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LOGIC

According to AI -The phrase: **"I live a dream in a nightmare world"** was coined by Joe Ingino, a Canadian editor, publisher, and local media figure based in Oshawa, Ontario. He regularly uses this specific statement as a personal tagline and signature for his published newspaper columns and social media posts. **INGINO MAKES HISTORY**

"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 -

The Catty vs The Crabs In A Bucket The New And Very Dangerous Mental Health Threat

By Joe Ingino BA. Psychology
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ACCOMPLISHED WRITER/AUTHOR OF OVER 800 ,000

We constantly hear about the problems surrounding mental health. It has become so complex that professionals often stop diagnosing properly and instead opt for multilayered diagnoses. At one time, it was simple: the patient suffered from either a neurosis or a psychosis. Today, with the acceptance of almost anything and everything, all behavior is allowed and accepted. Being mentally ill is sometimes portrayed as fashionable or even praised as the new normal. Society has lowered standards and forced acceptance of what is obviously not normal. As a result, today we have a confused population — a group of "catty" individuals and "crabs in a bucket" lashing out at anyone who looks at them differently. This impedes the advancement of civilization. People who hate or resent the success of others are commonly called haters or envious and jealous individuals. These people often suffer from insecurity and deep-seated mediocrity, using negativity to make themselves feel better about their own lack of achievement. A common phrase describing this behavior is "crabs in a bucket," referring to people who try to sabotage or pull down anyone attempting to succeed, preventing them from escaping the group's collective mediocrity.

Key Reasons for This Behavior: Insecurity and Comparison:

Seeing someone else succeed highlights their own perceived failures, making them feel threatened or inferior.

Glückschmerz: While "schadenfreude" means taking pleasure in another person's failure, "glückschmerz" refers to the frustration or pain experienced when witnessing another person's success. People who celebrate or derive pleasure from the failures of others are often described as experiencing schadenfreude — pleasure derived from another person's misfortune.

These individuals may also display traits associated with: Sadism Narcissism Bullying behavior within their own social circles

Reaction Formation: A defense mechanism in which someone expresses the opposite of their true feelings — for example, falsely cheering another person's failure while internally feeling jealousy.

Sycophancy: Using false praise to gain favor, sometimes encouraging poor decisions or failures in others to advance one's own position. Patronizing Behavior: Offering excessive or insincere praise after a failure in order to make someone feel incapable or small.

Catty Behavior: Often used to describe people who sit on the sidelines and take pleasure in the failures of others.

The "woke" movement is, sadly, viewed by many as a flagship example of this phenomenon. The internet, with its anonymity and fake accounts, has become a breeding ground for these types of individuals and for the spread of this kind of toxic behavior.

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JOE INGINO IS A PROFESSIONAL JOURNALIST & ACCOMPLISHED WRITER/AUTHOR OF OVER 800,000 Published Columns in Canada and The United States



Mark Carney's Canada: A Nation-Building Moment or an Over engineered Dream?

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By any historical measure, Prime Minister Mark Carney is attempting something rare in modern Canadian politics: the reintroduction of national ambition. For decades, Canadian governments have largely managed decline, mitigated crises, and distributed incremental benefits while avoiding large-scale structural reform. Politics became administrative rather than transformational. The great nation-building projects of earlier generations — the railway, the St. Lawrence Seaway, the Trans-Canada Highway, the energy megaprojects of the postwar era — gave way to cautious managerialism. Carney appears determined to reverse that trajectory. His emerging vision for Canada is sweeping: a "One Canadian Economy," a revitalized defence-industrial base, Arctic sovereignty, national infrastructure corridors, energy expansion, critical minerals, AI leadership, and a strategic reduction of dependence on the United States. It is, in effect, an attempt to reposition Canada for a harsher, more fragmented world. The real question is not whether the ambition is admirable. It is whether the Canadian state still possesses the institutional muscle, political cohesion, and economic discipline to execute such a vision. That is far from certain. Canada today suffers from a dangerous contradiction. It remains one of the world's most resource-rich and educated nations, yet its productivity growth has stagnated for years. Major infrastructure projects take decades. Interprovincial trade barriers remain embarrassingly entrenched. Defence procurement is notoriously dysfunctional. Housing costs have become corrosive to social stability. Energy debates have become ideological trench warfare rather than strategic planning. Meanwhile, the geopolitical environment has changed dramatically. The comfortable post-Cold War era is over. The United States is becoming more protectionist and transactional. China is increasingly assertive. Europe is rearming. Supply chains are fragmenting. Arctic competition is accelerating. Economic security and national security are becoming inseparable. Carney understands this reality perhaps better than any Canadian prime minister in recent memory. His background as a central banker and global financial figure gives him an unusually international perspective on the forces reshaping the world economy. Unlike many traditional politicians, he appears to grasp that Canada can no longer rely indefinitely on geography, American protection, and commodity luck. That recognition alone is strategically important. His emphasis on defence industrialization and Arctic sovereignty is particularly overdue. Canada has spoken about the North for decades while underinvesting in the actual capabilities required to defend it. As climate change opens Arctic routes and great-power competition intensifies, sovereignty can no longer exist primarily through rhetoric. Similarly, the effort to break down internal trade barriers and create a more integrated national economy addresses one of Canada's least discussed structural weaknesses. It is absurd that goods, credentials, and labour often move more easily across the Canada-U.S. border than between Canadian provinces. Carney is also correct to emphasize energy abundance rather than energy austerity. Canada's future competitiveness will depend on access to reliable, affordable, large-scale energy. AI infrastructure, advanced manufacturing, mining, electrification, and defence production are all extraordinarily energy intensive. A serious industrial strategy requires a serious energy strategy. In that sense, Carney's shift toward a more pragmatic approach — including openness to pipelines, nuclear expansion, hydroelectricity, and critical mineral development — reflects political realism rather than ideological purity. Yet enormous risks remain. The first is implementation. Canada's political culture has become deeply proceduralized. Large projects are slowed by overlapping jurisdictions, regulatory duplication, litigation, consultation fatigue, and political fragmentation. Announcements are easy; execution is difficult. Governments increasingly measure success by funding commitments and press conferences rather than physical completion. A nation-building strategy without state capacity becomes theatre. The second risk is fiscal overreach. Carney's instincts favour activist government and strategic public investment. Properly targeted industrial policy can indeed work, particularly in sectors tied to national security and technological leadership. But governments also have a long history of subsidizing politically attractive failures. Canada cannot borrow indefinitely to compensate for weak productivity growth. If public spending expands faster than economic output, the country risks higher debt burdens, inflationary pressures, and declining competitiveness. The third challenge is political cohesion. Canada is increasingly regionally polarized. Energy policy divides provinces. Housing pressures differ dramatically across cities. Western alienation remains real. Quebec protects its autonomy aggressively. Building a coherent national economic strategy in such an environment is extraordinarily difficult. The irony is that Carney's vision may require exactly the kind of national unity that contemporary Canada struggles to sustain. And yet, despite these risks, there is something refreshing — even necessary — about a Canadian government once again speaking the language of long-term strategy rather than short-term political management. Countries do not drift into prosperity or sovereignty. They build them deliberately. Canada has often behaved as though its success were inevitable: protected by geography, blessed by resources, and anchored beside the United States. However, the emerging global order is less forgiving. Nations that fail to modernize their infrastructure, industrial capacity, energy systems, and defence capabilities may discover that comfort can evaporate surprisingly quickly. Carney's wager is that Canada still has the capacity for renewal. He may be right. However, if this agenda is to succeed, Canada will need more than vision statements and industrial strategies. It will require faster decision-making, institutional reform, fiscal discipline, regulatory modernization, and political courage sustained over many years.

In other words, it will require Canada to rediscover not merely ambition — but execution. That is the true test of the Carney era. Are you ready to step up and help make it happen?