

PSP PLAN MEMBERS



FALL 2024 NEWSLETTER

The days are getting shorter, the weather is getting colder, but our programs are getting hotter. With a new season on the rise, that means new programming and events to attend!

There will be a number of activities offered to our PSP Plan members over the Fall season. Flip to pages 7, 8 and 9 to find all of our events and programs.

Wondering what local discounts you can get as a PSP Plan Member? Turn to page 4 and 5 to read more.

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



PSP UPDATES

SPORTS!

Are you interested in playing in some of the local leagues? Below is a list of all sports we support and who to contact to get some playing time.

Indoor Soccer Contact:

Ioannis.Labrakis@forces.gc.ca

Hockey Contact

Andrew.walsh@forces.gc.ca

Volleyball Contact

Timothy.Turner2@forces.gc.ca

Curling:

PSP PLAN MEMBERS are encouraged to organize teams on their own. Players will get a \$150.00 reimbursement.

Any questions please reach out to Matt at Tibbles.Matthew@cfmws.com

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.



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 FLOAT DOCK HOURS OF OPERATIONS

Reminder that PSP hours of operation for Rental Pick up and Drop off at the Float Dock are now;

1700 MONDAY TO FRIDAY
NO WEEKEND AVAILABILITY

GREENSTONE OFFICE HOURS OF OPERATIONS

Mondays: 0900 - 1530
Tuesdays: 1000 - 1530
Wednesdays: 0900 - 1530
Thursdays: N/A
Friday: 0930 - 1530

****All of the above exclude the lunch hour from 1200-1300****

RENTAL PROGRAM

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

****A \$100.00 DEPOSIT FOR THE SEASON IS TO BE PAID BEFORE YOUR FIRST RENTAL****

**SCAN HERE
TO RENT
EQUIPMENT**



- **Fat bikes**
- **Kayaks**
- **Canoes**
- **Stand up paddle boards**
- **Bicycles**
- **Camping equipment**
- **Golf clubs**
- **Towing toboggans**
- **Snowcoaches**
- **Ice fishing equipment (tent, auger)**
- **Snowshoes**



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 30 minutes has elapsed past your drop off time
- 7 days is a maximum rental time (unless email requested)

FREE

All rental gear is **FREE** to rent for all PSP Plan Members. There is a seasonal deposit fee of \$100.00 that must be paid prior to your first rental for the season. Seasons are Fall/Winter and Spring/Summer. Follow the steps below to book your rental equipment.

- 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 will need to show your PSP Plan card as proof of membership within some facilities. Please contact 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)
- 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)

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

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

MEMBER BENEFITS

REIMBURSEMENTS

- Ragged Riders Snowboarding membership (50% reimbursement)
- Yellowknife Shooting Club (\$50.00 reimbursement)
- Yellowknife Curling Club (\$150.00 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 or 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 one? You're in the right place!

Did you know that the North boasts its very own Scuba Club, complete with a certified Scuba Instructor offering training for all skill levels?

Our club is active year-round, with regular summer diving adventures in the lakes around Yellowknife, under ice diving in the winter, and community initiatives like local lake cleanups.

CERTIFIED?

Join us for unique diving adventures right here in Yellowknife. The club fees are a one-time payment of:

- \$50 for Regular members
- \$55 for Ordinary members
- \$60 for Associate members

We also offer rental equipment, including BCDs, regulators, fins, masks, and snorkels. Additionally, we've partnered with YK Divers Inc., which has exposure suits available for rent, and more advanced training!

CONTACT AN EXECUTIVE MEMBER

President: Maj Stockwell collin.stockwell@forces.gc.ca

Vice President/ Secretary: Capt Lemelin vincent.lemelin@forces.gc.ca

Chief Instructor: Maj MacDonald jeremy.macdonald@forces.gc.ca

NOT CERTIFIED?

If you're not yet a certified diver, don't worry! Thanks to our partnership with YK Divers Inc., we offer monthly certification courses that are not only convenient but also much more affordable than what you'd find at resorts down south. By getting certified here, you'll be ready to dive straight into those incredible warm-water destinations without wasting any time on training. Imagine arriving at your dream location and diving right in, ready to create unforgettable memories from the moment you hit the water!

Monthly Courses Available to members and their spouses

Location: Ruth Inch Memorial Pool

Cost: \$450. Cost includes the pool portions of the course, your equipment rental and your club membership fee

FALL FAMILY EVENTS



SELF-DEFENSE CLASS

PSP has partnered with Maj Pau to create a 1.5 hour Self-Defense Class that will teach you de-escalation techniques and hands-on self-defence techniques. This class will be a mix of both in class learning and practical learning. Be prepared to be active throughout.

Registration: 23 Sept - 16 Oct

Date: Tuesday 22 Oct 2024

Time: 1900-2030

Location: Yellowknife Multiplex Gymnasium (41 Kam Lake Road)

Cost: FREE

Ages: 12 and up

TRUNK OR TREAT

PSP is bringing this twist to Trick or Treating with Trunk or Treat! Same concept as trick or treating, but out of the trunk of your car! Registrants will have the option to decorate the trunk of their car and give out candy or just enjoy the evening.

PSP will NOT be providing the candy for each car

Registration: 07 Oct - 25 Oct

Date: Wednesday 30 Oct 2024

Time: 1730-1630

Location: JTFN Parking lot

Ages: ALL AGES WELCOME

Dressing up STRONGLY encouraged

CHRISTMAS MOVIE NIGHT

Bring out the whole family to our Christmas Movie night! You will get the chance to help pick what movie we will be showing! Put your favourite Christmas movie in your registration!

Popcorn and snacks will be provided

Registration: 04 Nov - 22 Nov

Date: Tuesday 26 Nov 2024

Time: 1730-1930 (Estimated)

Film: Vote on your registration

Location: Combined Mess

Cost: FREE

HOLIDAY SKATE

This event is for families or individuals who want to enjoy a free skate before the busy holiday season starts. Holiday treats and hot drinks will be provided.

**** Skates will not be provided, Skates can be rented from Overlanders Sports****

Registration: 02 Dec - 18 Dec

Date: Friday 20 Dec 2024

Time: 1400-1600

Location: Ed Jeske Arena

Cost: FREE

Ages: ALL AGES



**TO REGISTER FOR ANY OF THE ABOVE PROGRAMS VISIT
BKK.CFMWS.COM/YELLOWKNIFEPUB/**

FALL ADULTS ONLY EVENTS

MOVIE NIGHT

Bring a friend out to our movie night! You will get the chance to help pick what movie we will be showing! Put your favourite movie genre in your registration!

Bar will be open

Popcorn and snacks will be provided

Registration: 16 Sept - 30 Sept

Date: Wednesday 02 Oct 2024

Movie Genre: Vote on your registration

Time: 1830-2030

Location: Combined Mess

Cost: FREE

Ages: 19+

OLD TOWN GLASSWORKS

During this workshop you will have the opportunity to learn about the history of Old Town Glassworks, how to sand-blast your glass, and create a beautiful piece of glassware. No experience required!

Registration: 14 Oct - 08 Nov

Dates: Saturday 16 Nov and 23 Nov

Time: 1200-1400 OR 1430-1630 on each date

Location: Old Town Glassworks

Cost for PSP Plan members: \$45.00

Cost for Non PSP Plan members: \$90.00

Ages: 16 and up

8 slots available per session



BYOB- BUDDHA BOWL EXPERIENCE

CFB Edmonton Health Promotion brings you this Buddha Bowl Experience. Participants will BYOB, their own Bowl to build a healthy Buddha Bowl and a dessert while learning about the importance of healthy eating on a budget. ***PSP will not provide bowls***

Bar will be open

Registration: 21 Oct - 08 Nov

Dates: Saturday 16 Nov 2024

Time: 1700-1900

Location: Combined Mess

Cost for PSP Plan members: \$15.00

Cost for Non PSP Plan members: \$30.00

Ages: 19 and up

***Recommended bowl diameter is 8"**

25 slots available

B CLASS

This 1 time free class is for those who want to get a good sweat on and try out a fitness class that is guaranteed to give you a full body workout incorporating interval training, balance poses, and much more!

Registration: 16 Sept - 03 Oct

Dates: Sunday 06 Oct 2024

Time: 1000-1100

Location: Bella Dance Studio

Cost: FREE

Ages: 16 and up

FEMALES ONLY

15 slots available



WEEKLY PROGRAMMING

DROP IN SPORTS NIGHTS

This on-going program will run every Tuesday evening through October and November to provide members with the opportunity to get out and be active in a fun environment! All skill levels are welcome to attend. Every week will be a different sport.

Registration: N/A

Date: Every Tuesday starting 01 Oct - 19 Nov 2024

****Excluding 22 Oct 2024****

Time: 1900-2100

Location: Multiplex Gymnasium

Cost: FREE

Ages: 15 and up

01 Oct- Basketball

15 Oct- Badminton

05 Nov- Dodge Ball

08 Oct- Volleyball

29 Oct- Floor Hockey

12 Nov- PLAYERS CHOICE

19 Nov- PLAYERS CHOICE

**TO REGISTER FOR ANY OF THE ABOVE PROGRAMS VISIT
BKK.CFMWS.COM/YELLOWKNIFE PUB/**

MONTHLY PROGRAMMING

ADULT HIKING PROGRAM

This on-going program will run through October, November, and December 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

Information regarding hike emailed out 3 days in advance

Registration: no registration required

Date: Third Sunday of every month

- 20 Oct 2024
- 17 Nov 2024
- 15 Dec 2024

Time: 1030-1200 (approx)

Location: Changes monthly

Cost: FREE

Ages: 18 and up

GET YOUR AD HERE!

**Do you own a local business that wants to partner with PSP to create more opportunity for our members?
Contact FSR Coordinator Ariel Whaley @
whaley.ariel@cfmws.com to get your ad in next
seasons newsletter!**

PSP/ NPF STAFF CONTACTS

**PSP Manager – Tina Schauerte ext 6868
Email: schauerte.tina2@cfmws.com**

**FSR Coordinator – Ariel Whaley Email: whaley.ariel@cfmws.com
FSR Coordinator – Matthew Tibbles Email: tibbles.matthew@cfmws.com**

FSR Coordinators ext 6122

PSP Main Office: 2nd Floor of the Greenstone Building



**Mess Manager – Stephanie Barber ext 6779
Email: barber.stephanie2@cfmws.com
PSP Mess Manager Office: JTFN Building room 125**



**NPF Accounting Manager– Melissa McFarlan
Email: mcfarlan.melissa@cfmws.com**

**Swing by and visit anytime!
Or keep up to date at 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 website link where I can find all information?

CFMWS.ca