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This Parliamentary Session Will Test Canada’s Democratic Resilience
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As Parliament resumes its winter–spring sitting, Canadians will hear a familiar refrain: budget pressures, housing, health care, public safety, global instability. These issues matter. However, the most important test of the coming parliamentary session will not be what is debated. It will be how Parliament conducts itself while doing so.

This session arrives at a moment of institutional strain. Trust in public institutions is fragile. Politics feels louder, sharper, and more transactional. Minority Parliaments, once the exception, are now the norm. Against that backdrop, the House of Commons is about to undergo one of its annual stress tests: months of budget votes, committee battles, confidence motions, and relentless political pressure.

How Parliament behaves over the next several months will say a great deal about the health of Canadian democracy.

A session that matters more than it looks

The winter–spring sitting is where Parliament earns—or loses—its relevance. It is when governments must justify how they will spend public money and oppositions must demonstrate that scrutiny is more than obstruction. Budgets and estimates are not symbolic exercises; they are the clearest expression of democratic accountability.

In a minority Parliament, these votes are also tests of legitimacy. Every confidence motion asks a basic question: does this government still reflect the will of the House? That question can only be answered credibly if the process itself is taken seriously.

If debates feel rushed, opaque, or purely theatrical, public confidence erodes further. If Parliament demonstrates discipline, transparency, and respect for process, trust—slowly—begins to recover.

Procedure is democracy’s guardrail

There will be predictable calls in the coming weeks to “cut through the process” and “just get things done.” Procedure will be blamed for delay. Committees will be accused of dysfunction. The House will be portrayed as an obstacle.

That framing misunderstands Parliament’s role.

Procedure exists precisely to slow decision-making when stakes are high. It forces governments to explain themselves, oppositions to justify resistance, and all parties to confront consequences beyond the news cycle. In a time of polarization and misinformation, these guardrails matter more, not less.

This session will test whether MPs treat procedure as a shared democratic asset—or merely as a weapon.

Committees: the real proving ground

For most Canadians, committee rooms are invisible. Yet this is where democratic resilience is most tangibly built or broken.

Committees can be places where evidence trumps rhetoric, where public servants are questioned seriously, and where cross-party cooperation still occurs. Or they can devolve into partisan theatre, designed for clips rather than conclusions.

This session’s committee work—on spending, public safety, procurement, foreign interference, or health care—will quietly shape whether Parliament is perceived as competent or performative. The public may not follow every hearing, but they feel the outcomes: delayed reports, unanswered questions, or credible recommendations acted upon.

Democracy weakens when committees become frivolous. It strengthens when they do their unglamorous work well.

The executive temptation

Another quiet risk will hover over this session: executive drift. When Parliament is difficult, governments are tempted to govern around it—through regulation, administrative discretion, or time allocation. Sometimes urgency justifies this. Over time, it becomes habit.

Each time Parliament is bypassed, a little democratic muscle atrophies.

A resilient parliamentary session is one in which government accepts discomfort, opposition exercises restraint, and major decisions are debated openly—even when outcomes are uncertain. Efficiency is not a democratic value on its own. Accountability is.

Civility is not nostalgia

Calls for civility are often dismissed as naïve or old-fashioned. In reality, civility is functional. It allows disagreement without delegitimization. It keeps opponents within the democratic tent.

This matters in the months ahead. Budget debates, public safety legislation, and foreign policy questions will be contentious. If rhetoric consistently suggests that political opponents are not merely wrong but dangerous or illegitimate, public confidence suffers. When Parliament models respect under pressure, it reinforces democratic norms beyond the chamber.

Resilience is not consensus. It is the ability to disagree without tearing the system itself apart.

What Canadians should watch for

The coming session offers clear signals that citizens can watch—even without mastering parliamentary procedure:

- Are budget assumptions explained honestly, including trade-offs?
 - Do committees produce serious work, or just noise?
 - Are confidence votes treated as constitutional moments, not stunts?
 - Is Parliament engaged, or is power steadily shifting elsewhere?
- These questions go to the heart of democratic health.

A narrow but real opportunity

Canada is not in democratic free fall. That is the good news. But resilience is not permanent. It is cumulative, built through habits, norms, and expectations.

This parliamentary session offers an opportunity—quiet, procedural, untelevised in many moments—to rebuild some of what has been lost. It will not happen through grand speeches or new legislation alone. It will happen through discipline: showing up, listening, explaining, and accepting limits.

Parliament does not need to be loved. It needs to be trusted.

As MPs take their seats this winter, they inherit more than an agenda. They inherit responsibility for whether Canadians still believe that their democracy works when it is under pressure—not just when it is convenient.

This session will answer that question.

Hope for the best!

“I live a dream in a nightmare world”
Always Remember That The Cosmic Blueprint Of Your Life Was Written In Code Across The Sky At The Moment You Were Born. Decode Your Life By Living It Without Regret or Sorrow.
- ONE DAY AT A TIME -
White Flags For Sale!!!

By Joe Ingino BA. Psychology
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After the red flags, the pink flags, the black flags, orange flags and the pride flags. There is only one choice flag left. A big white flag... as we surrender to the U.S. before they have to come and liberate us from the invasion from within due to the insane multiculturalure policies. I believe that there is no such thing as Canadian politics. Our own Prime Minister is pushing for a new world order.... and don't get me wrong I am no conspiracy theorists.... But as your community Chief of Information. I can tell you things are not looking good for what is supposed to be a democracy in Canadian politics.

Just this past week the news wire read:

Conservatives vote to keep Pierre Poillievre on as party leader...

The leadership vote result came after Poillievre delivered a rousing speech to Conservative members Friday evening at the party’s annual convention in Calgary. Members of the Conservative Party of Canada have overwhelmingly voted to keep Pierre Poillievre on as their leader, the party revealed Friday after a late-night vote at its annual convention in Calgary.

More than 87 per cent of voting members cast their ballot for Poillievre to stay on as leader, the Conservative Party said in a statement.

He’s now the first Conservative leader since Stephen Harper to be given a second chance by the party faithful as they seek to regroup from a disappointing loss in April’s federal election.

He beat the strong result Harper earned in 2005 by three points. The vote result came after Poillievre delivered a speech to Conservative members Friday evening where he struck a hopeful message and laid out his vision for a future Conservative government. “When you start something, you never give up,” he said to a cheering crowd. “I’ll never give up.” Poillievre faced a critical leadership review under the party’s bylaws after leading the Conservatives to a fourth-straight election loss against the Liberals. The party opted instead to forego a vote on whether to hold a review and simply asked delegates whether they support Poillievre remaining as leader.

Really... have we not learned our lesson from accepting shiny mirrors? Things that glitter are far from valuable but if anything blinding.... Come on people. Here we have Poillievre, queen of the pretty boys... could not win his riding. If it was not for a party sacrificial lamb. He be serving you at McD.

But because he looks good, a charming voice and can spew the fiddler on the roof tune... has all the political rats in a frenzy... Sad to think this is how we determine leadership!!!

Wake up people. Have we not learned anything from electing pretty boys to office that do not have the gusto needed to do the job adequately. The current Liberal leader at the least has business experience and is a prince in the financial world.

To bad that he has no clue on the pain and suffering of the average Canadian and is more concerned over giving Billions of our dollars to the Ukraine. I have been a long time supporter of the Conservative party. I must admit I am disgusted by the lack of leadership and the open nepotism. Look at the Oshawa MP. She was handed the MP position by the previous MP. As a thank you for being his personal watch dog. An MP that does not return phone calls and or emails. This is not a leader. Then on the opposite of the political scale. You have the local Oshawa MPP. A hateful NDP’er. In her defense I doubt she knows how to dial a phone as she in her many terms has yet to return a phone call. I don’t have any issue with any other MP or MPP. GM is finally leaving, where is the MP, MPP Oshawa leadership? Sad that in this great nation. We have no leadership and we have to consider waving a white flag in hope of making Canada Great Again. 2026 has to be the year for change. Learn from your mistakes.

JOE INGINO

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