

# PSP PLAN MEMBERS



## WINTER 2023 NEWSLETTER

**New year, new programs and events!**

**With the weather getting colder, our programs are only getting hotter. Take a read through at all of our upcoming programs and events to attend this season! Flip to page 4, 5, 6, and 7 to find all of our events and programs.**

**PSP has some updates that are taking us into the future! To read about all of those changes and keep in the loop, visit page 2.**

**The goal of the PSP Plan Membership is to help members and their families experience Yellowknife in as many different ways as possible! 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

### CFMWS.CA WHATS THAT?

CAF Connection has officially passed the baton to CFMWS.ca. This new website will now be your main location for anything and everything fitness, sport, or recreation related to the CAF and the base you are posted to.

The change to this website has been a long time coming. This new website will still provide CAF Members and their families with information on events going on at their bases, age specific programs, CAF Member specific programs, and much more. This new system will have smart technology that will recommend community events based on your search history. Get ready for the future!

### 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!**

**RENT EQUIPMENT**



**REGISTER FOR A  
PROGRAM/EVENT**



**KEEP UP TO DATE  
THROUGH CFMWS.CA**



## RENTAL PROGRAM

Your PSP Plan membership allows you to rent a variety of equipment during the winter season. With this season having ever changing temperatures we strongly encourage members put all safety measures in place when renting certain equipment. PSP Plan members are eligible to rent the following equipment during the winter season:

- **Fat bikes**
- **Towing toboggans**
- **Snowcoaches**
- **Ice fishing equipment (tent, auger)**
- **Snowshoes**
- **Bicycles**



## FACILITY ACCESS

Your PSP Plan membership gives you access to the following facilities around the City:

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

When using certain 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.

### MEMBER BENEFITS

- Cetana passes (\$40/ pass)
- Capitol Theatre Movie tickets (\$5/ ticket)
- West Edmonton Mall Passes (\$25/pass)
- Yellowknife 9-hole Golf Club passes (\$12.50/ pass)
- Taiga Yoga drop-in classes (\$5/ class)
- 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

**Movie, Golf, & WEM Passes can be purchased through FSR Coordinators OR the MFRC**

## WINTER EVENTS

### FUN IN THE SUN POOL DAY

Are you missing summer as much as the PSP staff are? Well, here is an event for you to get your summer fix in! Come swim, float, or dive with us at the Ruth Inch Memorial Pool. Weather you swim or you just hangout, you're bound to have a splashing good time!

**Registration: Jan 4th - Jan 25th**

**Date: Sat 28 January 2023**

**Time: 1500-1700**

**Location: Ruth Inch Memorial Pool**

**Cost for PSP Plan members: FREE**

**Cost for Non PSP Plan members: \$5**

**Ages: ALL AGES**

### WINE & DINE

Ever wonder what makes wine taste the way it does? This wine tasting workshop will give you the knowledge of what goes into the flavour of a variety of different wines! **\*\*Registration includes wine and food\*\***

**Registration: Jan 9th - Jan 27th**

**Date: Thurs 09 February 2023**

**Time: 1800-2100**

**Location: Copperhouse**

**Cost for PSP Plan members:  
\$80.00**

**Cost for Non PSP Plan members:  
\$160.00**

**Ages: ADULTS ONLY 19+**

**\*24 slots available\***

### AURORA PHOTOGRAPHY CLASS

This event will provide participants with a mix of 1 hour of in class learning and 2 hours of hands on experience trying to get that perfect photo of the Northern Lights.

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

**Registration: Jan 2nd- Jan 24th**

**Date: Thurs Jan 26th 2023**

**Time: 1930-2230**

**Location: JTFN Mess**

**Cost: FREE**

**Ages: 16 and up**

**\*Only 15 spots available\***



## WINTER EVENTS

### DOG SLEDDING

#### TRADITIONAL

This event will offer you and your family the opportunity to try an activity unique to the North, Dog Sledding! There will be 2 different options; Traditional dog sledding or Drive your own team. Each option will come with slightly different experiences but both will create memories to last a life time!

**Registration: Feb 13th- March 3rd**

**Dates: Saturday March 11th 2023**

**Time: 0930 OR 1100**

**Location: Becks Kennels**

**Cost for PSP Plan members: \$39.00**

**Cost for Non PSP Plan members:  
\$78.00**

**Ages: ALL AGES**

**\*20 slots available per session\***

#### DRIVE YOUR OWN TEAM

**Registration: Feb 27th- March 17th**

**Dates: Saturday March 25th 2023**

**Time: 0930 OR 1100**

**Location: Becks Kennels**

**Cost for PSP Plan members: \$39.00**

**Cost for Non PSP Plan members:  
\$78.00**

**Ages: 12 and up**

**\*20 slots available per session\***



**ALL REGISTRATIONS OPEN AT  
0600. REGISTER FOR ANY OF THE  
ABOVE PROGRAMS/EVENT  
THROUGH THE QR CODE**



## FEBRUARY MAKER'S MONTH

This month is dedicated to providing members with many different opportunities to make a variety of different items. All workshops will have you taking home a hand-crafted item. Members will have the option to register for multiple events at the same time. No experience required. Enjoy making some beautiful art pieces, glassware, or a leather item.

**\*\* Registration for all workshops: 0600 Jan 9th -2100 Jan 27th 2023 \*\***

### OLD TOWN GLASSWORKS

During this workshop you will learn how to sand-blast your glass and create a beautiful piece of glassware.

**Date:** Saturday Feb 4th 2023

**Time:** 1200-1400 OR 1430-1630

**Location:** Old Town Glassworks

**Cost for PSP Plan members:** \$35.00

**Cost for Non PSP Plan members:**  
\$70.00

**Ages:** 10 and up

**\*8 spots available per session\***

### BRACELET MAKING

This workshop will give you the opportunity to either learn a new craft or take you back to your summer camp days. You will learn how to make a friendship bracelet or create a unique key chain.

**Date:** Saturday Feb 11th 2023

**Time:** 1200-1330

**Location:** Combined Mess

**Cost:** FREE

**Ages:** 5 and up

### A NIGHT WITH RUPERTSLAND

This workshop will give you the opportunity to learn a new craft along with making a personalize utility pouch to take home!

**Date:**

**Time:** **Date and Time TBD**

**Location:** Combined Mess

**PSP Plan Members:** \$40.00

**Non PSP Plan Memebers:** \$80.00

**Ages:** 16 and up

**\*10 spots available\***

### PAINT NIGHT

You will work with local artist Nicole Loubert to create a Winter Birch tree inspired painting. Get ready to put on your crafty hat and paint your heart away!

**Date:** Sunday Feb 19th, 2023

**Time:** 1300-1600

**Location:** Combined Mess

**Cost for PSP Plan members:** \$40.00

**Cost for Non PSP Plan members:**  
\$70.00 **Ages: Adults ONLY**

**\*12 spots available\***

## MONTHLY PROGRAMS

### FAMILY NIGHTS

This on going program will provide families an opportunity to spend some social time with other families doing different activities once a month. Remember to always bring a positive attitude to family nights!

**Registration:** Through Booking  
**Date:** Last Tuesday of every month starting 24th January 2023  
**Time:** 1730-1930  
**Location:** Combined Mess  
**Cost:** FREE  
**Ages:** ALL AGES

### ADULT SNOWSHOEING

This on-going program will run through the winter months to provide PSP Plan Members with the opportunity to try out snow shoeing! All skill levels are welcome to attend. **\*Snowshoes will be provided by PSP\***

**Registration:** through Booking 2 weeks prior to snowshoe day  
**Date:** Second Sunday of every month Jan through March  
**Time:** 1030-1200 (Estimation)  
**Location:** Float Dock (3513 MacDonald Drive) **Cost:** FREE  
**Ages:** 18 YOA 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** – Brooklyn Kooymans ext 6779 Email: [kooymans.brooklyn@cfmws.com](mailto:kooymans.brooklyn@cfmws.com)

**NPF Accounting Manager**– Lynnette Sisson



**PSP Main Office;** 2nd Floor of the Greenstone Building  
**PSP Mess Manager Office;** JTFN Building room 125



Come see us with any questions, comments or concerns



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 Booking, 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.

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

You can pay for your rental in 2 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 after receiving rental confirmation from one of the FSR Coordinators

**\*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 our discounted passes at the PSP office 2nd Floor Greenstone building through either of our FSR Coordinators, Ariel or Matthew or 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.

### **What is the refund policy for cancellations of rentals or registrations for programs/events?**

PSP Plan Members will be provided a full refund on rentals, as long as the cancellation is completed 12 hours prior to the scheduled pick up time. Registration for a PSP program/event will be provided a full refund as long as the registration cancellation for the program/event is completed 48 hours prior to the program/event starting.

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

CFMWS.ca