

Happy New Year, one step at a time

Northern News Services

A new year has a funny way of making us pause. Sometimes it comes with fireworks and big plans. Sometimes it comes quietly, somewhere between a frozen breath and the crunch of snow under boots.

For me, 2026 arrives not with a grand reset, but with a deep breath and an honest look at where I am.

2025 was not easy. And if I'm being real, it still isn't.

My weight has gone up. My energy feels heavy at times. My mindset drifts more often than I would like. I carry the weight of seeing injustice in the world, of wanting to do more, of caring deeply about communities, youth, and systems that don't always move the way they should.

And somewhere in all of that, I have not always taken care of myself the way I encourage others to.

Physical literacy is often talked about as something for kids, for athletes, for programs. But the truth is physical literacy is a lifelong relationship with movement, with our bodies, and with how we show up in the world. It changes. It ebbs and flows. And sometimes it asks us to start again, gently.

At the same time, I do not want to pretend that the year was only heavy.

There were good moments — real ones. Not the kind that come with fireworks or lottery wins, but the kind that stay with you.

Someone being genuinely excited that you are wearing their community hoodie. Quiet pride in watching capacity grow where there was once very little. The shared laugh with an athlete who understands your humour and still holds you accountable. The small nods, smiles, and thank yous that remind you that showing up matters, even on days when you

feel tired. Those moments did not fix everything, but they mattered, and they still do.

So here's what I'm doing: no big changes and no dramatic promises. Just smaller adjustments that I know I can live with. I'm starting to walk again. Every day. Not for speed. Not for numbers. Just to move.

Okay, full honesty — maybe a little for the numbers, too, because my watch keeps reminding me that those steps are still unfinished and apparently it takes that job very seriously. But you know what I mean.

I'll enjoy the cold air. The frozen hairs in my nose. The quiet moments when the world feels still. And yes, I'll probably still be wearing shorts and Birkenstocks longer than most people think is reasonable. That part of me is not changing. But I will dress warmer when it matters, and I will listen to my body more closely.

I'm looking at food differently. Not by how much I eat, but by what the food actually is. Fuel versus filler. Care versus habit. When hunger shows up, I'll start with water. Drink first. Pause. Then decide.

I'm reminding myself that health is not punishment. Movement is not a debt. And change does not need to be loud to be meaningful.

Physical literacy is not about per-

fection.

It is about awareness.

It is about choice.

It is about showing up, again and again, even when it feels hard.

2026 is not about becoming someone new. It is about reconnecting with who I already am. One step at a time. Literally.



GUEST COMMENT

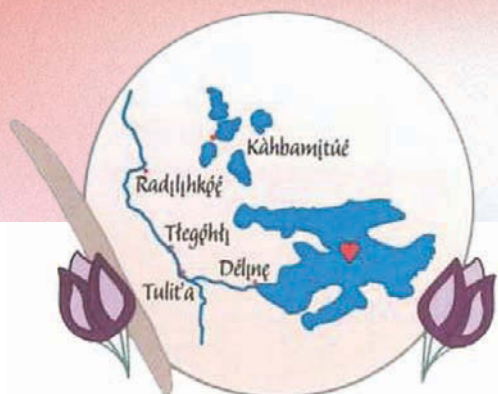
Thorsten Gohl is the co-ordinator of Physical Literacy NWT



2026 is not about becoming someone new. It is about reconnecting with who we already are, writes columnist Thorsten Gohl. Photo courtesy of Thorsten Gohl

Notice of Annual General Meeting

For the Sahtu Dene Council
Will be hosting their
Annual General Meeting (AGM)
On January 19, 2026
In Fort Good Hope,
Northwest Territories.



Colville Lake - Deline - Fort Good Hope - Tulita

**Please Contact our office
if you require any information:**

Sahtu Dene Council,
P.O. Box 173, Deline NT, X0E 0G0
Ph: (867) 589-3020, Fax: (867) 589-3026



Wek'èezhìi
Land and Water Board

PO Box 32, Wekweètì NT X0E 1W0
Tel: 867-713-2500 Fax: 867-713-2502

#1-4905 48th Street, Yellowknife NT X1A 3S3
Tel: 867-765-4592 Fax: 867-765-4593
www.wlwb.ca

Notice of Applications and Public Hearing

Project: Water Licence Renewal Application for the Tłı̄chǫ Highway; Land Use Permit Application to consolidate the land use activities for the Tłı̄chǫ Highway (#9) with Highways #3 and #4 under one Land Use Permit.

Location: Tłı̄chǫ Highway, NT

Purpose: Type A Water Licence - Miscellaneous – Operation and Maintenance of the Tłı̄chǫ Highway; and Type A Land Use Permit - Public Road Construction – Operation and Maintenance of the existing NWT Public Highway system

File #: W2025L8-0004; MV2025E0021

Comment deadline: December 11, 2025

Comments, recommendations, and/or notices of application for water compensation must be submitted by the comment deadline indicated above using the Board's Online Review System (ORS) at www.new.onlinereviewssystem.ca.

The Applications and materials related to the proceeding can be viewed using the ORS or by contacting the Board's office at 867-765-4592.

Public Hearing

Intervention deadline: February 11, 2026

A public hearing will be held by the Board to fulfill section 41(2)(a) of the *Waters Act* and section 24 of the *Mackenzie Valley Resource Management Act (MVRMA)* on **March 3, 2026**. The venue has yet to be determined in accordance with the LWB *Rules of Procedure*.

Written interventions for this public hearing must be submitted to the Board at the address below by **5:00 p.m., February 11, 2026**.

Wek'èezhìi Land and Water Board
#1-4905 48th Street,
Yellowknife, NT X1A 3S3
Phone: 867-765-4592
Fax: 867-765-4593
Email: jvandenbrink@wlwb.ca

If no notice is received of persons indicating their intention to appear and make presentations concerning the Applications, and the Applicant consents in writing to the disposition of the matter without a public hearing, the Board may cancel the hearing as per subsection 41(3) of the *Waters Act*.

The Applications and materials related to the proceedings can be viewed on the Public Registry at www.wlwb.ca/registry or by contacting the Board's office at 867-765-4592.