate arrangements of the late Kenneth R. Thomson, Scotiastrust is Trustee of the 2003 TIL Settlement ("TIL Settlement"), a trust of which members of the Thomson family are beneficiaries. The TIL Settlement holds holding company shares of The Woodbridge Company Limited ("Woodbridge"), who is the principal shareholder and controlling shareholder of Thomson Reuters Corporation. Under the estate arrangements, the directors and officers of Woodbridge are responsible for its business and operations. In certain limited circumstances, including a very substantial disposition of Thomson Reuters Corporation common shares by Woodbridge, Scotiastrust's approval may be required.
Thomson Reuters Corporation

Petro-Canada (International) Holdings B.V., a subsidiary of Suncor Energy, has engaged Scotia Waterous Inc. to assist with assessing the market for the sale of its Dutch subsidiary Petro-Canada Netherlands B.V. ("Petro-Canada").
Suncor Energy Inc.

Scotia Waterous is acting as financial advisor to Talisman Energy Inc. on their sale of certain assets in Western Canada.
Talisman Energy Inc.

Guided Portfolio performance calculations do not include commission costs, and thus may not be an exact reflection of client performance.

Scotia Capital is a member of the Canadian Investor Protection Fund (CIPF). ScotiaMcLeod is a division of Scotia Capital Inc. ("SCI"). This report has been prepared by SCI on behalf of the Investment Executive. Opinions, estimates and projections contained herein are our own as of the date hereof and are subject to change without notice. The information and opinions contained herein have been compiled or arrived at from sources believed reliable but no representation or warranty, express or implied, is made as to their accuracy or completeness. Neither SCI nor its affiliates accept liability whatsoever for any loss arising from any use of this report or its contents. This report is not, and is not to be construed as, an offer to sell or solicitation of an offer to buy any securities and/or commodity futures contracts. SCI, its affiliates and/or their respective officers, directors or employees may from time to time acquire, hold or sell securities and/or commodities and/or commodity futures contracts mentioned herein as principal or agent. SCI and/or its affiliates may have acted as financial advisor and/or underwriter for certain of the corporations mentioned herein and may have received and may receive remuneration for same.

The content may have been based, at least in part, on material provided by Credit Suisse First Boston Corporation ("CSFB"), our correspondent research service. CSFB has given ScotiaMcLeod general permission to use its research reports as source materials, but has not reviewed or approved this report, nor has it been informed of its publication. CSFB may from time to time have long or short positions in, effect transactions in, and make markets in securities referred to herein. CSFB may from time to time perform investment banking or other services for, or solicit investment banking or other business from, any company mentioned in this report.

This research and all the information opinions and conclusions contained in it are protected by copyright. This report may not be reproduced in whole or in part, or referred to in any manner whatsoever, nor may the information, opinions, and conclusions contained in it be referred to without in each case the prior express consent of SCl. SCl is a wholly owned subsidiary of a Canadian chartered bank. SCl is a member of The Securities and Futures Authority Limited E&O.E. U.S. Residents: Scotia Capital (USA) Inc. ("SCUSAI"), a wholly owned subsidiary of SCl, accepts responsibility for the contents herein, subject to the terms and limitations set out above. Any U.S. person wishing further information or to effect transactions in any security discussed herein should contact SCUSAI at (212) 225-6500.