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**Canada Was Told
 We Were Safer Than the United States.
 We Were Told to Trust That**

By Dale Jodoin
 Columnist

At what point did Canada give up freedom? Was it one law passed quietly? One emergency measure that never fully ended. Or was it slower than that. More like a long conversation where Canadians were gently reassured, again and again, that everything was under control. For years, Canadians were told something very specific. We were told we were not like the United States. We were told Americans had to worry about health care, crime, and instability because their government did not protect them. Canada was different. Our government would step in. Our system would take care of us. We did not need to be suspicious. We did not need to push back.

That message worked. It became part of our identity. When concerns came up, the response was always calm and confident. Trust the system. Trust the experts. Trust Ottawa. We are not like them.

People once read 1984 and said it was an American style fear story. They watched V for Vendetta and dismissed it as exaggerated fiction. That could never happen here. We had safeguards. We had institutions. We had a government that would protect us.

So here is the first real question. If our government was protecting us, what exactly was it preparing for? And just as important, what was it choosing not to prepare for?

For more than fifteen years, the federal government knew Canada was going to grow quickly. Millions of people were coming. This was not secret. It was public policy. It was announced and celebrated. We were told it was good for the economy and good for the future. Once again, we were told not to worry. This is not the United States. Our system can handle it.

But growth requires planning. Planning is not speeches. Planning is hospitals, doctors, nurses, police, courts, and jails. Planning is boring, expensive, and unglamorous. Planning is where governments prove whether promises are real.

Canada has been in a health care crisis for years. Emergency rooms overflow. People wait hours to be seen. Some wait days. Family doctors are harder to find each year. Nurses are burned out and leaving the profession. Doctors retire and are not replaced. While the population grew, the system fell behind.

Provinces were not given the funding needed to expand hospitals and train staff. In some cases, funding was reduced. Yet Canadians were told not to panic. This is not the United States. Our system will protect you.

Here is the quiet truth. A system cannot protect people if it is stretched beyond its limits. Good intentions do not replace doctors. Pride does not shorten wait times. Saying we are better than someone else does not fix a broken schedule in an emergency room.

Immigration itself is not the problem. Growth without support is. When systems crack, everyone feels it. Newcomers struggle. Long time Canadians struggle. Front line workers carry the weight. The federal government knew the pressure was coming and chose not to prepare provinces properly. That decision has consequences.

Crime followed the same pattern. Criminals became younger and more organized. Guns flowed in from the United States. That should have been the focus. Borders. Smuggling networks. Organized crime.

Instead, Canadians were told again that we are not like the United States. We do not need tough enforcement. We need compassion. Law abiding gun owners were targeted while repeat offenders were released again and again. Police arrest the same individuals so often it becomes routine. Courts are clogged. Jail space has not grown with the population.

This was sold as fairness and progress. But crime does not respond to slogans. A shop owner closing early does not feel safer because of a press conference. A senior afraid to walk home does not care how a policy is branded.

So here is another honest question. If one police officer arrests the same criminal twenty times, does hiring another officer solve the problem. Or does the system itself need repair. The answer is uncomfortable, but it is not complicated.

Again, Canadians were reassured. We are not like the United States. We do not overreact. We do not lock people up. Our way is better. Yet people feel less safe. Communities feel tense. Victims feel invisible.

Then came division. Real racism exists in Canada. No serious person denies that. But it was presented as if it was everywhere and in everything. Every disagreement became a moral crisis. Every question became suspect. People were told to be careful what they say.

Speech became risky. Religion became something to manage. Asking questions became dangerous. That should concern anyone who believes freedom includes disagreement. A country that cannot talk openly cannot think clearly.

Once again, Canadians were told not to worry. This is not the United States. We are protecting you from harm. We are protecting you from hate. Trust us.

So here is the larger question. If protection requires silence, control, and fear of saying the wrong thing, what exactly is being protected. And who is being protected from whom.

Some say this is poor management. Others believe it is deliberate. Stretch systems until people accept more control just to feel stable again. Other countries like Britain and Australia are facing the same pressures. More rules. Less freedom. Always described as temporary. Somehow permanent.

I do not claim to have all the answers. Journalists should not pretend to. Sometimes the job is to lay out the facts and let people think. But patterns matter. Ignoring them does not make them disappear.

If the population grows, services must grow. If crime grows, systems must respond. If leaders fail to plan, they must be held accountable. That is not extreme thinking. That is basic responsibility.

Canadians were told we were different from the United States because our government would protect us. The hard truth is that protection without planning is just a story. Stories do not keep hospitals open. They do not keep streets safe. They do not preserve freedom.

So here is the final question. How much freedom are Canadians willing to give up for reassurance that no longer matches reality. The quiet answer may be that we trusted that promise for too long.

Freedom does not vanish all at once. It slips away while people are told everything is fine. The danger is not losing it loudly. The danger is realizing too late that it is already gone.



**You Cannot Attract
 What You Resist**

By Nick Kossovan

My favourite quote illustrating the futility of resisting reality is by American author Byron Katie: "When you argue with reality, you lose, but only 100% of the time."

A few years ago, I read Rhonda Byrne's The Secret to better understand the Law of Attraction. According to Byrne, one aspect of the Law of Attraction is that "what you resist, persists," because, theoretically, you're giving energy to what you don't want, keeping it alive in your mind.

Resistance is feeling-based.

Resistance involves telling yourself false stories to create excuses for why you're not getting what you want.

Resistance is refusing to read the room, such as AI being more cost-effective than hiring junior employees, lean teams looking great on earnings calls, and "let's wait and see" becoming a corporate strategy.

Resistance is the refusal to accept the reality you find yourself in.

As detrimental as it is to their job search—by now it's common knowledge that employers will check your digital footprint to determine whether you're interview-worthy—I see job seekers ad nauseam take to LinkedIn to voice their "resistance" to hiring practices, which, in turn, explains their lengthy job search. Employers avoid hiring candidates who lack emotional regulation.

Every day, I see the same pattern: job seekers unwilling to adapt to the new paradigm for finding work. Applying with an opinion resume, as if it's 2005. Telling the same unsubstantiated career stories.

When nothing happens, they get angry at recruiters, hiring managers, the enigmatic ATS, and the non-existent "hiring system." (For a "system" to exist, all hiring managers and recruiters would need to assess candidates similarly, which isn't the case.)

Every day, we try to avoid or escape the realities that don't suit us. The two predominant ways we do so are by:

1. Judging our reality (employers)
2. Arguing with our reality (employers)

If your job search isn't progressing as you'd like, public outbursts, which signal to employers that you can't control your emotions, aren't the answer. The answer is to stop resisting what you can't control or change and to adapt; to become okay with what's not okay.

When it comes to job search success, job seekers would be much better off understanding and accepting that employers design their hiring processes to protect their business and reduce hiring risk. Hiring the wrong person can be costly in terms of training, severance, and lost productivity. Successful job seekers don't resist an employer's hiring process; they recognize that employers are risk-averse and therefore hire as they do, and they adapt. They don't entertain the limiting belief that investing in an employer's hiring process may be wasted effort.

For example, as a job seeker, you've likely noticed that many employers ask candidates to complete an assignment to verify their skills. Those who resist think, "Assignments are free labour." They're judging an employer's request without considering that employers are navigating a job market full of bad actors who make exaggerated claims about their skills and experience. This is the reality employers face, and job seekers need to deal with it too. Also, arguing against (read: resisting) doing an assignment won't change the reasons employers ask candidates to do one.

Having resistance to how employers hire isn't doing you any favours. The more you can let go of that resistance—softening it—the smoother your job search will be. Stoic philosopher Epictetus said: "Happiness and freedom begin with a clear understanding of one principle: Some things are within our control, and some things are not." The way an employer designs their hiring process and evaluates candidates is outside a job seeker's control.

While I understand it may feel counterintuitive, you need to trust that going with the flow regarding how employers hire and believing it'll lead to employment can be the most beneficial mindset shift for your job search. When it comes to job searching, the single best advantage you can give yourself is to learn to navigate the job market's currents, understand and accept why employers are hiring the way they are, why ghosting has become common (liability issues are real), why feedback isn't given (again, liability issues), and why employers are more risk-averse than ever, rather than exhausting yourself by resisting what you have no influence over changing.

Let employers be employers!

A utopian solution to ease the frustration and anger, stemming from their resistance to the realities of today's job market and not wanting to understand why employers are trying everything in their power to reduce hiring risks, would be to tape Alcoholics Anonymous's Serenity Prayer, "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference," to every job seeker's laptop, monitor, wall, fridge, and anywhere they'll see it repeatedly.

Stop fighting what you don't know, can't manage, or don't like, or what's not going your way. The universe doesn't give you what you ask for. It gives you what you're being. By resisting employers' hiring processes and candidate assessment methods, you not only waste mental energy you could be using for your job search, you're also prolonging it.