

Happy New Year 2026 to you and yours from all of us at the CHC.
With warmth and gratitude,
Monique Forster
President
Canadian Hispanic Congress

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How To Succeed With This Year's Resolutions

Welcome to 2026! A new year brings fresh motivation to set goals, plan personal and professional growth, and challenges us to try something new—or finally let go of something old. Yet while New Year's resolutions are easy to make, they're far harder to keep.

Although each year, about 41% of U.S. adults make resolutions, but only 25% stay committed after one month, and fewer than 10% achieve them. Many give up within the first few weeks of January, so much so that the second Friday of the month is often called "Quitter's Day," when motivation tends to dip.

The COVID 19 pandemic years saw a decrease in physical health for the general populations and as a result when it comes to resolutions, physical health remains the top priority worldwide (about 52%), followed by finances and mental health. The most common health resolutions remain refreshingly straightforward:

- Eat healthier (73%)
- Drink more water (73%)
- Sleep more (69%)
- Drink less alcohol (39%)

While the general success rate remains low, and for some quitting is inevitable, success depends less on what you resolve and more on how you plan for it. The lesson is clear: effective resolutions are realistic, specific, and habit based. Small, consistent actions—rather than sweeping promises—build momentum and resilience when motivation fades.

As 2026 unfolds, expect the mid-January wobble and plan for it. With clear goals and a practical structure, this can be the year resolutions last well beyond January—and truly change your year.

How to make your new year's resolutions stick?

The most effective resolutions share common traits. They are specific, realistic, and rooted in daily habits. Broad promises like "get healthier" often fail, while clear actions—such as walking 30 minutes a day or setting up automatic savings—build momentum. Flexibility also matters, setbacks are normal, and progress is far more important than perfection.

Accountability can make a decisive difference. Sharing goals with friends, tracking progress, or breaking resolutions into smaller milestones helps sustain motivation when enthusiasm fades.

As 2026 unfolds, expect challenges—and plan for them. With a thoughtful structure, realistic expectations, and consistent habits, this can be the year your resolutions last well beyond January and lead to meaningful, lasting change.



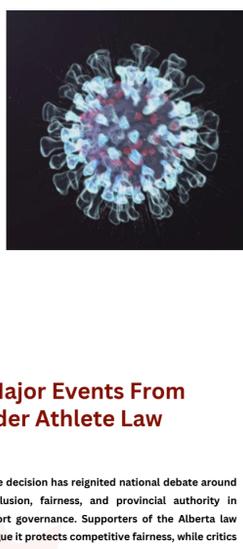
As H3N2 Sweeps Across Canada, What To Know About Flu's Heart Attack Risk

As the H3N2 strain of influenza spreads rapidly across Canada this winter, doctors are warning that the flu is more than "just a bad cold." Health experts say the infection may significantly increase the risk of heart attacks or strokes in the weeks following illness.

According to medical professionals, viral infections can trigger inflammation throughout the body and increase the blood's tendency to clot, factors that may lead to serious cardiovascular events shortly after a person becomes sick.

According to Global News research shows that individuals are nearly four times more likely to suffer a heart attack and about five times more likely to experience a stroke in the month following a confirmed influenza infection. Similar elevated risks have been observed after COVID-19 infections, with the likelihood of heart attacks and strokes remaining higher for several months after illness.

Given these findings, health professionals stress the importance of getting vaccinated, especially for older adults and those at high risk, to reduce both infection and complications. They also recommend avoiding strenuous physical activity like snow shovelling soon after being ill, staying alert for symptoms like chest pain or shortness of breath, and seeking immediate medical help if these occur.



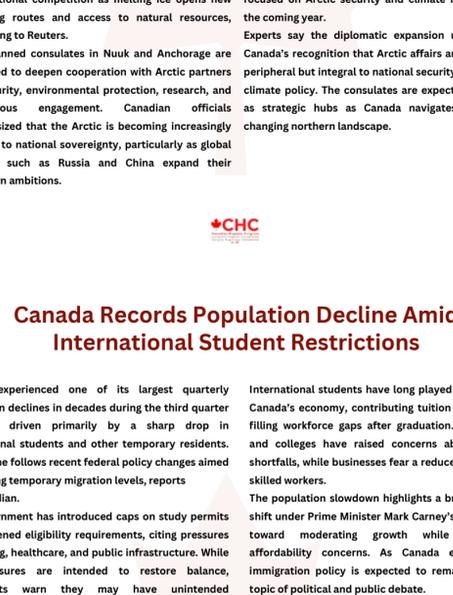
Skate Canada Removes Major Events From Alberta Over Transgender Athlete Law

Skate Canada has announced it will no longer host major national and international figure skating competitions in Alberta, citing concerns over a new provincial law restricting the participation of transgender athletes in women's sports categories. The organization stated that Alberta's legislation directly conflicts with Skate Canada's long-standing inclusion policies, reports Reuters.

The provincial law, which came into force earlier this year, limits athletes assigned male at birth from competing in women's divisions, even at elite levels. Skate Canada emphasized that while Alberta-based skaters will continue to be eligible to compete nationally, the organization cannot host major events in a province whose legislation contradicts its commitment to inclusive participation.

The decision has reignited national debate around inclusion, fairness, and provincial authority in sport governance. Supporters of the Alberta law argue it protects competitive fairness, while critics say it marginalizes transgender athletes and risks isolating Canada from international sport norms. Sports policy experts note that Skate Canada's move could set a precedent for other national sporting organizations facing similar legislative conflicts.

As inclusion policies continue to evolve globally, the issue is expected to remain highly visible in Canada's cultural and political discussions throughout 2026.



Canada Expands Arctic Presence With New Consulates

Canada has announced plans to open new diplomatic missions in Greenland and Alaska as part of a broader strategy to strengthen its presence in the Arctic, a region of growing geopolitical and economic importance. The move reflects heightened international competition as melting ice opens new shipping routes and access to natural resources, according to Reuters.

The planned consulates in Nuuk and Anchorage are intended to deepen cooperation with Arctic partners on security, environmental protection, research, and Indigenous engagement. Canadian officials emphasized that the Arctic is becoming increasingly central to national sovereignty, particularly as global powers such as Russia and China expand their northern ambitions.

The initiative aligns with Prime Minister Mark Carney's broader foreign policy agenda, which includes increasing defence spending and reinforcing Canada's leadership role in Arctic governance. Canada has also signaled its intention to host international discussions focused on Arctic security and climate resilience in the coming year.

Experts say the diplomatic expansion underscores Canada's recognition that Arctic affairs are no longer peripheral but integral to national security, trade, and climate policy. The consulates are expected to serve as strategic hubs as Canada navigates a rapidly changing northern landscape.



Canada Records Population Decline Amid International Student Restrictions

Canada experienced one of its largest quarterly population declines in decades during the third quarter of 2025, driven primarily by a sharp drop in international students and other temporary residents. The decline follows recent federal policy changes aimed at reducing temporary migration levels, reports The Guardian.

The government has introduced caps on study permits and tightened eligibility requirements, citing pressures on housing, healthcare, and public infrastructure. While the measures are intended to restore balance, economists warn they may have unintended consequences for labor markets and economic growth.

International students have long played a key role in Canada's economy, contributing tuition revenue and filling workforce gaps after graduation. Universities and colleges have raised concerns about funding shortfalls, while businesses fear a reduced pipeline of skilled workers.

The population decline highlights a government policy shift under Prime Minister Mark Carney's broader toward moderating growth while addressing affordability concerns. As Canada enters 2026, immigration policy is expected to remain a central topic of political and public debate.



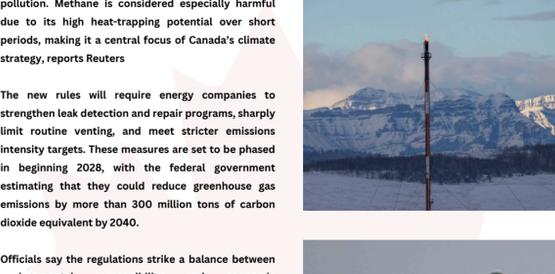
Canada And U.S. To Begin Formal Trade Talks In January

AP News reports that Canada and the United States are set to launch formal negotiations in mid-January to review the United States-Mexico-Canada Agreement (USMCA), amid lingering trade disputes and economic tensions between the two countries.

The talks will address issues including tariffs, market access, digital trade, and long-standing disagreements in sectors such as dairy, steel, and automobiles. Canadian officials say the review is essential to ensure the agreement reflects current economic realities and protects Canadian exporters.

With the U.S. accounting for more than three-quarters of Canada's exports, the outcome of these negotiations will be critical for Canada's economic outlook in 2026. Business groups are urging both governments to reduce uncertainty and strengthen cross-border supply chains.

Analysts note that while a review process is built into the agreement, the talks could become contentious amid shifting political priorities in both countries. The negotiations are expected to set the tone for North American trade relations in the coming years.



Canada's Population Decline Highlights Immigration Policy Trade-Offs

Newly released data shows Canada's population shrank by approximately 76,000 people in the third quarter of 2025, marking the largest quarterly decline since national records began. The drop was largely driven by a decrease in temporary residents, particularly international students, says Reuters.

The federal government has framed the decline as part of a deliberate policy recalibration aimed at easing housing shortages and infrastructure strain. However, economists caution that sustained population declines could reduce economic dynamism and labor supply.

While permanent immigration levels have remained relatively stable, the reduction in temporary residents has had immediate impacts in provinces such as Ontario and British Columbia. Universities, employers, and local governments are closely monitoring the effects.

The data underscores the complexity of balancing immigration-driven growth with affordability and public capacity concerns. As Canada moves into 2026, policymakers face growing pressure to refine immigration strategies that support both economic stability and social cohesion.



Canada Introduces Stricter Methane Regulations Targeting Oil And Gas Emissions

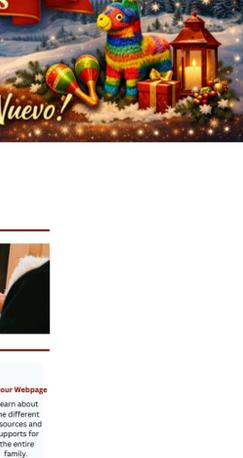
The Canadian federal government has introduced finalized regulations aimed at significantly reducing methane emissions from the oil and gas sector, one of the country's largest sources of greenhouse gas pollution. Methane is considered especially harmful due to its high heat-trapping potential over short periods, making it a central focus of Canada's climate strategy, reports Reuters.

The new rules will require energy companies to strengthen leak detection and repair programs, sharply limit routine venting, and meet stricter emissions intensity targets. These measures are set to be phased in beginning 2028, with the federal government estimating that they could reduce greenhouse gas emissions by more than 300 million tons of carbon dioxide equivalent by 2040.

Officials say the regulations strike a balance between environmental responsibility and economic competitiveness, allowing companies flexibility in how they comply while still meeting national climate objectives. However, environmental organizations argue that the delayed timeline and flexible compliance options risk undermining the urgency of methane reduction, particularly as Canada seeks to meet its 2030 and 2050 emissions targets.

The announcement also highlights ongoing tensions between Ottawa and energy-producing provinces such as Alberta, where provincial authorities have expressed concerns about regulatory overlap and economic impacts.

As Canada positions itself as a climate leader internationally, these methane regulations are expected to play a key role in upcoming climate and energy debates in 2026.



Resources for Everybody

The Canadian Hispanic Congress displays details about government and community services available to all. From health and employment to free language courses and immigration assistance.

We ask for your support by following us on our social media accounts shown below.

Edited by: Melanie Lattanzi and Monique Forster

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