

Nominations 2025

Vice President - Mandated until 2027

Treasurer - Mandated until 2027

Director - Mandated until 2027

Director - Mandated until 2027

Vice President

Peg Mumford | Nominated by Greg Da Ros

Peg Mumford, a practitioner of Shotokan (Murphy's Karate Academy), has held the role of Treasurer for the past 2 terms (3.5 years). She has done an amazing job and was instrumental in establishing our current financial procedures and enhancing accountability for the association.

Practicing Karate for over 13 years. Assistant coach at Murphy's Karate Dojo. Participated in numerous competitions. Officiated in provincial tournaments for last 2 years. Did scoring at numerous competitions including the Nationals in Halifax. Member of the Board (Director) of Karate Nova Scotia in 2021.

Treasurer

Gavin Jones | Nominated by Shannon Doane

Gavin practices karate at the Saint Mary's University Shotokan Karate Club and is currently a yellow belt student. Gavin is a Chartered Professional Accountant registered with CPA Canada. He has 9 years of accounting and finance experience having worked as an external auditor, financial accountant, and internal auditor. Gavin's experience with posting journal entries, budgeting, and preparing financial reports allows him to add value to the association in the treasurer role.

Director at Large

Lorraine Lazier | Nominated by Shannon Doane

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, the Karate NS board as Vice President for the 2024-2025 period, and on the KNS Officials Committee since 2022. She has been officiating with KNS licensure since 2019. She currently is licensed provincially as Judge A in Kata, Referee B in Kumite and this past year received Karate Canada license as Judge B in Kata and 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.

Director at Large

Ambuj Laroia | Nominated by Jeff Murphy

Ambuj Laroia stepped into the Director at Large role following the last AGM and has been a thoughtful contributor ever since. He supports the Treasurer, offers policy insight, and is known for his respectful and collaborative approach. A Wado-Ryu practitioner with CASK Halifax and

Six Sigma Yellow Belt certified, Ambuj brings valuable experience from his roles in municipal government, including Senior Performance Analyst and Financial Business Partner. His background in engineering and business, along with his passion for community building, makes him a strong asset to the association.

Director at Large

Ryan Sweeney | Nominated by Kevin Seyffert

I'm Ryan, and I have been with East Coast Wado for almost 2-1/2 years now. I'm a resident of Middle Sackville and have taken an interest in the community. My wife and I run a fitness studio on Sackville Drive, and I coach classes there 4 times a week, and when I can, I do some personal training in the evenings at the studio.

I'm a big believer in the power of sport, and what it can do for our kids and the community and is why I want to do more for our club, and community.