

Planning at 9:43 p.m. on a Monday evening? No problem



Georgia Debogorski celebrates with Ayanna Darku after the U16 girls futsal team won gold at the Arctic Winter Games in Whitehorse earlier this month. You see youth show up. You see them give their best, within their own abilities. And you see moments of joy, writes columnist Thorsten Gohl. Photo courtesy of Thorsten Gohl

Northern News Services

It's 9:43 p.m. on a Monday evening, seven days after returning from the Arctic Winter Games. It was a challenging week in Whitehorse. Different in many ways. Hard at times. And yet, within all of that, there were moments that stay with you.

You see youth show up. You see them give their best, within their own abilities. And you see moments of joy, even when the week has not been easy.

One moment that stands out is simple. Two futsal girls from Greenland walking down a hallway toward breakfast, passing a soccer ball back and forth as they walk. No structure, no instruction, no expectation. Just movement. Just joy. When you think about everything that had to come together for them to be there, the travel, the preparation, the training, it all finds its meaning in those 10 to 15 seconds.

And there were many moments like this. This is physical literacy. It is not only about performance or competition. It is about confidence, creativity, connection, and the ability to

move freely in different environments. It is about feeling comfortable in your body and connected to the people and spaces around you.

Back now to 9:43 p.m.

At 9:44 p.m., the phone rings.

"Hey, we have some kids in our program that want to play table tennis," says the voice on the other end. "We have racquets and balls, but no table."

By 9:58pm, we have a plan in place. Those kids will be playing the very next evening. Just like that. Fifteen minutes. A phone call. A few messages. And something becomes possible.

These moments matter. Because they are not about systems, policies, or perfectly designed programs. They are about people.

They are about relationships. They are about taking the time, even at the end of a long day, to say yes and find a way.

Across the North, things do not always happen because everything is perfectly aligned. They happen because someone cares enough to make them happen. And when we do that, we create

opportunities. Opportunities for movement. Opportunities for confidence. Opportunities for connection. That is physical literacy in action.

We often think that impact needs to be big to matter.

But more often than not, it is found in the small moments. A ball being passed in a hallway. A phone call late in the evening. A quick decision to support an idea. And suddenly, a child has the opportunity

to play. To move. To feel part of something.

This is how it grows. One moment at a time. One connection at a time. And across the North, those moments are happening every day. If you

see an opportunity, take it. Make the call. Send the message. Offer the space. Fifteen minutes can create something that lasts much longer.

You never know what it might become.



THORSTEN GOHL

Thorsten Gohl is the co-ordinator of Physical Literacy NWT



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SUGAR
Sugar is a 2 year old Lab/Husky mix with a heart as sweet as her name. This affectionate girl loves people, happily soaking up belly rubs and attention whenever she can. She's gentle and slightly submissive, gets along well with kids and other dogs, and would make a wonderful companion for a family looking for a loving, easygoing pup.



SWIPER
Swiper is a 2 year old Collie/Husky mix with a big personality. He's a friendly, affectionate boy who gets very excited to meet new people and dogs, greeting everyone with a happy wiggle and lots of enthusiasm. Swiper loves attention and will often offer his paw when he wants a little extra love, making him a charming and playful companion.



SANDY
Sandy is a 3 month old puppy who is still learning that the world can be a safe and happy place. She arrived quite scared and shy, but with time and gentle care, she is slowly gaining confidence each day. Sandy will do best with a patient, understanding family who can help her continue to build trust and blossom into the wonderful dog she's meant to be.



RUSTY
Rusty is a 1 year old bully mix currently in foster care. This loving boy is a laid back companion who enjoys cuddles, giving kisses, and then happily settling down to relax. So far he is doing well living with a cat and tends to get along best with female dogs right now. Rusty will make a wonderful buddy for someone looking for a sweet and affectionately goofy new dog.

Have a great week ahead! • Shelter Public Hours: Tuesday - Saturday from 12:00pm - 7:00pm

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For more information on these pets please call the SPCA



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