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TRIDENT

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Christmas comes early thanks to FDU(A)

Divers from Fleet Diving Unit (Atlantic) and other participants hit the Shearwater Flyer and Salt Marsh trails for a good cause on October 17 for the annual Navy Divers 50K Run in support of the Christmas Daddies Telethon. The team will continue the donation drive ahead of the telethon itself on Saturday, December 5. Visit the GoFundMe page to donate or learn more.

MONA GHIZ



Clearance Divers at FDU(A) were in the water in September for training with the new MCM100 rebreather.

PO2 EDUARDO JORGE

FDU(A) upgrades to new advanced electronic rebreather system

By Nathan Stone
Trident Staff

The Royal Canadian Navy's (RCN) clearance divers are getting in the water faster and staying underwater longer thanks to a new high-tech rebreather system.

Fleet Diving Unit (Atlantic) (FDU(A)) recently completed mine-countermeasures training with the Avon Protection MCM100, a state-of-the-art military rebreather designed to enhance safety and performance during dives.

The new equipment, developed by the UK Defence Science and Technology Laboratory and the Royal Norwegian Navy, replaces the unit's stock of legacy rebreathers. It marks a significant shift from mechanically controlled systems to a fully electronic one.

Sailor 1st Class (S1) Mike Butt, a Clearance Diver Technician at FDU(A), said the upgrade represents a generational leap in capability.

"Comparatively to our older sets, it definitely feels like going from driving a 2004 Corolla to driving a Lamborghini," said S1 Butt. "The amount of brain power inside of it to sustain your life underwater is absolutely jaw dropping."

Unlike previous models that require manual gas mixture settings and preplanned dive tables, the MCM100 features onboard computing that automatically calculates the optimal breathing mix in real time. This automation allows divers to focus more on the mission and less on managing their equipment.

The system supports the wide range of tasks undertaken by the RCN's clearance divers, including explosive ordnance disposal, mine countermeasures and other special operations. It can operate in both shallow and deep-water environments, extending mission length and allowing for safer, more complex dives.

S1 Butt said the RCN's other divers, including Port Inspection Divers and Ship's Team Divers, won't necessarily be replacing their existing systems. The training required to use the MCM100 is unique to clearance divers at this point.

The MCM100 includes advanced monitoring and automated safety features designed to give divers confidence in their life-support equipment. S1 Butt noted that the system also requires significantly less maintenance and preparation time.

"With the old generation, you're looking at about 45 minutes to an hour of build-up and prep," he said. "Now you're looking at anywhere from 10 to 15 minutes before you're able to put it on your back and get in the water."

The adoption of the new gear also strengthens Canada's interoperability with key allies. The equipment is currently in use by several NATO nations, including the United Kingdom, Germany and Norway. By employing the same technology, RCN clearance divers can integrate more effectively into multinational operations.

"There's a lot of nations in NATO and outside NATO that we work with," said S1 Butt. "Because we have the same set, we can work more effectively together."

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Capt (N) (Ret'd) David Benoit read the names of the sailors lost aboard HMCS Kootenay, as well as members of the Kootenay community who have recently passed, during the Roll Call at the HMCS Kootenay Commemorative Ceremony on October 23.

RYAN MELANSON



HMCS Kootenay 258

DND

HMCS *Kootenay* survivors honour shipmates during annual commemoration

By Ryan Melanson
Trident Staff

Survivors, friends and families gathered at Damage Control Training Facility (DCTF) Kootenay in Purcell's Cove on October 23, 57 years after the Royal Canadian Navy's worst peacetime accident at sea, to remember the nine sailors lost in the explosion aboard Her Majesty's Canadian Ship (HMCS) *Kootenay* and honour their memory at the facility named to commemorate the tragedy.

On the morning of October 23, 1969, a bearing in *Kootenay*'s starboard gearbox failed during full-power sea trials in the English Channel. The gearbox overheated and exploded, sending a fireball through the engine room and into the ship's main passageway. Nine sailors were killed and 53 were injured. The blast also damaged or cut off access to much of the ship's firefighting equipment, which was stored near the engine room. Crews from other ships in the Canadian task group, including firefighting and medical teams flown in by helicopter, joined *Kootenay* sailors to bring the fire under control and save the ship.

Survivors shared personal memories at the intimate gathering, including Commander (Cdr) (Ret'd) Al Kennedy, who joined by phone from Victoria, B.C., to address the audience, and Steve Rowland, who was a young Able Seaman at the time of the explosion. Rowland recalled shipmates he lost, including Leading Seaman Gary Wayne Hutton, who he described as his "big brother" and mess mate aboard the ship, and Able Seaman Nelson Murray Galloway, who died of smoke inhalation at just 19, the same age as Rowland at the time.

Representatives of the current generation of RCN sailors and leaders also attended, including DCTF Kootenay staff and Naval Fleet School (Atlantic) Commandant Cdr Helga Budden, Captain (N) Gord Noseworthy, Deputy Commander of Canadian Fleet Atlantic, spoke about the people behind the tragedy and its lasting impact.

"The numbers of those lost are part of our history, but they cannot begin to convey the human cost of that morning. Behind every number was a person, a sailor, a shipmate, a son, a brother, a husband, a father, and a friend."

"Families received news that no family should ever have to hear. Survivors carried the physical and psychological consequences of that day, and their families shared in the burdens that would endure long after the smoke had cleared."

The *Kootenay* tragedy is widely regarded as a turning point in the RCN's approach to fire prevention and damage control. Subsequent changes included distributing firefighting equipment across multiple locations on ships, improving firefighting, damage control and first aid training, redesigning escape routes with the introduction of the enlarged "Kootenay hatch," and increasing the frequency and thoroughness of equipment inspections and maintenance.

Telling the *Kootenay* story

Survivors also heard about plans by the Naval Museum of Halifax to update and redesign the historical displays in the lobby of DCTF Kootenay. They were invited to share their stories, perspectives, and feedback as part of that process.

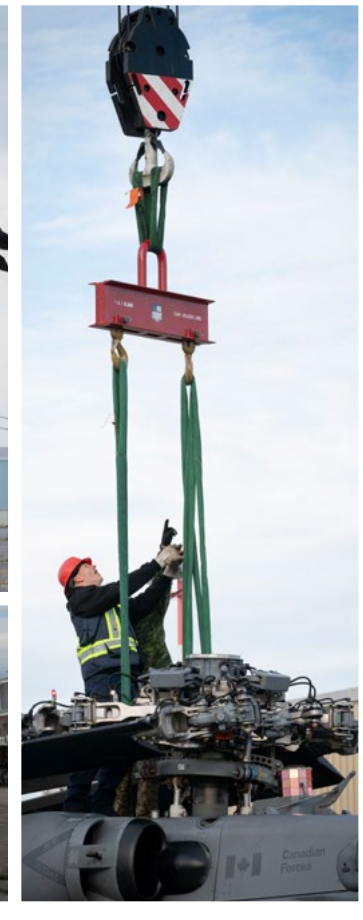
"Our objective is to work collaboratively to ensure that we honour the survivors and the ship's legacy properly," said museum Director Jennifer Denty.

The information gathered will also help shape how the HMCS *Kootenay* story is told at the Naval Museum of Halifax in the future. The museum recently began a two-year renovation and restoration project that will address necessary building repairs and support the development of new exhibits focused on immersive storytelling. Staff are aiming to reopen in spring 2028.









Cyclone gets a big lift during RAS training

Cyclone helicopters are usually the ones doing the hoisting, but this time a crane lifted the CH-148 off the ground. Members of 12 Wing Shearwater conducted replenishment at sea (RAS) training on October 20, using the crane to lift, swing and set down the helicopter. A Cyclone will deploy with His Majesty's Canadian Ship St. John's in early 2027 for a NATO deployment on Operation REASSURANCE.

AVR SUMIN KIM





"H2H does anything they can to get Veterans and their families into second careers."
Tony, Military to Carpenter and H2H Advisor

Learn more
En savoir plus

« DRB fait tout son possible pour aider les vétérans et leurs familles à se lancer dans une seconde carrière. »
Militaire devenu charpentier-menuisier et conseiller chez DRB

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Canada



CPO1 Mike Umbach participates in a community drumming session in Cambridge Bay, Nunavut

RCN

HMCS *Max Bernays* and the Kitikmeot Region:

A Relationship Built on Trust, Respect and Friendship

By RCN

As Canadians reflect on the National Day for Truth and Reconciliation, the connection between His Majesty's Canadian Ship (HMCS) *Max Bernays* and Nunavut's Kitikmeot Region offers an example of how meaningful relationships are built through listening, learning and shared experiences.

Since its affiliation with the Kitikmeot Region was formalized in Cambridge Bay in 2023, *Max Bernays* has worked to strengthen ties with communities across the North.

Established through the Royal Canadian Navy's Northern Affiliation Program, the initiative was designed to foster lasting connections between sailors and Northern communities.

"This affiliation has given them something very special: the opportunity to create unique, lifelong connections with people in the Kitikmeot Region, while learning about Inuit culture, history, traditions, and way of life," said former Coxswain CPO1 Mike Umbach.

Alongside former Commanding Officer Commander (Cdr) Nadia Shields, CPO1 Umbach helped shape the affiliation during its formative years. Through community visits, cultural exchanges and ongoing engagement, they developed a deeper appreciation for the North, its history and its people.

While both have since moved on from HMCS *Max Bernays*, their connection to the Kitikmeot Region remains strong.

Today, the affiliation is reflected throughout *Max Bernays*.

From the Inuktitut names carried by its boats to artwork created by Kitikmeot students and the community flags displayed aboard, reminders of the relationship can be found across the ship.

The Kitikmeot Inuit Association (KIA) flag also serves as the ship's ceremonial ensign and is flown during arrivals and departures in foreign ports, photo exercises and manoeuvres with other vessels.

For communities in the region, those symbols have become meaningful reminders of a growing connection.

"The sight of the Kitikmeot Inuit Association flag flying high on the vessel was very welcomed and appreciated," said James Kaylor of KIA.

Yet the most meaningful part of the affiliation cannot be found aboard the ship at all.

Learning Through Relationships

For CPO1 Umbach, some of the most memorable experiences came from being welcomed into community traditions and cultural activities that offered a deeper understanding of the region and its people.

"One of my favourite memories was being invited to participate in a drumming ceremony," he said.

"I was incredibly proud to be invited to take part in an event that is important to the Kitikmeot people – one that shares stories of ancestors, culture, society, and history."

For Cdr Shields, some of the most memorable moments came through those everyday interactions.

Time spent with Elders, youth and community members offered opportunities to learn about life in the North in ways that books and briefings never could.

"Whether it is improving my drum-dancing skills, playing Crazy Eights or boxing with the kids, or simply sitting with Elders, I come away with a deeper respect for the people of the North, the land, and the history," she said.

As the relationship grew, so too did the crew's understanding of the experiences, perspectives and challenges that continue to shape the region today.

Conversations about residential schools, climate change and life in Arctic communities reinforced the importance of listening and approaching the relationship with humility.

"I learned that I didn't know what I didn't know," said Cdr Shields.

"Learning firsthand about the similarities and differences in challenges, cultures, celebrations and experiences has been profound."

That spirit of listening has been matched by a shared commitment to respect.

A Shared Vision for the Future

While HMCS *Max Bernays* has yet to visit the Kitikmeot Region, the affiliation has continued to grow through crew visits, community engagement and ongoing communication.

From KIA's perspective, those interactions have consistently demonstrated a genuine respect for the region and its people.

"Even though the *Max Bernays* has not graced the waters of the Kitikmeot yet, all visits by crew and communications have shown this respect," said Taylor.

Beyond strengthening ties between the Navy and Northern communities, the affiliation has also created opportunities to share the Kitikmeot Region's culture, history and perspectives with a broader audience.

"Canadians would benefit from understanding the rich, unique culture of the Kitikmeot Region and the unparalleled beauty and diversity of the land that Kitikmeot Inuit have a connection to and a relationship with," Taylor explained.

Looking ahead, both the Navy and KIA share a common hope: that the relationship will continue to deepen through mutual respect, understanding, and continued engagement.

For KIA, success will not be measured by a single visit or milestone, but by the strength of the connection that continues to grow between the ship and the communities it represents.

"*A successful relationship will be when the vessel is not seen as a ship in the bay, but as a returning part of the communities and region*," Taylor said.





Senior submarine commanders and staff pose for a photo during the annual NATO Submarine Commanders Conference hosted at Victoria from Sept 21 to 23.

SUBMITTED

Canada and RCN host NATO Submarine Commanders Conference

By Archana Cini,
Lookout Newspaper,
with files from the Government of Canada

Senior submarine commanders and staff from NATO's 14 submarine-operating nations gathered in Victoria, BC from Sept 21 to 23 for the annual NATO Submarine Commanders Conference (SCC). This year's 2026 event was hosted by Canada and the Royal Canadian Navy's (RCN) Maritime Forces Pacific (MARPAC).

The SCC brought together Allied submarine force leaders to discuss shared challenges, exchange operational knowledge, and strengthen interoperability among NATO's undersea forces. Held annually in a different Allied nation, the event provides a forum to address high-level issues affecting submarine operations and exercises across the Alliance.

This year's discussions covered operations and exercises; undersea warfare doctrine; safety; escape and rescue; and the integration of uncrewed and emerging technologies. Delegates from each nation also shared updates on their respective submarine capabilities and activities.

"It was an honour for Canada and the Royal Canadian Navy to host this year's NATO Submarine Commanders Conference in Victoria, home to Canada's Submarine Force Headquarters," said Captain(N) (Capt(N)) Alex Kooiman, Commander Canadian Submarine Force (CANSUBFOR). "Hosting our NATO submarine partners highlights both Canada's commitment to the Alliance and the important role submarines play in maintaining maritime security around the world. Opportunities like this allow us to share lessons, strengthen interoperability, and ensure our submarine forces remain ready to meet the challenges of an evolving security environment."

NATO submarines operate throughout the Alliance's area of operations every day, from the High North and North Atlantic to the Baltic and Mediterranean. Their work supports maritime situational awareness, deterrence, and the protection of the sea lines of communication and undersea infrastructure connecting North America and Europe.

CANSUBFOR is based out of Canadian Forces Base (CFB) Esquimalt, making Victoria a natural location for this year's SCC. Hosting the conference also provided Canada with an opportunity to demonstrate its commitment to Allied cooperation. The SCC concluded after three days of discussions and engagements.

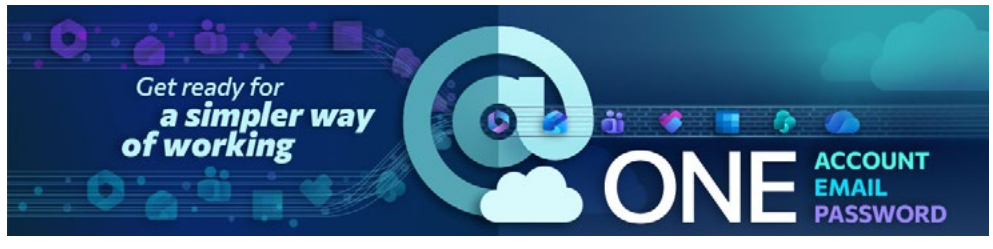
Parking spot raffle raises funds for NDWCC

The first raffle draw for a chance to win Rear-Admiral Pascal Belhumeur's parking spot took place on October 26 after the initiative raised $830 toward the 2026 National Defence Workplace Charitable Campaign. The lucky winner was Himaly Fernando, Maritime Forces Atlantic (MARLANT) Employment Equity Diversity and Inclusion Coordinator, who now has access to the prime Dockyard spot until March of next year. Plans are to keep the initiative going in support of NDWCC, with another draw planned in the spring. From left, Himaly Fernando, RAdm Pascal Belhumeur, Commander of Maritime Forces Atlantic and Joint Task Force Atlantic, and raffle organizer SLt James Joachim.

MONA GHIZ



Migration is on the horizon! One Account | One Email | One Password



By DND

Starting this fall, get ready to simplify your digital experience! Under the One Account | One Email | One Password initiative, all Defence Team members will move to a single email account, calendar and password, marking a significant step forward to a simpler, more seamless way of working.

The Defence Team will migrate to a modern, secure, cloud-based email service designed to safeguard information and keep us better connected. **One Account | One Email | One Password** will make it easier to manage your inbox, calendar and meetings. You'll spend less time juggling accounts and more time focusing on what matters most.

What to expect during migration

- The One Account | One Email | One Password initiative is one of the largest digital modernization efforts underway across the Defence Team. More than 160,000 email accounts across DND and the CAF will be consolidated into a single, modern cloud-based email environment.
- A phased, two-stage migration approach will be used to ensure a secure, stable and operationally responsible transition across the Defence Team while minimizing disruption to operations. Staged migrations will allow teams to be supported and onboarded in a structured and coordinated manner.
- The Defence 365 team will provide advance communications, timelines, guidance, and support throughout each phase of the migration.

Migration at a glance

- **One Account:** A single username will give you access to all D365 services. Your username will change from @ecn to @forces, same as your DWAN.
- **One Email:** With one mailbox and a single calendar, all your emails and invites are in one place. Schedule, join and manage Teams meetings directly in Outlook from one, integrated mailbox.
- **One Password:** When all users have migrated to a single mailbox, the transition to one password will occur.

Benefits

- One cloud-based @forces.gc.ca account
- No new PST files needed – Enjoy a 25 GB mailbox.
- Existing PST files will continue to work.
- Full integration with Microsoft 365 tools
- Continued support of Protected B information with existing PKI encryption
- Easier collaboration and information sharing across the Defence Team

Get ready to make the switch!

- It's more than just a mailbox change because your cloud mailbox (@ecn.forces.gc.ca) becomes your primary mailbox, renamed as @forces.gc.ca. Your old @forces.gc.ca mailbox will become read-only.
- To ensure a smooth transition, clean up both your @ecn.forces.gc.ca and your @forces.gc.ca mailboxes by deleting unnecessary emails.
- Don't forget to store information assets in an approved repository.
- The D365 team is here to guide you with the mandatory steps to ensure a secure, stable, and user-ready environment.
- The D365 team will provide detailed instructions prior to your scheduled migration. In the meantime, check out the One Account | One Email | One Password page for the latest information on email migration.

Looking for the latest information?

Check out (and bookmark) the One Account | One Email | One Password page. It's the authoritative source for all migration related information and features the latest updates as well as Email Migration FAQs.

"They shall grow not old,
as we that are left grow old:

Age shall not weary them,
nor the years condemn.

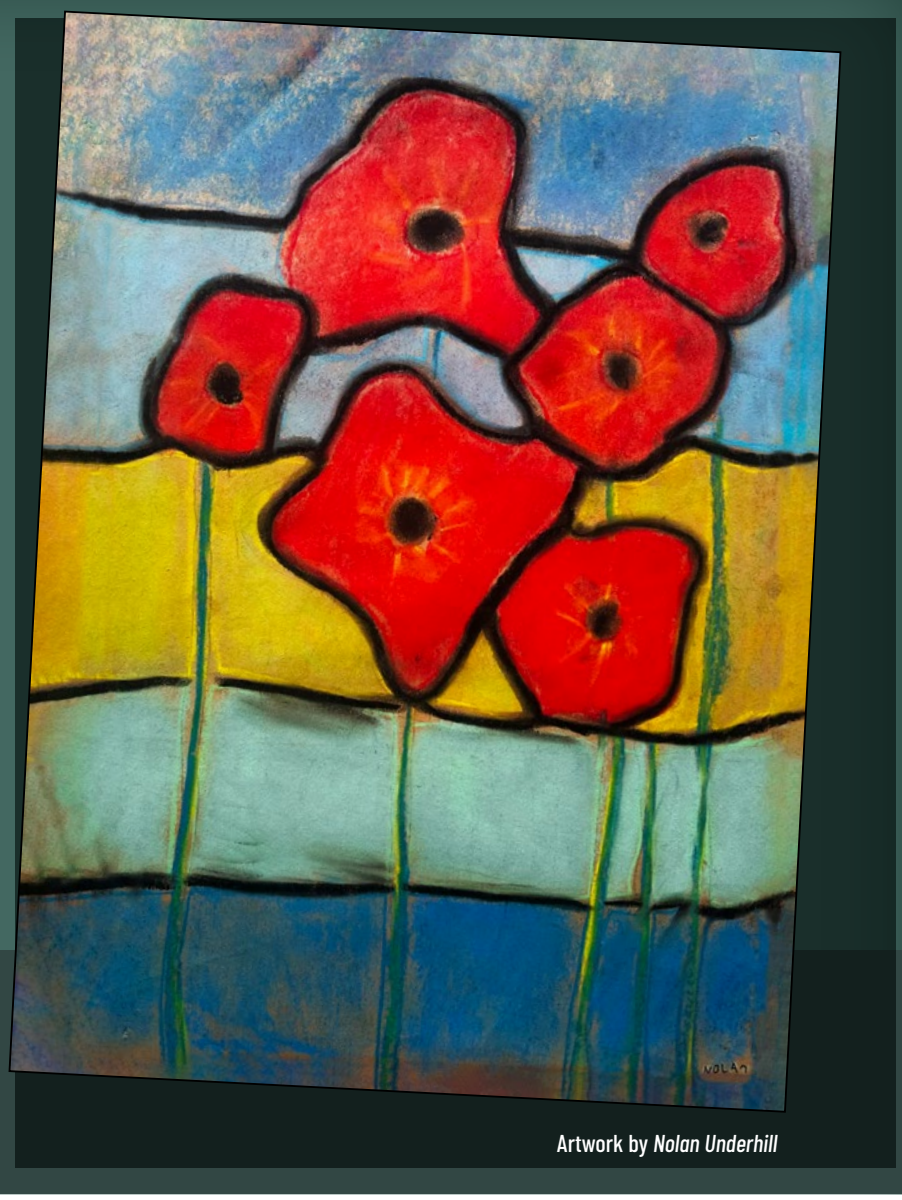
At the going down of the sun
and in the morning

We will remember them.

— Laurence Binyon

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FOR VETERANS AND FAMILIES

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Artwork by *Nolan Underhill*

Former sailor brings Canadian perspective to submarine sci-fi novel

By Ryan Melanson,
Trident Staff

A former Royal Canadian Navy (RCN) sailor has drawn on her experience in the fleet to write *SHIFT*, a science-fiction thriller centred on a Canadian submarine and its crew facing an unexplained phenomenon.

R.T. Wells served in the Regular Force from 2010 to 2016, leaving the Armed Forces as a Leading Seaman (now equivalent to Sailor 1st Class). Her career included postings in St. John's, Halifax and eventually to Esquimalt, B.C., where she further developed a particular interest in submarines.

Wells initially hoped to become a submariner when she joined the Navy, but instead found herself working with the Victoria-class fleet during a posting to Maritime Forces Pacific. There, she helped rewrite and reorganize submarine trial manuals, ensuring crews had clear instructions to conduct trials safely.

That experience eventually became part of the inspiration for her debut novel, which is set in 2013 and draws on the culture and working lives of RCN sailors and submariners.

"This book is absolutely saturated in personal experience," Wells said. "It very much explores the culture of submariners, their own sort of quirky lot in life, and how they end up in that role."

In *SHIFT*, the crew of the fictional HMCS Wolfville face an unusual challenge when their Victoria-class submarine begins inexplicably teleporting itself to different parts of the world at five-hour intervals. With each unexpected arrival bringing the vessel into unfamiliar waters, the crew must piece together the cause of the phenomenon while dealing with the attention it attracts from other navies.

Wells always had ambitions to write a novel, and a mentor in a creative writing course helped her settle on submarines as the focus after she considered several Navy-inspired story ideas. She initially played with a more traditional ghost story before developing the science-fiction mystery at the heart of *SHIFT*.

She describes the concept as "The Hunt for Red October meets Star Trek."

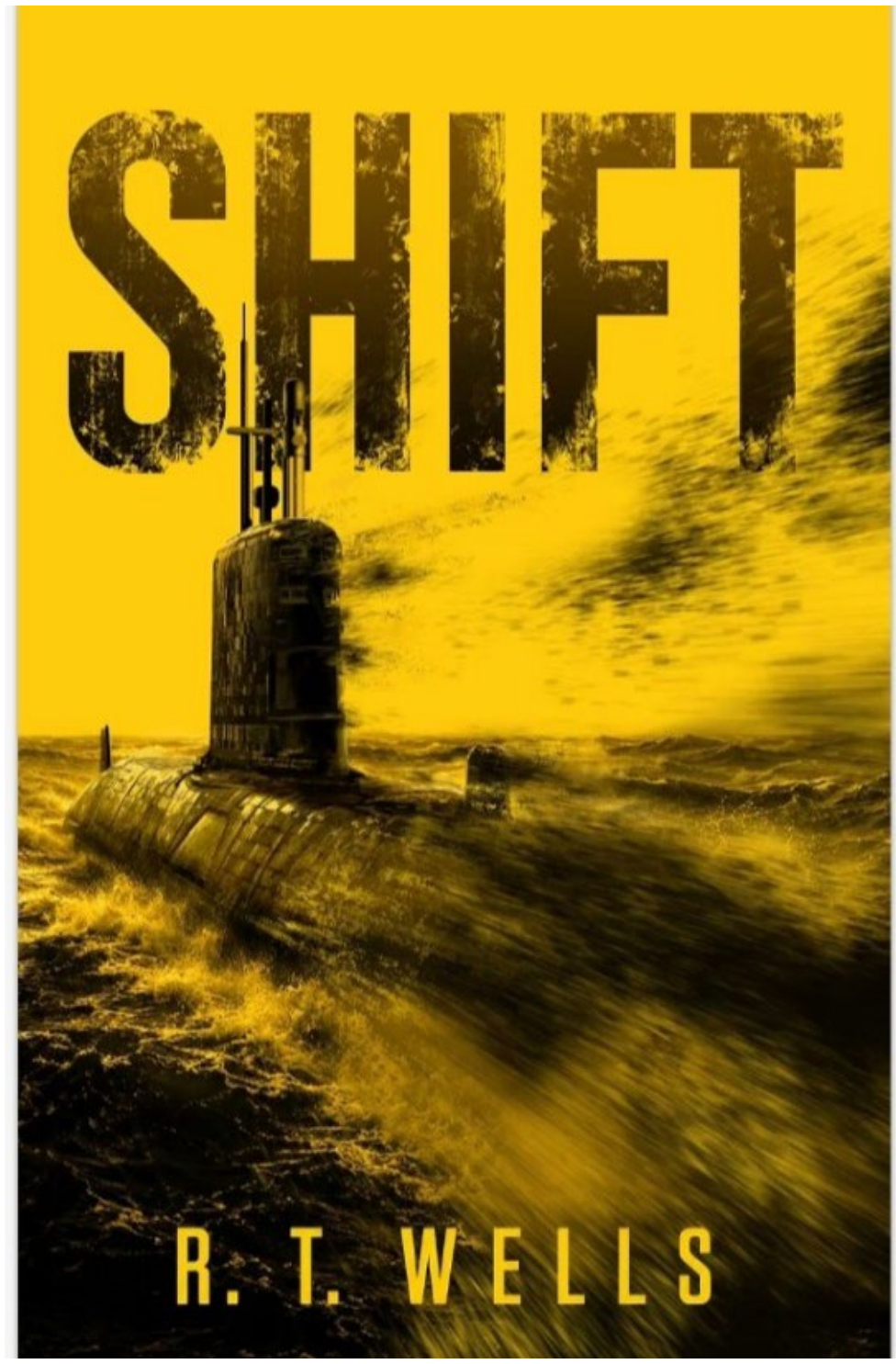
While researching and writing about the Victoria-class submarine presented some challenges, Wells believes the Canadian setting is also what helps distinguish the story from other military-inspired fiction.

"It's not the American story or the British story. It's our story, and that's what I think makes it truly stand apart. Tom Clancy got there before me, and Gene Roddenberry got there before me, but what isn't there in either of their storylines is us."

"It was incredibly satisfying to write about it," she added.

Now living in Alberta, Wells is planning to return to writing in the new year after focusing on launching *SHIFT*, which is billed as the first book in a planned trilogy.

SHIFT is available now in paperback and as a Kindle e-book.



RT Wells.

SUBMITTED

King's College panel explores military memoir writing

By Trident Staff

Military members and veterans with stories to tell about their service are invited to attend an online panel discussion hosted by the University of King's College on November 5.

The MFA Military Memoir Panel will feature Lynne Patterson, Pietra Shirley and Peter Winfield, graduates of King's two-year Master of Fine Arts (MFA) in Creative Nonfiction program. The panelists will discuss their books-in-progress, their experiences pursuing a graduate degree and how the program helped them develop and write their military memoirs.

They will be joined by Kelly S. Thompson, author of the memoir *Girls Need Not Apply: Field Notes From the Forces* and a mentor in the MFA program. The discussion will be hosted by Dean Jobb, Inglis Professor and director of the Creative Nonfiction cohort.

The event takes place November 5 at 8 p.m. on Zoom. Registration is required, with a link to join the event emailed to participants in advance.

For more information or to register, visit the University of King's College event page.







MARLANT members lend a hand at Camp Hill

Working together to honour those who served, members of Maritime Forces Atlantic teamed up with staff at the Camp Hill Veterans' Memorial Building for maintenance and garden clean-up to help prepare the grounds for the upcoming Remembrance Day Service.

The Camp Hill Veterans' Memorial Building is part of the QEII Health Sciences Centre's Halifax Infirmary site and is the largest veterans' long-term care facility in Atlantic Canada. Its roots go back to Camp Hill Hospital, which opened in 1917 to serve veterans returning from the First World War. The current building opened in 1987 to provide a home and continuing care for 175 veterans.

CPL MORGAN LEBLANC







MFRC staff from coast to coast were given a tour of HMCS Harry DeWolf during the MFRC Leadership Conference.

SUBMITTED

Guiding the Way: MFRC leaders gather to discuss military family support

By Angela Duckworth,
Halifax & Region Military Family Resource Centre

Military Family Resource Centres (MFRCs) are built on a commitment to support Canadian Armed Forces (CAF) families. The recent MFRC Leadership Conference in Halifax brought together Executive Directors, Business and Program Managers from across the country to reflect on that commitment, share experiences, and explore how MFRCs can continue to evolve in an increasingly complex environment.

Opening remarks from Capt(N) Annick Fortin, Base Commander of Canadian Forces Base Halifax, set the stage for meaningful discussions about the critical role MFRCs play in supporting military families and strengthening the broader Defence community. "As military members, our ethos is service before self. Protecting Canadians and safeguarding our nation are foundational to everything we do. And what we do would not be possible without the work of MFRCs across the country."

This was the first time a conference was held specifically by and for leaders from independently incorporated, non-profit, or Board-governed MFRCs. The two-day conference provided MFRCs with an opportunity to consider the changes within the CAF and among military families, and to focus on leadership, strategic thinking, and relationship building. For many leaders, the realities of day-to-day operations often involve responding to urgent needs and addressing emerging challenges. The conference encouraged participants to balance immediate demands with a clear vision for the future.

Panel discussions led by Carla Anglehart consulted Executive Directors on governance and relationship building through the lens of sustainable leadership. At the same time, Business and Program Managers participated in Phil Jewel's engaging workshop, Leading Beyond Your Comfort Zone, which encouraged attendees to embrace growth, adaptability, and the confidence to lead through uncertainty.

The Atlas Institute presented a workshop on how Military and Veteran Families are currently informing programs and services, exploring practical approaches to meaningful family engagement, and identifying actions they can implement within their own organizations. Each location serves a unique population with unique challenges, but while family support may look different at each base or wing, listening and responding to families is at the core of service delivery.

Corinna Heilman, Senior Vice President (ad interim), Military Family Services and other senior leaders shared their thoughts and took questions from the group. The conference concluded with a large group discussion which encouraged participants to think beyond current realities and imagine how military family support can continue to adapt to changing demographics, evolving family needs, and future operational requirements.

As military families navigate frequent relocations, absences, employment uncertainty, childcare needs, and transitions both into and out of military life, MFRCs must remain agile and responsive. Conference participants explored ways to strengthen services, improve collaboration, and create new opportunities to serve their communities better.

The conference reinforced that through continued relationship-building and shared commitment, MFRCs will remain well-positioned to support and advocate for Canadian Armed Forces families today and into the future.

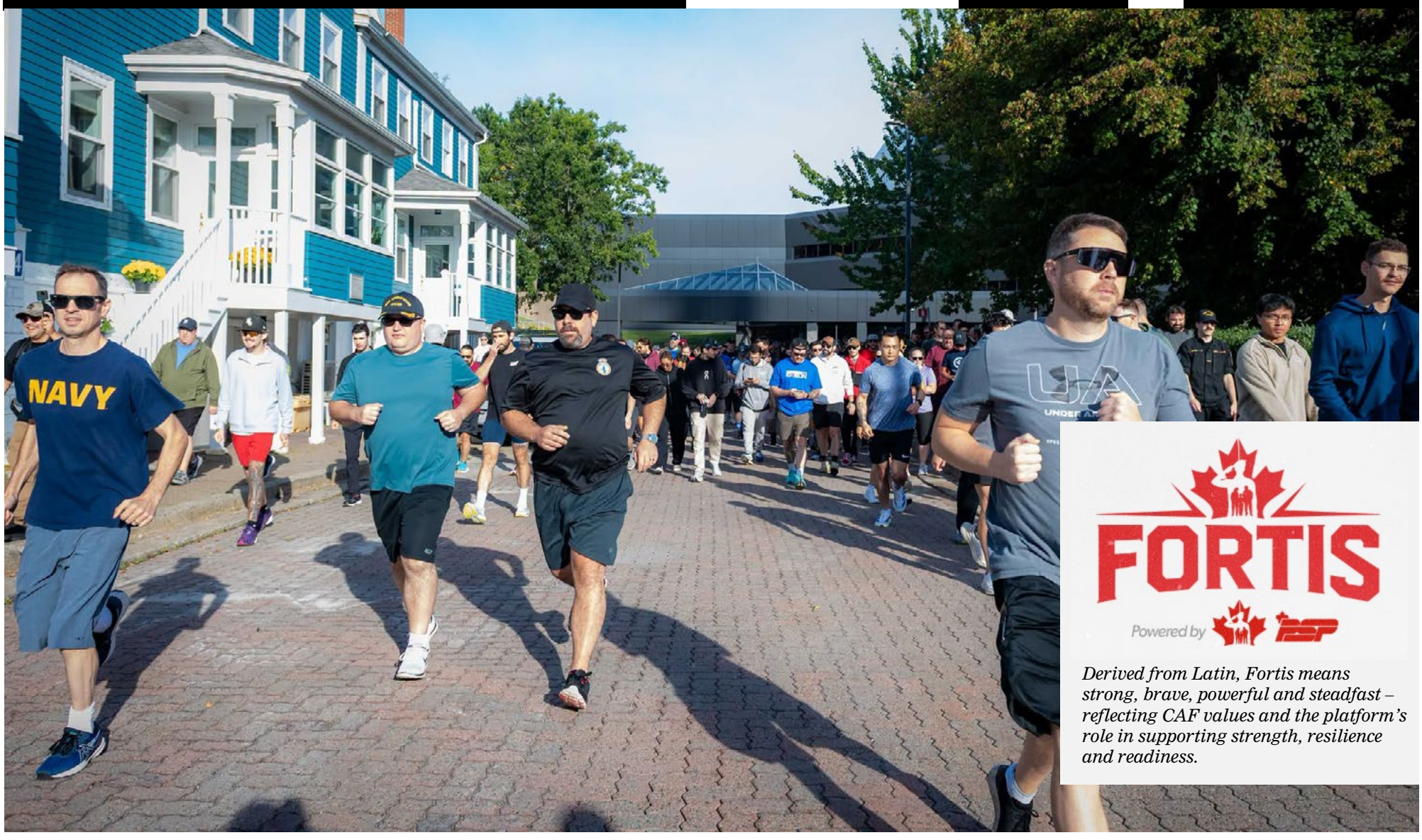


From left, Base Chief Petty Officer 1st Class Carlos Esquivel; Jackie Carlé, Executive Director, Esquimalt MFRC; Shelley Hopkins, Executive Director, Halifax & Region MFRC; Roza Parlin, Executive Director, Edmonton MFRC; and Captain (N) Annick Fortin, Base Commander, CFB Halifax.

SUBMITTED



SPORTS & FITNESS



Derived from Latin, Fortis means strong, brave, powerful and steadfast – reflecting CAF values and the platform's role in supporting strength, resilience and readiness.

CAF members now have access to a new physical performance platform designed to bring fitness and wellness resources together in one place.

MS JEREMY MORRIS

New physical performance platform for CAF members: Download Fortis now!

By CFMWS

As of September 15, 2026, Canadian Armed Forces (CAF) have access to Fortis, a secure, all-in-one fitness and wellness platform powered by Personnel Support Programs (PSP). It brings together fitness programs, FORCE preparation tools and wellness resources in one place to support operational readiness.

Fortis gives CAF personnel a single point of access to PSP fitness and wellness services. The platform was developed in partnership with Hexfit, a Canadian company specializing in fitness training software and digital coaching systems.

Members can:

- Follow structured training programs, including FORCE and FORCE Combat preparation, Pre-BMT Training and other fitness resources like CAF Fitness and Women's Wellness education.
- Access guided workouts and exercise demonstrations, online or offline.
- Track activity, progress and wellness data in one place.
- Connect with PSP fitness professionals for additional support, when available.

The new app replaces the previous platform, DFit.ca, which was launched in 2012. The flexibility of the platform is aimed at benefiting members whose schedules make it difficult to attend in-person fitness programming.

Fortis supports PSP's priorities related to digital transformation, innovation, and service delivery. CFMWS staff play a key role in promoting and supporting the app across the CAF. By complementing existing services, Fortis expands access to training and helps members track their progress beyond the gym, supporting a more consistent and accessible fitness experience.

Fortis was developed exclusively for CAF personnel with privacy and security at the core, and supports training anywhere, anytime – from local fitness facilities to deployments and remote postings. Members can train online or offline, regardless of connectivity. CAF members can visit CFMWS.ca/Fortis for key information, including how to download the app and get started.