

PSP PLAN MEMBERS



FALL 2025 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 CORNER

SPORTS!

Are you interested in playing in some of the local leagues? Below is a list of all sports we support financially 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?

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 STAFF ALERT!



We are thrilled to introduce our new Administrative Assistant, Samantha Burnett. She is joining us after moving here from Ontario as a proud military spouse. She is looking forward to embracing new experiences, both professionally and personally. This move brings her the opportunity to grow, connect with a new community, and make lasting memories in the North. She is very excited to be serving the Military community within Yellowknife!

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 is put in 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. This rental deposit will be refunded at the end of the season (31 March 2026). Follow the steps below to book your rental equipment.

- 1** Pay your \$100 deposit fee through the courses module on Univerus Rec (Seasonal Deposit)
- 2** Book your rentals through the facilities module on Univerus Rec
- 3** Wait for email confirmation from either of our FSR Coordinators on your rental pick up and drop off time
- 4** Pick up rental equipment at the time indicated in your confirmation email
- 5** Enjoy your rental equipment!
- 6** Return your rental equipment at the time indicated in your confirmation email

FACILITY ACCESS

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

- Fieldhouse Track ****FREE TO ALL YELLOWKNIFE RESIDENTS****
- Multiplex Mezzanine Gym (Second Floor Multiplex Building)
- City Drop in Programs (example lane swimming, public skating)
- Aquatic Centre

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 MUST show your PSP Plan card as proof of membership. Please contact either FSR Coordinators to pick up your PSP Plan membership card in the PSP Office in the Greenstone Building.



PASSES/TICKETS

- Cetana Float passes (\$40/ pass)
- Cetana Infrared Sauna (\$20/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)
- YK Clean Sport Gear Cleaning (\$15/pass)
- YK Clean Sport Gear Cleaning- GOALIE (\$20/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 (\$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 whaley.ariel@cfmws.com

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

**** This all needs to be submitted within the Fiscal year it was purchased in (01 April 2025 - 31 March 2026)****



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

Treasurer: MWO Desmerais frederic.desmerais@forces.gc.ca

Chief Instructor: Jeremy MacDonald

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: Aquatic Centre

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

Lifetime Membership Fee: \$50.00, Paid to PSP directly prior to your course

FALL FAMILY EVENTS



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. Prizes to be won for best costume and best decorations!

PSP will NOT be providing the candy or decorations for each car

Registration: 06 Oct - 28 Oct

Date: Thursday 30 Oct 2025

Time: 1800-1900

Location: JTFN Parking lot

Ages: ALL AGES WELCOME

Dressing up STRONGLY encouraged

Decorating your cars STRONGLY encouraged

CHRISTMAS MOVIE NIGHT

Bring out the whole family to our Christmas Movie night! PSP will make the Mess into a movie theatre! 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

Families are welcome to bring their own food as well

Registration: 03 Nov - 22 Nov

Date: Tuesday 25 Nov 2025

Time: 1730-2000 (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. If you are a PSP Plan Member, skates can be rented from Overlander Sports for \$7.00/day****

Registration: 01 Dec - 17 Dec

Date: TBD

Time: TBD

Location: Ed Jeske Arena

Cost: FREE

Ages: ALL AGES



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

FALL ADULT EVENTS

DIY DOOR MATS

This event is for crafters and none crafters to get a chance to make 2 cute and cozy door mats. The theme can be whatever you want it to be, but could be Thanksgiving, Halloween, or even Christmas!

****Includes all painting equipment, 2 door mats and a light dinner***

Registration: 15 Sept - 01 Oct

Date: Saturday 04 October 2025

Time: 1630-1900

Location: Combined Mess

Cost for PSP Plan members: \$20.00

Cost for Non PSP Plan members:
\$40.00

Ages: 19+, Bar will be open

TRIVIA NIGHT

This event is for those who want to show off their trivia skills! This event will have food included, 3 rounds of trivia, and a prize for every round. PSP Plan Members are invited to bring a plus one, two or three.

****Cost covers: pizza and prizes****

Registration: 22 Sept - 10 Oct

Date: Wednesday 15 October 2025

Time: 1800-2100

Location: Combined Mess

Cost for PSP Plan members: \$10.00

Cost for Non PSP Plan members:
\$20.00

Ages: 19+, Bar will be open

PAINT NIGHT'S

Paint Nights are back! We will be running 2 workshops with local artist Nicole Loubert! The theme of all the paint nights will be Remembrance Day. Get ready to put on your crafty hat and paint your heart away!

Registration: 06 Oct - 29 Oct

Dates & Times:

Sun 02 Nov, 1300-1600

Sun 09 Nov, 1300-1600

Location: 10 Calder Crescent

Cost for PSP Plan members: \$40.00

Cost for Non PSP Plan members:
\$85.00

Ages: Adult- 19+

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: 27 Oct - 14 Nov

Date: Wednesday 19 Nov 2025

Movie Genre: Vote on your registration

Time: 1800-2100

Location: Combined Mess

Cost: FREE

Ages: 19+

MONTHLY PROGRAMS

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 season! 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

Dates:

- 19 October 2025
- 16 November 2025
- 21 December 2025

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 ext 6122

Email: whaley.ariel@cfmws.com

FSR Coordinator – Matthew Tibbles ext 6123

Email: tibbles.matthew@cfmws.com

PSP Main Office: 2nd Floor of the Greenstone Building



Admin Assistant - Samantha Burnett ext 6786

Email: burnett.samantha@cmfws.com

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



HOURS OF OPERATION

GREENSTONE OFFICE

Mondays: 0900 - 1600

Tuesdays: 1000 - 1600

Wednesdays: 0900 - 1600

Thursdays: N/A

Friday: 0930 - 1600

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

FLOAT DOCK

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

**1700 MONDAY TO FRIDAY
NO WEEKEND AVAILABILITY**

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