



2024 AGM - Nominees

Nominations for Election of Officers:

- President (mandate will be until 2027 AGM),
- Secretary (mandate will be until 2026 AGM),
- Director at Large (mandate will be until 2026 AGM),
- Director at Large (mandate will be until 2026 AGM),
- Athlete Director (nominated by High Performance Committee, ratified at AGM, mandate will be until 2026 AGM),
- Vice President (mandate will be until 2025 AGM to complete mandate vacated by Shannon Doane due to president nomination).

Athlete Director: Serena MacRury | Nominated by: HPC

Serena MacRury was ratified as the Athlete Director in 2023, to complete the 1 year remaining in the role vacated by Maria Habchi. She has been nominated to continue the role of Athlete Director, for the next 2-year term. She has been a great voice on the board for the athletes, she does a great job looking out for their interests. Serena started karate in 2015 with Halifax Ryuseikan, she now trains with Performance Martial Arts. Her first year on the provincial team was 2018 and has become much more involved each year. She attends the strength and conditioning training sessions at the CGC and recently won bronze at her first international competition at the USA open. Serena works as a Veterinary Technician in Bedford.

Director at Large: Doug Chetwynd | Nominated by: Greg Da Ros

He has done an admirable job on the board in the Director at Large role the last 2 years. He participates in discussions, looks at multiple points of view and communicates well with members.

- 37 years training, Yon-Dan (4th degree black belt)
- Shido-in - ICKF instructor certification
- National B kata judge
- National B kumite judge
- Has competed locally, provincially, nationally (NKA & ICKF- Japan) and internationally (Soke Cup)
- Teaches adults and kids at Mukashi School of Karate

Director at Large: Daniel Benoit | Nominated by: Greg Da Ros

Daniel has been studying Chito Ryu Karate since 2016, training under German Sensei since 2017. He currently is one of the Junior Program Instructor at the club. Previously studied Tsuruoka Karate for 11 years, started in 1983. He has competed in multiple provincial and international tournaments. He is a certified Provincial Tournament Official, also holds a Black Belt level in World Taekwondo (WT). Daniel is a Managing Partner of Nova Imprint. Daniel was employed by Xerox for over 22 years before joining Nova Imprint Business Solutions as Managing Partner. Daniel has extensive experience in Xerox Office and Production solutions. His extensive customer service experience will benefit the association.



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Secretary: Ashley Carey | Nominated by: Jeff Murphy

Ashley Carey, a practitioner of Wado (East Coast Wado), would be a great fit for this position, she is a court reporter by trade and does similar clerking tasks daily. She has high quality recording equipment and could transcribe any meetings in-person or hybrid as required. In addition to her career, she is a Sandan at her club, assisting with some of teaching duties at the club. She also can be seen from time to time competing at tournaments and was one of the only members to reply with interest to our search for committee members. Ashley would be a great addition to the KNS board.

Vice President: Lorraine Lazier | Nominated by: Ralph d'Entremont

Lorraine started training in Shotokan in 1983 at Mount Allison University, achieving 1st kyu by 1987. She instructed karate while volunteering for 6 months in Kenya with Canadian Crossroad International in 1987-88. Lorraine trained in Goju Ryu while attending medical school at McMaster University 1988-91, and more sporadically in Shotokan in Halifax during her Family Medicine and Psychiatry residencies and Child and Adolescent Psychiatry Fellowship (1991-98). There was a lengthy hiatus in her karate training, during which she engaged in other sports, including kickboxing, kayaking, and swimming. Lorraine joined the Windsor Karate Club (WKC) in and has been a member of Shitoryu Karate Canada since, 2016. She attained Nidan with World Shitoryu Karate Federation in 2022 and has been an instructor with WKC since 2022. Lorraine has been on the WKC Board of Directors since 2017, and on the KNS Officials Committee since 2022. She has been officiating with KNS licensure since 2019. She currently is licensed as Judge A in Kata and Referee B in Kumite.

Lorraine has been involved in volunteer services since she was a teenager, starting as a candy striper in hospitals and an exercise instructor at a home for the blind. She taught biology, karate, volleyball and theatre in Kenya with Canadian Crossroads International in 1987-8. Over the years, additional volunteer positions include Co-Manager West Hants Wizards U15 Female Volleyball Team, Cellist, and Big Sister)

Lorraine was a clinical psychiatrist for the IWK at Valley Regional Hospital (1998-2002) and West Hants Community Hospital (2002-2015). She maintained a private practice in child and adolescent psychiatry and adult psychotherapy (EMDR) from 2014-2022. Lorraine also worked with the Medical Assistance in Dying program for one year (2018-19). Her clinical interests have included neurodevelopmental disorders, physiological and psychological effects of trauma, the Neurosequential Model of Therapeutics, Polyvagal Theory and self-regulation, Eye Movement Desensitization and Reprocessing, and Holistic Approach to Neurodevelopment and Learning Efficiency. She now sits as a psychiatry member on two tribunal boards for the province of Nova Scotia, having been appointed by the Governor in Council to the Involuntary Psychiatric Treatment Act Board in 2013 and the Criminal Code Review Board in 2022.

She also has been known to “act” a bit in her career with Mount Allison University, Citadel Dinner Theatre, Quick As A Wink, and Centre Stage.

There is no better way to start off her time with the KNS board, than Vice President!

President: Shannon Doane | Nominated by: Greg Da Ros

Shannon will be the longest tenured board member with the departure of Greg and Ralph. She has been integral in many of the decisions since 2016. During the last few years at Karate Nationals, she has accompanied Greg to the National meetings and thus has rapport with some of the key players at that level, and an understanding of what is expected. She has officiating experience, a former competitor, she is involved in coaching the team and runs her own dojo. She has also been instrumental in standardizing our document templates and policies, as well as maintaining the KNS Google drive. She has been very consistent in participation at the board level through the various positions she has held. As current vice president, the role of President is her next logical area of impact.



Shannon response to nomination:

“I began my karate journey in 1996 when I started training in Shotokan karate with the Halifax - Japan Karate Association.

Since then, I’ve been privileged to be involved in the world of karate through competition, coaching, heading my own dojo and volunteering at multiple levels in both my style association and Karate Nova Scotia.

Within Shotokan I have been fortunate to train, and learn from renowned masters such as Hirokazu Kanazawa, Keinosuke Enoda, Teruyuki Okazaki, Yutaka Yaguchi, Hideo Ochi, Shigeru Takashina, Masaru Miura, Shunsuke Takahashi, and Frank Woon-A-Tai. I have also been lucky enough to train with world kata champion Luca Veldesi.

In addition to training, I have served on the Board with Karate Nova Scotia since 2016 starting as a director at large, then secretary and currently vice president.

A quick rundown of some of my karate involvement and experiences:

- Head instructor of the Saint Mary’s University Shotokan Karate club since 2009.*
- Head kata coach for the Karate NS provincial team since 2021 and participated as the assistant coach since 2017.*
- Shotokan specific competition: Participated and medaled at many levels of competition including dojo, provincial, national, and international tournaments since 1997 in both individual and team kata/kumite events.*
- KNS specific competition: Received Senior Female Kata Athlete of the Year 2017-2019.*
- Served on the Job Creation Committee for the development of the Technical Director and High-Performance Coach job positions with Karate NS.*

Karate Nova Scotia has a vibrant membership from a wealth of different backgrounds and experiences across different styles. My hope is to be able to server the organization in a positive manner and continue to move Karate NS forward in our collective karate journey.”