

# PSP PLAN MEMBERS



## SUMMER 2024 NEWSLETTER

**Start marking your calendars for our summer programming. All of this programming is looking as hot as this northern sun!**

**Events you can look forward to include our B.A.M program (for adults), Rock climbing events, Aurora Photography workshops, and much more! See pages 7-9 for more details on all events!**

**The goal of the PSP Plan Membership is to help members and their families experience Yellowknife. It is open to all Regular Force members, Reserve members, Retired members, DND Civilian/NPF employees, and their families. If you know someone who's not a member just yet but has an interest in becoming a member, have them contact a PSP recreation staff member.**

**~ Your Friendly PSP Staff**



**Trivia Night**



## PSP UPDATES

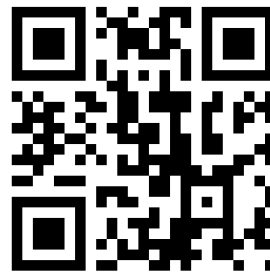
### SUMMER TIME SAFETY TIPS

The north is an amazing place to be during the summer, but PSP has some tips to help keep you and the family safe.

- **Wildfires:** You always need to be aware of wildfire situations that could occur or that are on going. Stay up to date on any wild fire activity through the GNWT website or through the City of Yellowknife
- **Sunscreen & Bug Spray:** The sun and bugs don't take a break just because were up in the beautiful north. We recommend always wearing some sunscreen and bug spray when enjoying the weather!
- **Water Safety:** Though our weather gets warm here, the water temperatures can still be low for the first part of the summer. We recommend wearing a PFD when boating, paddling, and/or fishing.
- **Wildlife Warnings:** Always be aware of any recent wildlife sightings in the campground and areas that you are traveling to. You can keep up to date on any wildlife warnings through the GNWT website.

WANT TO DO ANY OF THE BELOW? SCAN THE QR CODE!

REGISTER FOR A PROGRAM OR EVENT



KEEP UP TO DATE THROUGH CFMWS.CA

### NEW TO BEING A PSP PLAN MEMBER?

Remember to come on into the PSP Office on the 2nd floor of the Greenstone Building to pick up your PSP Plan Membership card.



## RENTAL PROGRAM

Your PSP Plan membership allows you to rent a variety of equipment during the summer season. Reminder that PSP Plan members are eligible to rent the following equipment for **FREE!**

**SCAN HERE  
TO RENT  
EQUIPMENT**



- **Fat bikes**
- **Kayaks**
- **Canoes**
- **Stand up paddle boards**
- **Bicycles**
- **Camping equipment**
- **Golf clubs**



### IMPORTANT INFO

- All rentals are picked up & dropped off at the float dock (3513 MacDonald Drive)
- Rentals will **NOT** be filled if requested for pick up on the same day
- Rentals are deemed late once 15 minutes has elapsed past your drop off time
- 7 days is a maximum rental time

**FREE**

Starting this fiscal year, all rental gear is now **FREE** to rent for all PSP Plan Members. There will be a seasonal deposit fee of \$100.00 that will be needed to be paid prior to your first rental for the season. Follow the steps below to book your next rental.

- 1** Pay your \$100 deposit fee through the courses module on booking
- 2** Book your rentals through the facilities module on booking
- 3** Wait for email confirmation from FSR Coordinator on your rental pick up and drop off time
- 4** Pick up rental equipment
- 5** Enjoy your rental equipment!
- 6** Return your rental equipment

## FACILITY ACCESS

Your PSP Plan membership gives you and your family members access to the following facilities around the City:

- Fieldhouse Track
- Multiplex Mezzanine
- City Drop in Programs
- Ruth Inch Memorial Pool

When using all of the above facilities, you will need to sign in at the front desk. **Please sign in ALL participants who are accessing the facility that are PSP Plan members.** You may need to show your PSP Plan card as proof of membership within some facilities. Please contact either, FSR Coordinators to pick up your PSP Plan membership card in the PSP Office in the Greenstone Building.



## PASSES/TICKETS

- Cetana passes (\$40/ pass)
- Capitol Theatre Movie tickets (\$5/ ticket)
- West Edmonton Mall Passes (\$30/pass)  
**\*Price change starting 01 April 2024\***
- Yellowknife 9-hole Golf Club passes (\$12.50/ pass)
- Taiga Yoga drop-in classes (\$5/ pass)
- Skate Sharpening (\$5/pass)
- Arctic Duchess Cold Plunge and Sauna Passes (\$25/pass)

**\*\*All passes can be purchased through the FSR Coordinators in the PSP office on the 2nd floor Greenstone building\*\***

**Movie & WEM  
Passes can also  
be purchased  
through the  
MFRC**

## MEMBER BENEFITS

### REIMBURSEMENTS

- Ragged Riders Snowboarding membership (50% reimbursement)
- Yellowknife Shooting Club (\$50.00 reimbursement)
- Yellowknife Curling Club (\$100.00 reimbursement)

### DISCOUNTS

- Skate rentals from Overlanders Sports (\$7.00/ day)
- Ski rentals from Overlanders Sports (\$10.00/ day)
- Collective Soul Space drop-in classes (\$5/ class)
- The b® Class at Bella Dance (\$5/ class)
- 15% OFF at Kingpin Bowling Centre
- 10% OFF at MY WORLD
- 10% OFF ALL Cetana Services with discount code
- 20% OFF ALL Taiga Yoga workshops
- 10% OFF at Makerspace Membership
- Family membership discount at the **Yellowknife Ski Club**
- \$50/ month gym memberships to **Anytime Fitness** (purchase from the gym facility directly)
- 20% OFF on all gym memberships at Stanley Fitness and Boxing
- 10% OFF on all gym memberships at **Fox Den**

**\*\*Contact PSP for Discount Codes\*\***

### REIMBURSEMENT PROCESS

To receive of the above reimbursements, please submit the following documents to PSP via email at either [whaley.ariel@cfmws.com](mailto:whaley.ariel@cfmws.com) or [tibbles.matthew@cfmws.com](mailto:tibbles.matthew@cfmws.com)

- A copy of the receipt of purchase
- a Void Cheque from your banking institution
- your current residential address



## PSP SCUBA CLUB



Are you a qualified scuba diver or looking to become a qualified scuba diver? Well you came to the right place! Did you know that Team North has it's very own Scuba Club with it's very own Scuba Instructor?

If you are already certified, you can join us for some unique diving adventures right here in Yellowknife. The club fees are a one-time payment of **\$50 for Regular members (\$55 for Ordinary & \$60 for Associate members)**. We also have equipment that you are able to rent that includes; BCDs, regulators, fins, mask, and snorkels. As well we have partnered with YK Divers Inc who has a few exposure suits available to rent.

Regular club activities include summer diving adventures in the lakes around YK, as well as helping the community with local lake cleanups.



### COURSE INFORMATION

If you are not qualified, our partnership with YK Divers Inc will offer you monthly courses to get certified! This offer is significantly less expensive than what you would find at resorts down south. Taking advantage of this here allows you to take those amazing trips to the warm locations, and not waste time learning. You'll already be certified, and you can jump right into the water and get to creating memorable experiences.

**Registration: Contact YK Divers Inc**  
@ [info@yellowknifedivers.ca](mailto:info@yellowknifedivers.ca) OR  
phone at 867-446-2684

**Monthly Courses Available to members and their spouses**

**Location:** Ruth Inch Memorial Pool  
**Cost:** \$400

**\*\*includes the pool portions of the course, your equipment rental and your club membership fee\*\***

### CONTACT AN EXECUTIVE MEMBER

**President:** Maj Stockwell [collin.stockwell@forces.gc.ca](mailto:collin.stockwell@forces.gc.ca)

**Vice President/ Secretary:** Capt Lemelin [vincent.lemelin@forces.gc.ca](mailto:vincent.lemelin@forces.gc.ca)

**Treasurer:** MWO Desmarais [frederic.desmarais@forces.gc.ca](mailto:frederic.desmarais@forces.gc.ca)

**Chief Instructor:** Maj MacDonald [jeremy.macdonald@forces.gc.ca](mailto:jeremy.macdonald@forces.gc.ca)

## SUMMER EVENTS

### ROCK CLIMBING

Want to climb to new heights? This is the event for you. Come on out and enjoy a morning of outdoor Rock Climbing with our local Yellowknife Climbing Club! They'll teach you how to climb safely and have fun doing it!

**\*All safety equipment will be provided\***

**Registration: TBD**

**Date: TBD**

**Time: TBD**

**Location: School Draw**

**Ages: 10+**

### TRIVIA NIGHT

This event is for those who want to show off their trivia skills! This event will have food included and a grand prize for the winning team. PSP Plan members are invited to bring a plus one or two.

**\*Cost covers 3 slices of pizza\***

**Registration: 22 July - 09 August**

**Date: Wednesday 14 Aug 2024**

**Time: 1800-2030**

**Location: JTFN Mess**

**Cost for PSP Plan members: \$10.00**

**Cost for Non PSP members: \$20.00**

**Ages: 19+**

### AURORA PHOTOGRAPHY CLASS

This event will provide participants with a mix of 1 hour of in class learning and 1.5 hours of hands on experience trying to get that perfect photo of the Northern Lights.

**\*cameras and tripods not provided\***

**Registration: 03 - 20 Sept**

**Date: Wednesday 25 Sept 2024**

**Time: 2000-2230**

**Location: JTFN Mess**

**Cost: FREE**

**Ages: 16 and up**

### FAMILY BBQ

This event is for families to celebrate one final Hoorah before the summer ends and school starts. Come and enjoy a BBQ and a variety of outdoor summer games or a paddle on Long Lake. This is open to all military families.

**\*Registration includes 1 drink, choice of burger or hot dog, and chips\***

**Registration: 29 July - 14 Aug**

**Date: Thursday 22 Aug 2024**

**Time: 1800-2030**

**Location: Fred Henne Day Use Area, Picnic Shelter 3**

**ALL AGES WELCOME**

**TO REGISTER FOR ANY OF THE ABOVE PROGRAMS VISIT  
[BKK.CFMWS.COM/YELLOWKNIFEPUB/](http://BKK.CFMWS.COM/YELLOWKNIFEPUB/)**

## SUMMER ADULT PROGRAM

### BREAKFAST AND MOVEMENT (B.A.M)



Do you enjoy paddling but don't own your own water craft? Are you looking at trying out paddling? Or are you to improving your paddling skills? The B.A.M program is for you! This 3 day adults only program will have you trying out a different water craft every Saturday morning for the month of July! After a nice morning paddle, a hot breakfast will be provided! If the B.A.M program sounds like something you would enjoy, sign on up!

**\*Registration includes all use of PSP boats, applicable safety gear, and a hot breakfast after your paddle\***

**Registration: 10 June - 03 July**  
**Dates:** Every Saturday through July (06, 13, & 27)  
**Paddle Time:** 0800-0915  
**Meal Time:** 0930-1030  
**Location:** Float Dock  
**Cost for PSP Plan members:** \$30 for the whole course  
**Cost for Non-PSP Plan members:** \$60 for the whole course  
**Ages: ADULTS ONLY 19+**  
**Boats available:** 6 canoes, 2 2 pers kayaks, 8 Kayaks, 4 SUPs  
**\*20 SPOTS AVAILABLE\***

### WET YOUR WHISTLES!

Whether you're a social butterfly, a beer consumer, or a food lover, this beer tasting event will have you trying all locally brewed beers and tasty food. We'll have a Brew Master from the NWT Brewery on site to answer all beer related questions you might have! All PSP Plan members over the age of 19 are invited out to this event! Want to bring a friend with you? Go for it! A slightly higher cost will be charged for none PSP Plan Members.

**\*Cost covers 1 flight of beer and food.\***

**Registration: TBD**  
**Date: TBD**  
**Time: TBD**  
**Location: TDB**  
**Cost for PSP Plan members:** \$15  
**Cost for Non-PSP Plan members:** \$30  
**Ages: ADULTS ONLY 19+**





## MONTHLY PROGRAMS

### ADULT HIKING

This on-going program will run through April, May, and June to provide members with the opportunity to try some new trails! This program welcomes you to bring out none members to attend hikes. All skill levels are welcome to attend.

**\*No hiking gear is provided\***

**Registration:** no registration required

**Date:** **Second Sunday of every month July through September**

**Time:** 1030-1200 (approx)

**Location:** changes monthly

**Cost:** FREE

**Ages:** 18 and up

### PSP/ NPF STAFF CONTACTS

**PSP Manager** – Tina Schauerte Email: [schauerte.tina2@cfmws.com](mailto:schauerte.tina2@cfmws.com)

**FSR Coordinator** – Ariel Whaley Email: [whaley.ariel@cfmws.com](mailto:whaley.ariel@cfmws.com)

**FSR Coordinator** – Matthew Tibbles Email: [tibbles.matthew@cfmws.com](mailto:tibbles.matthew@cfmws.com)

**FSR Coordinators** ext 6122

**Mess Manager** – Stephanie Barber ext 6779

Email: [barber.stephanie2@cfmws.com](mailto:barber.stephanie2@cfmws.com)

**NPF Accounting Manager**– Melissa McFarlan

[mcfarlan.melissa@cfmws.com](mailto:mcfarlan.melissa@cfmws.com)

**PSP Main Office;** 2nd Floor of the Greenstone Building

**PSP Mess Manager Office;** JTFN Building room 125



Swing by and visit anytime!



KEEP UP TO DATE AT [CFMWS.CA](http://CFMWS.CA)

## FREQUENTLY ASKED QUESTIONS

### **How do I rent equipment?**

To rent equipment you have to go to BookKing, Sign in, click on Facilities, then click on request/book facility, and finally make sure you are on "book service" and select you dates and item(s) you wish to rent. Always set times to 5:00pm to 5:00pm

### **How do I pay for my seasonal rental deposit?**

You can pay for your seasonal rental deposit in 3 ways:

**Option 1:** Call FSR Coordinator Ariel or Matt at 867 873 0700 ext. 6122 to complete payment over the phone

**Option 2:** Visit FSR Coordinator Ariel or Matt in person (2nd floor Greenstone Building)

**Option 3:** pay online through the courses module

**\*Payments can only be completed using Credit Card\***

### **Where do I pick up and drop off my rental?**

All rental pick ups and drop offs are completed at the Float Dock located at 3513 McDonald Drive.

### **How do I purchase discounted passes?**

You can purchase all our discounted passes at the PSP office 2nd Floor Greenstone building through either of our FSR Coordinators, Ariel or Matthew or movie and WEM passes at our local MFRC at 5124 54 Street.

### **How do I register a friend for a PSP event that is not a PSP Plan Member?**

You will have to add them to your account as a "Group Member". To do this follow these steps. Sign In --> Click My Account --> Click Group Members --> Click add new group member --> Fill in their information --> Click add group member at the bottom of the page.

### **How do I register for PSP courses/programs?**

You will have to access the bookKing website --> log into your account --> select the "Courses" tab --> select the correct filters (season) --> select the course you wish to register for --> select the "Register Now" button --> select all family members you wish to enroll --> select "continue" --> select the payment that applies to you (PSP plan member or non member) --> select "continue" --> complete your payment using credit card --> enjoy the course/event

### **What is the new website link where I can find all information?**

CFMWS.ca