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Justin Trudeau announces his resignation

(NEWSFIRST) - Monday morning, Canadian Prime Minister Justin Trudeau made a surprising announcement that he will be stepping down as the leader of the Liberal Party and as Prime Minister of Canada. The announcement was made during a press conference held outside his residence at Rideau Cottage in Ottawa, marking a significant moment in Canadian politics.

Trudeau, who has served as Prime Minister since 2015, stated that he will remain in his position until the Liberal Party selects a new leader. This decision comes after a period of increasing pressure from within his party and the public, largely due to his handling of various issues, including the rising cost of living, internal party conflicts, and recent controversies.

During his speech, Trudeau reflected on his time in office, highlighting his efforts to strengthen the middle class, protect free trade, and guide the country through the COVID-19 pandemic. He expressed gratitude to Canadians for their resilience and support throughout his tenure. Trudeau also mentioned that his decision to step down was influenced by conversations with his family, emphasizing the importance of their support in his political journey.

Trudeau's resignation marks the end of nearly a decade of his leadership. He was initially celebrated for bringing a fresh, progressive approach to Canadian politics, but his popularity has waned in recent years. The abrupt resignation of his finance minister in December 2024 further fueled calls for Trudeau to step down.

In his speech, Trudeau acknowledged the challenges he faced during his time in office. At the same time, he pointed to his government's achievements, such as the legalization of cannabis, the introduction of a carbon tax, and the renegotiation of NAFTA as significant milestones.



Trudeau's departure sets the stage for a new chapter in Canadian politics. The Liberal Party will now begin the process of selecting a new leader, with potential candidates including former Deputy Prime Minister Chrystia Freeland and former central banker Mark Carney. The timeline for the next federal election remains unclear, but Trudeau's resignation has undoubtedly created a sense of urgency within the party to find a suitable successor.

In his closing remarks, Trudeau expressed confidence in the future of the Liberal Party and Canada. He stated that the country deserves

a real choice in the next election and that his resignation will allow for a fresh perspective and renewed energy within the party. Trudeau's legacy will be remembered for both his achievements and the challenges he faced during his time in office.

The transition ahead

As Canada prepares for this transition, the political landscape is poised for significant changes. The new leader of the Liberal Party will have the task of addressing the issues that have led to Trudeau's decline in popularity and

steering the party towards a successful future. Trudeau's resignation is a pivotal moment in Canadian politics, signaling the end of an era and the beginning of a new one.

The announcement has already sparked a wave of reactions from political figures and the public. Opposition leaders have called for a swift transition and emphasized the need for stability during this period of change. Meanwhile, supporters of Trudeau have expressed their gratitude for his service and dedication to the country.

Trudeau's decision to step down also raises questions about the future direction of the Liberal Party. Will the new leader continue Trudeau's progressive policies, or will they take the party in a different direction? The upcoming leadership race will be closely watched, as it will shape the party's strategy and priorities for the next election.

In the meantime, Trudeau will continue to serve as Prime Minister until a new leader is chosen. He has pledged to support the transition process and ensure a smooth handover of power. As he prepares to leave office, Trudeau's focus will likely be on securing his legacy and ensuring that his successor is well-positioned to lead the country.

Justin Trudeau's resignation marks a significant turning point in Canadian politics. His decision to step down reflects the challenges and pressures of political leadership, as well as the need for renewal within the Liberal Party. As Canada looks to the future, the country will be watching closely to see who will emerge as the next leader and how they will navigate the complex political landscape. Trudeau's legacy will be a topic of debate for years to come, as Canadians reflect on his contributions and the impact of his leadership on the nation's history.



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DIMITRIS ILIAS

Local Journalism Initiative Reporter for Parc-Extension News
dimitri@newsfirst.ca

January 1 marks the beginning of a groundbreaking reform in Quebec's recycling system, as Eco Entreprises Quebec (EQ) takes over the management of selective collection. This bold change shifts responsibility for product life cycles—from production to recycling—to the companies themselves.

In Montreal's Park Extension neighbourhood, the reform holds significant promise. Park Extension residents, many of whom live in multi-family buildings, often face challenges with waste management due to limited space and infrastructure. This new system—with clear guidelines and expanded recyclables—could bring much-needed clarity and convenience to a community eager to reduce waste and promote sustainability. Local community organizations are already stepping up to educate residents about the changes, emphasizing the importance of proper sorting and participation.

With this reform, municipalities no longer oversee or finance recycling. Instead, EQ will manage the process across the province, a move the government under Premier François Legault hopes will reduce landfill waste and increase recycling rates. As part of this effort, the list of recyclable items has been expanded and standardized, making it easier for citizens to participate.

Under the new guidelines, all containers, packaging, and printed materials must now go into the recycling bin, even if they are currently not recyclable, such as chip bags and yogurt tubs. This expanded list aims to simplify recycling and boost participation. According to EQ, the inclusion of these items is a step toward creating a more circular economy.

EQ's CEO, Maryse Vermette, is optimistic about the reform's impact. "Our goal is to recycle as much as possible within Quebec, establishing a circular economy for containers, packaging, and printed materials," she said. Vermette emphasized that while some materials will still be exported—particularly mixed fibers and paper—efforts are underway to develop local markets for all recyclable goods by 2025. "This is a crucial part of our responsibility, and we're working hard to make it happen," she added.

Environmental groups have welcomed the change. Karel Ménard, director of the Front Québécois for Ecological Waste Management, noted that municipalities lacked control over many of these materials, making the reform a logical shift. "Residents will notice a decrease in their garbage volume because most of the waste consists of packaging that will now be recycled," he said.

The reform also simplifies the logistics of recycling. Previously, individual sorting centers had to find buyers for small quantities of recyclables. Now, EQ's centralized manage-



EQ's CEO, Maryse Vermette says, "We're paving the way for a more sustainable future."

ment allows for better resource allocation and efficiency. Vermette explained, "Having a single owner for all recyclables streamlines the process and creates new opportunities."

Collaboration with municipalities is central to the reform's success. EQ has launched action plans with local governments to improve the quality of materials placed in recycling bins. Some municipalities have even introduced quality control teams to ensure compliance. While EQ had advocated for penalties for non-compliant residents, this measure did not pass.

Education and awareness campaigns are another key component of the initiative. EQ aims to help residents understand what can

and cannot be recycled, promoting correct use of recycling bins and increasing participation rates. For neighbourhoods like Park Extension, these campaigns could foster a greater sense of community and shared responsibility for environmental stewardship.

While challenges remain—particularly in finding local markets for certain materials—this reform is a major step toward sustainability. Quebec's bold approach demonstrates its commitment to tackling global environmental challenges through innovative waste management practices. As Vermette puts it, "We're paving the way for a more sustainable future."

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OPINION & Editorial



Principals and teachers must avoid becoming irrelevant

Can principals give relevant advice after they have been out of the classroom for years, or does it only matter how they lead? Should principals only be allowed 3 to 5 years before they are returned to the classroom for a year then reapply for another principalship if still interested in exercising administrative, managerial, motivational, and inspirational skills, talents, and strategies?

Although this idea may be cumbersome and even farfetched, how can it be ensured that principals stay effective in their knowledge when sought out by teachers? After all, there are only so many conferences, articles, discussions, workshops one can experience and even those will never add up to crucial classroom experience. Perhaps a return-to-the-classroom is not needed, assuming that principals can stay current through their teachers, but don't they also need to rely on their own hands-on in classroom experiences to guide kids and teachers alike? Is there an answer?

If by self-assessment, peer-review, and supervisory evaluation, the consensus is that a principal no longer meets the needs of teachers, students, and school board, should they not be encouraged, supported, aided-and-abetted to re-enter classrooms, at least temporarily, to recharge their initial commitment to being the best principal possible?

Why not send them back to the classroom where there is a dire need for more teachers to reduce the often-debilitating ratio of one teacher to 30-40 students? It used to be that once a principal, always be a principal, but it seems it's not so anymore. Principals have to show that they can still effectively do the work needed. Can principals give relevant advice after they have been out classrooms for too-many years? Yes, but that is dependent upon the principals themselves and whether they are willing

to learn. If principals go into classrooms and work with teachers, they get perspectives that other principals don't necessarily get. They see effective and ineffective teaching. If they don't go into the classroom, they lose contact and context.

Furthermore, effective principals should be teachers, not necessarily directly to kids but definitely to staff. True, teaching teachers has its own challenges. However, if principals simply "run" meetings, they have lost sight of what it is to teach.

Does it matter how many years they taught, prior to taking hold of an administrative desk? Or does it only matter how they perform as leaders? Then again, there are teachers that have taught 20 years and are ineffective while others who have taught 1 to 5 years, are truly amazing. Teachers that are sponges, willing to grow, tend to excel faster no matter their age. The same should apply to administrators. Do teachers become ineffective after a number of years? It is hoped not. Again, this has more to do with mindsets and being learners. If teachers don't "learn" anymore, then of course they would be out of touch, especially if they don't place themselves in the way that kids learn today based on our changing world.

The dominant trust and belief must be that all stakeholders in schools, whether custodians, parents, students, secretaries, teachers, technicians, guidance counselors, psychologists or principals, and anyone else, have opportunities to be learners and teachers.

Double standards need to be abolished. Many teachers also need to be "re-trained". Teaching, sadly for many is about comfort and routine. If this is true, and principals are imposed term limits, then, it's only fair and effective to advocate that teachers need "reassignment" at the same rate, say every four or five years.

Education, especially the public kind delivered by school boards and/or Service Centres is an easy place to dig one's wheel lines and ruts, and like trail-horses, stick to them year-after-year. Essentially, this isn't an issue of Principalship. It's an issue of professionalism. What are principals and teachers doing as professionals to continue their own learning, in and out of school? Staying relevant takes work such as continual professional development, both formal and informal, getting into classrooms on an ongoing and regular basis, and not only observing but working with teachers.

If principals aren't learners, it doesn't matter how long they are administrators. Learners will continue to evolve, adapt, stay relevant. The time principals spend learning with staff and students in classrooms is what is valued most.

Perhaps the real problem is continuous principal turnover, not principals staying too long. Studies show that average tenures of high school principals is only three years. Rapid turnover of principals leads to increased teacher turnover, problems recruiting and retaining best teachers, and increased reluctance of staff to commit to school improvement efforts. Those seeking to improve schooling through efforts to increase teacher effectiveness are realizing that such efforts rely heavily on a principal's capacity, stability, and good judgement to assess professionally and fairly. A principal's primary job is to drive the mission of the school and to develop the right culture that values, enfranchises and even inspires kids and staff in pursuing that mission. Man or woman, he or she has to manage all of the assembled skills and personalities to get a team to work together towards a common goal. That takes special talent Extraordinary Educational Leaders.

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Measles exposure in Montreal

Public health concerns for Parc-Extension residents

unvaccinated pregnant women are most at risk. Residents are advised to contact a healthcare provider if symptoms develop, particularly if they fall into high-risk categories.

The importance of vaccination

Parc-Extension's diverse population means public health outreach is critical in multiple languages to ensure awareness of vaccination's protective benefits. The measles, mumps, and rubella (MMR) vaccine remains the most effective defense against measles, providing over 97% immunity with two doses.

Local organizations and healthcare providers, such as the Herzl Clinic and other community health centers, play a vital role in providing access to vaccinations and educating the public about their importance.

Building resilience through awareness

As Montreal navigates the challenges of managing infectious disease exposure, communities like Parc-Extension exemplify the importance of targeted public health measures. Local leaders and public health officials must work together to ensure residents are informed and supported in safeguarding their health.

For more information and updates on exposure sites and preventive measures, visit the Ministry of Health and Social Services website or contact your local public health office.

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A new measles case in Montreal has raised concerns as public health officials report widespread exposure across the city during the individual's contagious period. This development underscores the ongoing risks of measles, a highly contagious and potentially severe respiratory illness.

Exposure locations and context

Montreal's public health department has confirmed that this latest case involved an adult who contracted measles from an unvaccinated individual outside the city. This transmission is linked to a chain originating from an imported case involving an attendee of the NATO Parliamentary Assembly at the Palais des congrès last November.

The locations potentially exposed to measles due to this latest case include health facilities, eateries, and other public spaces across Montreal. Among them is the Poissonnerie Falero on Avenue du Parc, a hub frequented by Parc-Extension residents.

What to watch for

Public health officials urge those who may have been at exposure sites during specified times to monitor for symptoms, especially individuals who are unvaccinated. Measles symptoms typically include:

- High fever
- Cough
- Runny nose
- Red, watery eyes
- Rash starting on the face and spreading to the body

Infants under one year, immunocompromised individuals, and



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What capital gains tax changes could mean for Parc-Extension residents

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The Canada Revenue Agency (CRA) has announced it will enforce proposed changes to capital gains taxation, even though Parliament is currently prorogued and the new rules have not yet been passed into law. This decision could have implications for residents of Parc-Extension, particularly those managing small businesses or real estate investments.

The proposed changes, introduced by the federal government last September, aim to increase the taxable portion of capital gains from 50% to two-thirds. While these changes primarily target corporations, they also apply to individuals earning over \$250,000 in capital gains annually.

For a diverse and entrepreneurial community like Parc-Extension, where many residents own small businesses or properties, this could translate into higher tax liabilities when selling assets. Residents who rely on these gains for retirement planning or reinvesting in their businesses may need to rethink their strategies.

Despite the political uncertainty caused by the recent prorogation of Parliament, which delays all legislative activity until March 24, the CRA

has stated it will issue tax forms reflecting the proposed changes by January 31. This means taxpayers will need to prepare their filings based on rules that are not yet law but could become so retroactively.

The Ministry of Finance has reassured Canadians that the CRA will reverse course if Parliament rejects the proposal. However, with the Prime Minister's recent resignation and the disruption in parliamentary proceedings, the situation remains unclear.

For Parc-Extension residents, this development comes at a time when rising costs of living, housing pressures, and economic uncertainty already weigh heavily. Community members with significant gains from selling property or businesses may need to consult financial advisors to plan for the potential impact of these tax changes.

Local advocates are calling for clearer communication from the federal government to ensure individuals and small businesses are not caught off guard. They stress the importance of accessible resources to help residents navigate the complexities of tax changes and their implications.

While the future of the policy is uncertain, one thing is clear: staying informed and proactive will be essential for those who could be affected.



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DIRECT ANSWERS

FROM WAYNE & TAMARA

SECOND FIDDLE

Q We've been married six months. Although my husband swears he supports me first, his actions and words reflect that his mamma is number one. My husband believes she's an angel who wants to get close to me, "her favorite girl." I feel this family lives in "Pleasantville" under the façade of the perfect family.

She's a bragger who wants to show me off. I hate it. While my husband finds this flattering, I find it demeaning. I want to be treated like an adult, not a preschooler learning to ride a two-wheeler. My husband would like me to become her best friend.

My mother-in-law told her pastor we would make great youth group leaders. We never expressed such an interest, plus I avoid her church as just another way to control me. One day my husband came home and said, "Mom really wants us to go to this youth group meeting. It's not a commitment, she just wants us to see if we like it. Want to go?"

"Not really," I responded. "You can go. Otherwise tell your mom you aren't interested." He replied, "Well, it's really important to her..." I became agitated and told him I don't spend enough time where I already volunteer.

Then she signed us up for dog class without discussing it. At first my husband said she signed "us" up. When I got annoyed, he changed it to "him." Then he says she didn't sign him up, she talked to him and he just didn't mention it to me. I think he's trying to protect his precious mother.

The first day of class fell on my birthday. I said there was no way I'd go on my birthday. My husband said I would. When I got mad, he dropped it, but he chose dog class with his mother over dinner with me to celebrate my birthday.

Kiki

A Kiki, most behavior is deep-seated. As one counselor remarked, when a new client comes to him, it takes six months just to get the new client to change his cologne.

When you married your husband, you either hoped for the best or were completely snookered. If you were snookered—hadn't a clue your mother-in-law would be the primary person in your marriage—make that clear to everyone. If you were blindly hopeful, admit you went forward against your own interests.

You can't change your mother-in-law, nor do you have the right. You can't change your husband, only he can do that. The odds are two to one against you. You don't have a right to change them, and they don't have a right to change you. It's simple logic. What others can't apply to you, you can't apply to them.

A song by Madonna says, "There's no greater power than the power of goodbye." It's like seafood. If you're allergic to seafood, you can't live with it. If you can't live with it, you can't love it.

Wayne

POINT OF VIEW

Q I've been dating my boyfriend for a year and a half. He was married for four years, and from what I've been told, it was a pretty bad marriage. I've never been married.

I have a daughter, 2, from a previous relationship. I now have a 5-week-old boy with my current boyfriend. We act like we are married, but marriage doesn't seem to be getting any closer. I want to get married so badly, but anytime I bring it up he gets defensive and ignores me.

I'm starting to think it will never happen. Why can't he just commit?

Daryn

A Daryn, when you go to a job interview and don't get an offer, it's not because the employer has a commitment phobia. It's because he doesn't want to hire you. Regardless of what your boyfriend says, he doesn't want to marry you.

Tamara

WAYNE & TAMARA MITCHELL are the authors of YOUR OTHER HALF (www.yourotherhalf.com)

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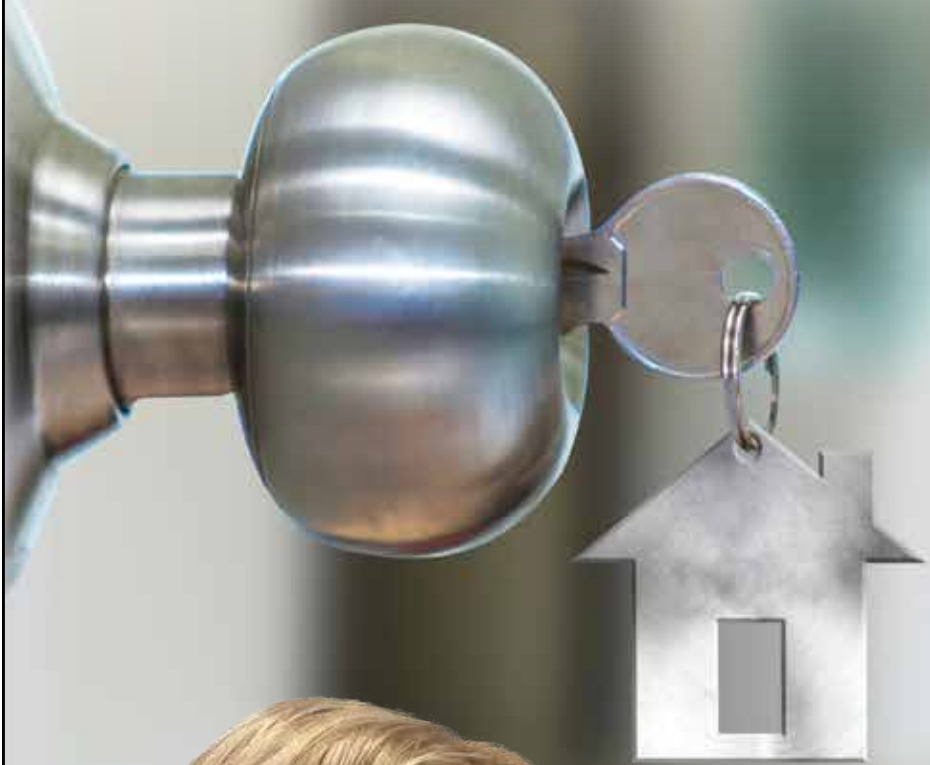
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HOROSCOPE

Week of JANUARY 12 TO 18, 2025

The luckiest signs this week:
VIRGO, LIBRA AND SCORPIO

♈ ARIES
You'll spend a lot of time looking for a new home. You may also consider changing your decor or making home improvements. Be prepared for unexpected family needs that might demand your energy.

♉ TAURUS
Your words won't go unheard, especially by those who want to silence you. Speaking your truth could be the secret to overcoming challenges and forging a path to success.

♊ GEMINI
Get ready for some fun events this week! At work, you'll be assigned new responsibilities. To top it all off, you'll be given a raise in recognition of your hard work.

♋ CANCER
Staying active is a great way to shake off any feelings of sadness. Whether you're following a training program or participating in a sport, moving your body is crucial for burning off pent-up energy.

♌ LEO
You'll soon receive the guidance needed to take your career to the next level. You'll finally find the perfect solution to a long-standing health issue that's been bothering you.

♍ VIRGO
At work, you'll be swamped with customers; at home, there'll be non-stop family activities to organize. Everyone is counting on you to plan everything.

♎ LIBRA
You're back at work and impressing others with your efficiency. This hard work will lead to a well-deserved promotion. You're on track to be offered the boss's chair or an opportunity to start your own business.

♏ SCORPIO
After a disagreement, you'd rather seek out new adventures than get caught up in conflict. With your wisdom, you'll enjoy life to the fullest and steer clear of negative influences.

♐ SAGITTARIUS
You'll feel quite sensitive this week. It will be easy to feel like the world is working against you. This could be life's way of telling you it's time to start making the changes you need to feel more at peace with yourself.

♑ CAPRICORN
Before you make any decisions, take a moment to weigh the pros and cons. An opportunity will present itself, whether it's a chance to dress up for a fancy business dinner or a romantic evening out.

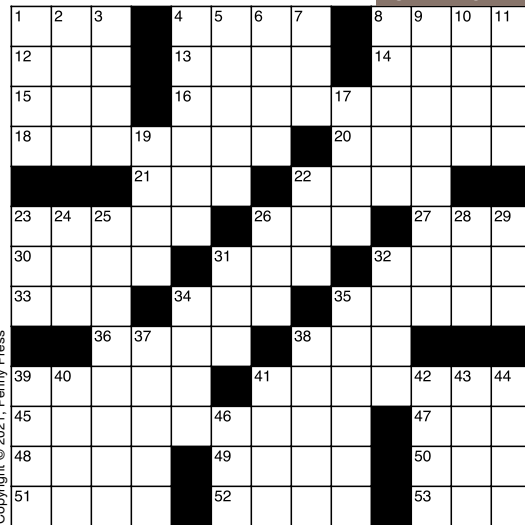
♒ AQUARIUS
You'll have a lot of work to do this week and lots of important details to keep track of. Carefully listen to conversations and speeches, as crucial information will be revealed.

♓ PISCES
You'll accomplish something that will put you in the limelight. Even if you're not used to all the attention, you'll find the confidence to bask in your well-deserved success and embrace the spotlight.

Coffee Break

CROSSWORDS

PUZZLE NO. 271



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ACROSS

1. Egyptian snake
4. Upper limbs
8. Blemish
12. Also
13. Ooze
14. Mama's fellow
15. Possessive pronoun
16. Financial officer
18. Ready the oven
20. Ordinary language
21. Footed vase
22. Ballet skirt
23. Salon treatments
26. Vegetable holder
27. Embroider
30. Gather in
31. Sleepy's roommate
32. Slangy assent
33. On in years
34. By way of
35. Like seawater or tears
36. Chilled

DOWN

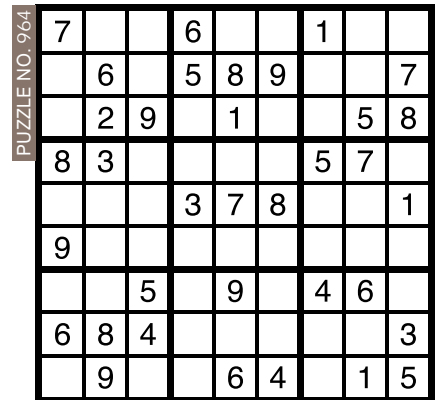
1. At the peak of
2. Rotten
3. Skin opening
4. Purplish flowers
5. Telecast again
6. "___ the Press"
7. Luxurious resort
8. Spew
9. Carnival ride
10. Makes like
11. Occasional
17. Whirled
19. Camel's feature
22. Muscle twitch
23. Amateur's opposite
24. Slippery as an ___
25. Brightness
26. Large snake
28. Have a bite
29. Child's question
31. Achieved
32. Babbles
34. Swerve sharply
35. Inclines
37. Oaf
38. Doolittle of "My Fair Lady"
39. "___ and Lovers"
40. Tease
41. Singe
42. Fleecy females
43. Pierce with a drill
44. Time past
46. Ship's pronoun

Sudoku

HOW TO PLAY:

Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once.

Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.

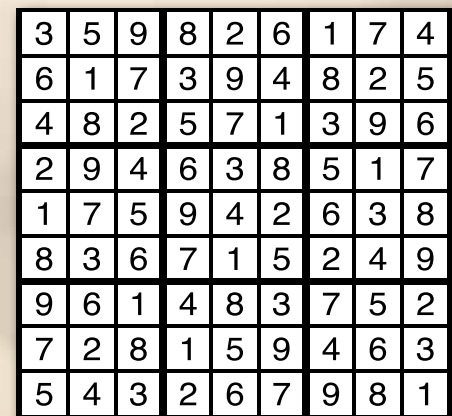


Last Issue's Answers

CROSSWORDS



Sudoku





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THIS WEEK'S BASKET:

- Sweet Strawberries (2 packs)
- Mangos (2)
- Dragon fruit (1)
- Spinach (bunch or bag)
- Broccoli
- Green Peppers (2)
- Spaghetti Squash (small)
- Sweet Potatoes (3-4)
- Potatoes (~2.5lbs)
- Lettuce (iceberg)
- Cucumber
- Oranges (3)
- Bananas (4)
- Green Apples (3)
- Pomegranate
- Pineapple

VSL (Action Sport Physio)
3300 Boul. de la Côte-Vertu
Local 110, H4R 2B7

Pointe-aux-Trembles (Aux p'tits bœufs)
12522 Sherbrooke Est, H1B 2Y7

St-Michel (Dépanneur Les DS du coin)
3350 rue Belair, H2A 2A4

MTL-Est (Action Sport Physio)
6072 Sherbrooke St E, H1N 1C1

MTL-Ouest (Action Sport Physio)
14 Westminster Ave N,
Local A, H4X 1Y9

Rivière-des-Prairies (Boucherie la petite Italie)
8278 Maurice-Duplessis, H1E 3A3

2 EASY STEPS:

- 1 Book your basket online or by phone from Monday to Thursday
- 2 Pickup Thursday, Friday or Saturday. Delivery available

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