



**The Base is now open to visitors. Masks must be worn inside all Base buildings. Proof of vaccination is required for certain locations and activities as outlined below:**

### BASE FOODS

Base Foods is offering dine in and takeout options to military and DND team members. At this moment only Credit and Debit cards are accepted.

#### Meal hours:

##### Breakfast:

0630 – 0800 Lunch: 1130 – 1300

##### Supper:

1630 – 1830

##### Serious Coffee:

Open Mon - Fri 0600-1400hrs

**Fleet School D92 and The New Wave Cafe are closed.**

### BASE ACCOMMODATION

The Wardroom, Work Point, Nelles/Bernays, C&PO's and Albert Head are accepting online bookings.

### MESSES

Messes are open for bar hours, events, mess functions and more! Visit [www.cafconnection.ca/Esquimalt/Facilities/Messes.aspx](http://www.cafconnection.ca/Esquimalt/Facilities/Messes.aspx) for more facility details and electronic IN/OUT Routines.

*As directed by BComd, CFB Esquimalt, in accordance with the BC Provincial Health Order, proof of vaccination will be required when attending Mess activities or events for non-mandatory reasons, please contact the Mess directly if you have questions about the application of this direction.*

### LEARNING AND CAREER CENTRE

*The Learning and Career Centre is closed for in-person instruction and consultation. Classrooms can still be booked on a limited basis, while following building and provincial health and safety protocols. Virtual consultation for learning is still available and all LCC-led courses are being delivered virtually.*

**A list of virtual LCC course offerings is available here:**

[http://lcc-cac.forces.mil.ca/lcc-cac/en/ncc\\_home\\_e.asp](http://lcc-cac.forces.mil.ca/lcc-cac/en/ncc_home_e.asp)

**Please direct all inquiries to:**

+LCC@CHRSC(Pac)@Esquimalt or [esqlcc.cac@forces.gc.ca](mailto:esqlcc.cac@forces.gc.ca)

### ESQUIMALT MFRC

**CPAC is open:**

Mon-Fri from 08:30 to 16:30

(closed for lunch 11:45 to 12:45)

**Signal Hill MFRC is open:**

Mon-Fri from 08:30 to 16:30

(closed for lunch 1200 to 1300).

**MFRC staff monitor the phone line 250-363-2640**

*during open hours and responds to after-hours messages the following business day.*

If you need support for you or your family phone the confidential intake line at **778-533-7736** or email [intake@emfrc.com](mailto:intake@emfrc.com).

#### If you require immediate assistance

the Family Information Line **1-800-353-3329** is prepared to respond to family emergencies.

**For deployment support, information and services, connect with:**

[jenniferswitzer@emfrc.com](mailto:jenniferswitzer@emfrc.com) or [marlenawright@emfrc.com](mailto:marlenawright@emfrc.com)

**To connect with the Executive Director,** [jackiecarle@emfrc.com](mailto:jackiecarle@emfrc.com)

**Visit the MFRC's website for more information:** <https://esquimaltmfrc.com>

### CANEX

**CANEX Woodway Road:**

Open Mon-Fri from 0900-1700,  
Sat-Sun from 1000-1700

**CANEX Mall Barber Shop**

Open Mon-Thurs from 0900-1700,  
Fri from 0900-1600,  
Sat from 1000-1500

**CANEX Belmont Road**

Open Mon-Fri from 0630-2000  
Sat-Sun from 0730-2000

**Tailor shop within CANEX**

Open Mon-Fri from 0900-1500

**SISIP Esquimalt**

Open Mon-Fri from 0800-1530.

To book an appointment, call **250-363-3301**.

### CFHA

**Housing Services Centre Esquimalt is open:**

0730-1530, Mon-Fri  
closed 1200 – 1300 Wed

*Entry will be in a controlled manner, with visitors needing to ring the doorbell upon their arrival in order to be let inside.*

Can be contacted during regular office hours by phone **250-363-4994** or by email [cfha-alfc.esquimalt@forces.gc.ca](mailto:cfha-alfc.esquimalt@forces.gc.ca).

**Emergency After-Hours Service**

is available outside of regular office hours for urgent issues only at **1-800-903-2342**.

### CFB ESQUIMALT NAVAL AND MILITARY MUSEUM

**The museum is open.**

Exhibits are open  
1000-1530 Mon – Fri.

The museum office is open  
0800-1600 Mon – Fri.

For more info visit the museum's Facebook page @NavalAndMilitaryMuseum.

### BASE ORDERLY ROOM

**Open by appointment only**

Mon-Fri from 0930-1200 and 1300-1500.

BOR/Admin/Pay inquiries can be made via phone at **250-363-4288** or email at [esqbadmborreception@forces.gc.ca](mailto:esqbadmborreception@forces.gc.ca)

### BASE COMPTROLLER

Please email the respective group email box, noted below, to make an appointment.

**Cashier:**

**APPOINTMENT ONLY**

Open Mon-Fri 0930-1200 and 1300-1500

Contact [esqbadmborcashier@intern.mil.ca](mailto:esqbadmborcashier@intern.mil.ca)

**Claims:**

**APPOINTMENT ONLY**

Open Mon-Fri 0800-1200 and 1300-1600

Contact: [esqbcomptclaimsSection@forces.gc.ca](mailto:esqbcomptclaimsSection@forces.gc.ca)

**Receiver General Deposit Facility Services:**

**APPOINTMENT ONLY**

Open Tue & Thur from 0900-1200.

Contact RGDF services via email at

+ESQ BCOMPT RGDF,

P-ESQB COMPT RGDF@intern.mil.ca

**Regional Credit Card Coordinator Services:**

RCCC services are available via email or phone:

Mon to Fri 0900-1200 and 1300-1500

Contact S1 Gamus, via email, at

+ESQBComptRCCPaymentCards@forces.gc.ca phone

**250-363-5558.**

*Credit card pick up is by appointment only.*

### MARPAC CHAPLAINS

To speak to a Chaplain contact the Naden

Chapel Offices at **250-363-4030**.

Outside of regular hours, you can speak to a Duty

Chaplain 24/7 at **250-818-2794**.

### BASE INFORMATION SERVICES (BIS)

To access BIS services, you can submit a Service Request or generate an ASSYST Trouble Ticket through the following means:

**1: Assyst Self Service Portal**

<http://assyst.forces.mil.ca/assystnet/application/assystNET.jsp?id=-1;;type=11>

which is solely available via DWAN; or

**2: Email:**

+esqbisclientservices@bis@esquimalt; or

**3: Phone: 250-363-1000**

*If you require physical access to BIS/SMC*

*Esquimalt spaces for any IT Service, please phone*

*Client Services at 250-363-1000 to request an appointment.*

### PARKING CONTROL OFFICE & ENFORCEMENT

Open Mon-Fri 0600-1200 and 1300-1400.

### PSP ESQUIMALT

*As directed by BComd, CFB Esquimalt, in accordance with the BC Provincial Health Order, proof of vaccination will be required when attending fitness, sports, or recreation activities for non-mandatory activities. Please call 250-363-5677 should you have questions about the application of this direction.*

**Dockyard Gym hours**

Mon-Fri from 0530-1800 hrs

**Naden Athletic Centre (hours subject to change)**

Mon – Thurs 0530 – 2130 hrs

Fri 0530 – 2000 hrs

Sat 0800 – 1800 hrs

Sun 1000 – 1800 hrs

Holidays 0800 – 1300 hrs

For questions, contact Facilities staff:

**250-363-5677 / 250-363-4213.**

**Wurtele Arena**

*Reservations for the ice hockey can be made by emailing the Facilities Coordinator at [matthew.kingston@forces.gc.ca](mailto:matthew.kingston@forces.gc.ca)*

For drop in skate times and program descriptions, visit Wurtele Arena [cafconnection.ca](http://cafconnection.ca)

**Colwood Pacific Activity Centre (CPAC)**

Mon-Fri from 1000 – 1600hrs

closed for lunch from 1300-1330hrs

**Register online**

<https://bkk.cfmws.com/esquimaltpub> or

phone at **250-363-1009**.

Inquiries should be emailed to [recreationcpac@forces.gc.ca](mailto:recreationcpac@forces.gc.ca).

*For CPAC facility reservations, please email*

*[matthew.carlson@forces.gc.ca](mailto:matthew.carlson@forces.gc.ca)*

**Outdoor Facilities**

Reservations can be made through Facilities Coordinator, [matthew.kingstone@forces.gc.ca](mailto:matthew.kingstone@forces.gc.ca)

### PSP PROGRAMMING

**FORCE Testing**

*Reservations are available to all personnel with priority given to those requiring it for deployment, recruitment and essential training or have expired FORCE test for more than one year. All participants must be pre-registered for a test - drop-ins will not be allowed. Tests are booked through your Unit Force Coordinator. Units without a Unit Force Coordinator should email [pspcfbesquimalt@gmail.com](mailto:pspcfbesquimalt@gmail.com) or call 250-363-4412 to have members appointed.*

**Unit Sports**

Contact the Sports Coordinator,

[Ryan.Elborne@forces.gc.ca](mailto:Ryan.Elborne@forces.gc.ca)

**Unit PT**

Can be reserved by contacting the A/Fitness Coordinator at [jessica.wyllie@forces.gc.ca](mailto:jessica.wyllie@forces.gc.ca)

**Virtual/Online PT**

schedules:

[cafconnection.ca/National/Virtual-Services](http://cafconnection.ca/National/Virtual-Services) or [youtube.com/c/CFMoraleandWelfareServices/videos](https://www.youtube.com/c/CFMoraleandWelfareServices/videos)

**Reconditioning Appointments:**

By referral and by appointment through Reconditioning Manager [Andre.pelletier3@forces.gc.ca](mailto:Andre.pelletier3@forces.gc.ca)

**Base Team Sports Practices:**

Sports Coordinator [ryan.elborne@forces.gc.ca](mailto:ryan.elborne@forces.gc.ca)

**Recreation:**

Early Years/School Age/Youth/Adult programming are available. Call **250-363-1009** or visit <https://bkk.cfmws.com/esquimaltpub/> to register.

**Health Promotion:**

To register for HP Courses, email [lisa.jeffery@forces.gc.ca](mailto:lisa.jeffery@forces.gc.ca) for scheduling and registration information. Contact [maryse.neilson@forces.gc.ca](mailto:maryse.neilson@forces.gc.ca) to set up webinars/virtual briefings if required for your unit.



*\*Covid protocols will be adhered to in all programs/facilities – please do not attend if you are unwell.*



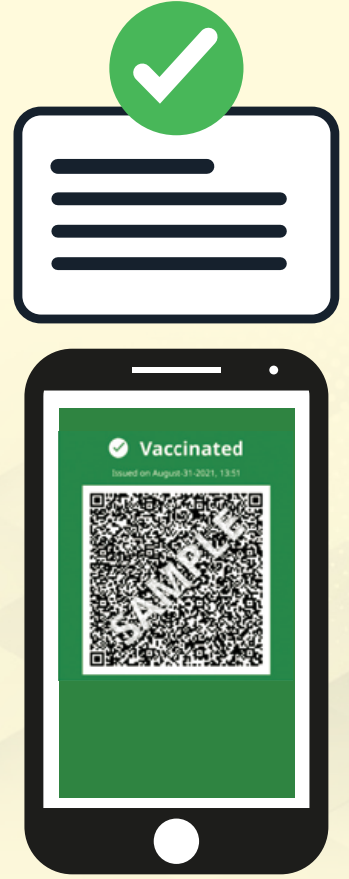
VACCINATION PASSPORTS CFB ESQUIMALT FACILITY ACCESS

CFB Esquimalt Proof of Vaccination Requirements

**FOR THOSE 12 YEARS & UP**  
All categories of patrons, including CAF and General Public

LOCATIONS	PROOF REQUIRED	PROOF NOT REQUIRED
<ul style="list-style-type: none"> <li>N88 Naden Athletic Centre</li> <li>D22 Dockyard Gym</li> <li>N100 Wurtele Arena</li> <li>Colwood Pacific Activity Centre</li> </ul>	<ul style="list-style-type: none"> <li>Drop-in Use</li> <li>Adult Community Recreation Programs</li> <li>Adult Sports Programs</li> <li>Naden Hockey Club</li> <li>Shinny</li> <li>Third Party Adult Hockey Groups</li> </ul>	<ul style="list-style-type: none"> <li>Recognized Child/Youth Programs</li> <li>CAF Reconditioning Programs</li> <li>FORCE Tests</li> <li>Mandatory NPTG Group PT</li> <li>Health Promotion Courses</li> <li>Employees/contractors while conducting work at location</li> </ul>
<p>Messes:</p> <ul style="list-style-type: none"> <li>N40 Pacific Fleet Club</li> <li>SH 586 Wardroom</li> <li>Gunroom</li> <li>SH 585 C&amp;PO's Mess</li> </ul>	<ul style="list-style-type: none"> <li>Attending the Mess</li> </ul>	<ul style="list-style-type: none"> <li>Mandatory workplace functions/ meetings or for organized seated events with less than 50 people</li> <li>Employees/contractors conducting work at location</li> </ul>



BASE IDENTIFICATION

Effective 20 Jan 2022 the Identification Section has moved from N-2 to Building D-214 (Dockyard Main Gate).

HOURS: Mon-Thurs 0700-1600 – Fri 0700-1200.

Due to Covid personnel attending the ID office must book an appointment in advance. To book an appointment call 250-363-1900 ext 60358/60359 or email Lindsay.Carr@forces.gc.ca

FLEET MAIL OFFICE

Naden Post Office

Nelles Block:

Mon – Fri: 1000 -1200, 250-363-5658

Dockyard Post Office:

Mon – Fri: Financial counter 0900-1400

OPS 0700-1400, 250-363-2176

CANADIAN FORCES HEALTH SERVICES CENTRE (PACIFIC)

COVID-19 VACCINATION UPDATE FOR MILITARY MEMBERS

Members requiring first or second COVID-19 vaccinations, must make an appointment. Please do not call Immunization for this purpose. All communication with Immunization is through the positional mailbox for Immunization at ESQCLINICIMMUNIZATION@forces.gc.ca.

SCHEDULED CLINIC CLOSURES

CF H Svcs C (P) is scheduling monthly ADMIN-ONLY days on the 3rd Thursday of every month. Dates of 2022 are: 21 Apr, 19 May, 16 Jun, 21 Jul, 18 Aug, 15 Sep, 20 Oct, 17 Nov & 15 Dec.

Sick parade hours on these dates:

- 0730 – 1000 hrs. Members are to call their IHT starting at 0730 hrs to request an appointment if required.
- There will be a limited number of sick parade appointments available on these dates. Once filled, members are to call 911 or visit a local hospital ER for any medical concern that is an emergency.

Chains of Command are reminded that they are empowered to grant up to two days of sick leave for non-emergent medical issues without the recommendation of a medical officer. Exercising this option will help to prevent overburdening the limited medical resources at CF H Svcs C (P).

GENERAL MEDICAL INQUIRIES

Phone 250-363-4122

PRIMARY CARE & MENTAL HEALTH CARE SICK PARADE/APPOINTMENT WITHIN 72 HOURS

Member e-mails or calls their IHT starting at 0730.

- IHT-1: 250-363-4120 e-mail: CDU1Admin@forces.gc.ca
- IHT-2: 250-363-5641, e-mail: CDU2Admin@forces.gc.ca
- IHT-3: 250-363-5646, e-mail: ESQCFHSvcsC-CDU3Adm@forces.gc.ca

Call 250-363-4122 if a member does not know their IHT and they will direct you to the appropriate IHT.

MEDICAL APPOINTMENTS

All services and Sick Parade are open by appointment only. Please e-mail or call your IHT or the department you require to make an appointment before coming to the clinic. To ensure we maintain social distancing, please arrive no more than 5 minutes before your appointment. Patient access is at the front door of the Main Building by the flag pole. Have your military ID ready. By DFHP directive, medical masks are now will continue to be required in the patient care areas until further notice, and will be provided upon entry.

URGENT CARE

Call 911 if Emergency Care is required.

The clinic is open Mon-Fri from 0730-1530.

Outside of these hours, please see a civilian clinic or emergency department for care and call your IHT the next working day for a follow up appointment.

BOOKED APPOINTMENT

Please e-mail your IHT.

\*\* Chains of Command are reminded to follow the SOP document for Compassionate Posting/Status Request and Contingency Cost Moves when requesting these services. Access to the SOP is available through the Notice Board banner on the base splash page or at this link: MARPAC/JTFP - Compassion Posting (mil.ca).

PHYSIOTHERAPY

Contact 250-363-4446 to action a referral and/or book an appointment.

LAB / X-RAY / IMMUNIZATION

Appointment are required for all sections and can be booked following a clinician appointment.

Lab: esqmedicallab@forces.gc.ca or 250-363-4145

X-ray: 250-363-4136

Immunization:

250-363-4140 or ESQCLINICIMMUNIZATION@forces.gc.ca (see above if inquiring about COVID-19 vaccinations)

PHARMACY

All non-urgent prescriptions initiated by clinicians will be ready for pick up after 48 working hours.

For all refill and over the counter medication requests, please call 3-4143 or email esqpharm@forces.gc.ca and allow 48 hours until pick up. Military ID is required for pick up.

The Pharmacy is closed on Wednesday afternoons after 1230.

CASE MANAGEMENT

Contact your IHT to book an appointment.

REFERRALS

Contact 250-363-4178.

DENTAL SERVICES

Dental Unit Det Esquimalt remains open for patient care but at a reduced capacity and with priority being placed on operational personnel.

Elective dental treatment has been cancelled at this time.

Any inquiries in regards to the status of a previously scheduled appointment and/or to potentially book a future appointment can be made by calling 3-4149 directly and speaking with a member of our team.

Sick parade is Mon-Fri at 0730 at the Naden clinic only.

Please ensure you attend your scheduled appointment time as it is imperative to have your dental work completed or call in advance if you need to reschedule. 48 hours minimum is requested.

Clearing In/Out:

Newly posted in or out members are requested to email us at

+ESQ Dental Reception@1 Dent Det@Esquimalt with the following information:

- Service Number, Surname, Initials;
- Losing Unit UIC, Losing Unit Name;
- Gaining Unit UIC, Gaining Unit Name;
- COS Date and Date Departing Esquimalt (if applicable);
- and Contact info/ email address to receive confirmation of in/out clearance completion.

After-hours Emergency Care:

The duty dental team continues to be available 24/7 for after-hours emergency care. The reception voice-mail provides emergency contact numbers.



### BASE LOGISTICS

#### COVID-19 SUPPLY REQUESTS

For all COVID-19 related supply requests contact the Base Logistics Operations Officer, Lt(N) Shinaba, at +ESQ BLOG SUP Walkthrough@BLOG@Esquimalt BLOGSUPWALKTHROUGH@internal.mil.ca or 250-363-2740.

#### CLOTHING STORES (ALL SECTIONS)

Clothing Stores (D211) is open and appointments can be made by e-mailing BLog Clothing at ESQBLOGClothing@forces.gc.ca.

Please contact the Dockyard Warehousing Officer (DWO), Lt(N) Darrian Ryce, at Darrian.ryce@forces.gc.ca or the Clothing Stores IC, Mr Dave Wilkie, at david.wilkie@forces.gc.ca if you have any questions.

Concerns or emergency requirements may also be directed to the Materiel and Distribution Officer (MDO), Mr Troy Gillespie, at troy.gillespie@forces.gc.ca or at 250-507-8915.

### TRANSPORT

Transport services, both General and Special Purpose, are available to support operations. Requests are to be submitted no less than 48 hours in advance to the respective Dispatch accounts:

#### For General Purpose Vehicle Services

+ESQ BLOG MSE Dispatch

#### For Special Purpose Vehicle Services

+ESQ BLOG SPV Dispatch

Base taxi services have resumed and can be utilized by calling the SPV Dispatcher.

#### Duty Dispatch number:

GPV – 250-363-7288

After Hours: 250-889-2391

SPV – 250-363-2389

Full list of Transportation Services and contact information can be found at:

Transportation & Electrical Mechanical Engineering - BLog Transportation Section (mil.ca)

Duty Dispatch number: 250-889-2391

### MAINTENANCE

Vehicle & Equipment Drop-offs and Pick-ups will be by appointment only, and can be arranged by contacting the below information.

For complete warehouse, transport and maintenance contact information follow:

<http://esquimalt.mil.ca/bsup/blog1-home%20page/contacts.htm>

### CONFLICT & COMPLAINT MANAGEMENT SERVICES CENTRE ESQUIMALT

An agent or Conflict Management Practitioner is on location at SH525

Mon-Fri from 0700-1500,

with the remainder of the staff available via telephone or DWAN email:

++ccmsesquimalt@vcdsdgiccm@Esquimalt or ccmsesquimalt@forces.gc.ca

250-363-1900: x60264, x60266, x60259, or x60084.

### RP OPS SECTION ESQUIMALT

For any **emergency** work contact the Trouble Desk at 250-363-2009, available 24/7.

To request **non-emergency** work please confirm work requirements with your Building RP Ops Sect (ESQ)-Rep/Bldg Custodian, and complete the CF141-RP Ops Work Request Form and send to +esqrpopsu(pacific)troubledeskrpopsu(pacific)@esquimalt

#### Ref: BSO 2-605 Equipment Installation permit:

Prior to acquisition of any equipment, an RP Ops Sect (Esq) Equipment Installation Permit shall be completed.

This permit ensures present/existing infrastructure and utilities can support the specified Original Equipment Manufacturer (OEM) installation and/or use.

Failure to complete the permit may result in denial of procurement and/or installation, and possible administrative action.

Required forms/Permits can be found at [http://esquimalt.mil.ca/bceo/rp\\_ops\\_sect\\_esq.htm](http://esquimalt.mil.ca/bceo/rp_ops_sect_esq.htm). Enquiries related to existing Work Orders can be sent to +esqrpopsu(pacific)operations@rpopsu(pacific)@esquimalt.

Canadian Forces Morale and Welfare Services (CFMWS)

## A place where you can grow

CFMWS is always hiring. Have you considered working with us?

### Who is CFMWS?

CFMWS is committed to enhancing the morale and welfare of the military community, ultimately contributing to the operational readiness and effectiveness of the Canadian Armed Forces (CAF). We pride ourselves on being part of the Defence Team.

### What types of job opportunities do you have?

- Health and Fitness – such as Facility clerks, fitness instructors, life guards
- Retail – such as sales associates, home and electronics
- Messes – such as bartenders, mess clerks
- Accounting – such as accounting clerks, accounting managers
- Newspaper – such as, editor, journalists, accounts, sales

For a list of our current opportunities, please visit us at

[www.cfmws.com/careers](http://www.cfmws.com/careers)



# Want to know what your Base Commander is up to?



## Do you use Facebook? Twitter?

### Follow Capt(N) Jeff Hutchinson @cfbesquimalt and visit [facebook.com/EsquimaltBase/](https://facebook.com/EsquimaltBase/)

### Voulez-vous savoir ce que fait le Commandant de la base?



## Utilises-tu Facebook? Twitter?

Suivez le

Capt(v) Jeff Hutchinson

### @cfbesquimalt et consultez la page [facebook.com/EsquimaltBase/](https://facebook.com/EsquimaltBase/)

## CFB Esquimalt Base-Wide Spring Clean Up

### April 21, 2022

Time to tidy up the outside of your building, work areas, smoking areas, lay-down areas and thoroughfares. Sweep, weed, and remove litter as well!

Units are to:

- remove litter/discarded items/objects
- sweep and remove weeds, and loose sand and gravel on hard surfaces around their buildings.

Ships will place the same emphasis on cleaning the jetties.

Units that do not have access to the appropriate disposal receptacle, but have items that are deteriorated beyond acceptable use may use the drop off points for disposal.

This includes:

- rusted-out outdoor chairs/benches,
- old BBQs,
- scattered pallets or packaging materials.

This clean-up does not include the disposal of accountable material or HAZMAT.

DROP OFF APRIL 21		DROP OFF APRIL 22	
REFUSE DROP OFF COLLECTION SITES	HOURS OF OPERATION	REFUSE DROP OFF COLLECTION SITES	HOURS OF OPERATION
Naden	0830-1500hrs	Naden	0830-1200hrs
Dockyard	0830-1500hrs	Dockyard	0830-1200hrs
Work Point	0830 - 1500hrs	Work Point	0830 - 1200hrs

ENJOY A BBQ LUNCH!

HOSTED BY THE MFRC

Museum Square

1130-1300

Hotdogs, hamburgers, drinks available by donation.

For more information contact CPO2 Goodwin, CFB Esquimalt, Deputy Base Chief Petty Officer, 250-363-4020 or email [Matthew.Goodwin@forces.gc.ca](mailto:Matthew.Goodwin@forces.gc.ca)

### TAKE A VIRTUAL TOUR THROUGH HISTORY



### CFB ESQUIMALT NAVAL & MILITARY MUSEUM

One of Victoria's most historic sites!

CFB Esquimalt Naval & Military Museum exhibits focus on four distinct military groups that have made an impact on Canada's history and left a lasting heritage.

(250) 363-4312 OR (250) 363-5655

[WWW.NAVALANDMILITARYMUSEUM.ORG](http://WWW.NAVALANDMILITARYMUSEUM.ORG)