



Recreation Nova Scotia

Call for Nominations 2025/2026

Members of Recreation Nova Scotia (RNS) are encouraged to submit nominations for directors & officers to the attention of the *Chairperson of the Nominations Committee* by **Friday, October 3, 2025**. The proposed slate is circulated to members 14 days before the RNS Annual General Meeting (AGM) via email. Nominations will be accepted from the floor during the AGM taking place on **October 23, 2025, at the Holiday Inn in Sydney, Cape Breton**.

We, the undersigned, wish to nominate (print)

Agustina Cohen

for the Position of:

Student Director

Nominee Contact Information:

Agustina.Cohen@dal.ca or 902-478-9092

Mailing Address:

6302 Liverpool St

City

Province

Postal Code

Halifax

Nova Scotia

B3L 1X8

Email

Phone

Agustina.Cohen@dal.ca

902-478-9092



Please provide a brief biographical sketch of the nominee, which illustrates the relevant talents, skills, and abilities that the individual will bring to the position for which they are nominated.

Agustina has been part of the recreation community In NS for over 10 years. She has worked with the Adventure Earth Centre for 5 years and before that she was Junior Leader and camper.

She has continued to build her Recreation portfolio by getting certified In Paddle Canada courses, Wilderness Remote First Aid, High Five and HRM Recreation specific training.

She has been leading staff teams at the AEC for the last 4 years and know what It means to be part of deciding group that creates policies and best practices for the organization.

Currently, she Is working on her Master of Arts In Leisure Studies at Dalhousie University. She has been working on a project - Mobilizing the Health Benefits of Being In Nature Through Community-Based Participatory Research and Youth Engagement. Findings that she and her Professor Son Truong will be sharing at the year's Recreation NS Conference.

Agustina Is already on a path to being a leader In our province and she will be an asset to the board and It's members.

Signature of Member

Damion Stapledon

Signature of Member

Print Name
Damion Stapledon

Print Name

Phone
902-476-0399

Phone

Email

Email

Stapled@halifax.ca



Nominee Acceptance Form

- I accept this nomination and agree to stand as a candidate for election to the RNS Board of Directors for the position specified in the RNS By-Laws.

- I agree to the terms of the By-Laws, which state that RNS Board members must be members of RNS in good standing.

Signature of Nominee:

Agustina Cohen

Nomination Process

1. Application to be sent for review to the RNS Nominations Committee by **Friday October 3, 2025**.
2. An application must include four components:
 - The Board Application Form (available on the website)
 - The Call for Nomination Form (this document)
 - At least one Reference Letter supporting the candidate's application and
 - A Resume/Curriculum Vitae. *(on the way!)*
3. The Nomination Committee will review applications, check membership status, screen and interview nominees and make recommendations.
4. Additionally, the usual process of nominations from the floor of the Annual General Meeting will be followed. The AGM will take place on **October 23, 2025, at the Holiday Inn in Sydney, Cape Breton**.
5. If there is more than one nominee, each candidate will be given up to two minutes to address the membership if desired. If a nominee is not present, another member can read the prepared speech of the absent nominee.
6. The President-Elect nominee(s) will be given up to three minutes to address the membership.
7. In case of nominations from the floor, if elected, the candidate must pass the RNS Board Screening policy before assuming office.

Available Board Positions:

- | | |
|---|---|
| 1. President-Elect (1-year term, 4-year commitment) | 5. Director at Large (1 year) |
| 2. VP of Finance (2 years) | 6. Director at Large (1 year) *Current Director reoffering |
| 3. Recording Officer (1 year) | 7. Director at Large (2 years) *Current Director reoffering |
| 4. Student Director (1 year) | |



Note: The Recreation Nova Scotia [job descriptions](#).

RECREATION
NOVA SCOTIA

website contains detailed

Return the nomination form by October 3, 2025, to:
Recreation Nova Scotia Attention: Nominations Committee Chair
Email: gmounsey@recreationns.ns.ca



RECREATION NOVA SCOTIA

BOARD APPLICATION FORM 2025/2026

Date of Application (Print)

October 3, 2025

Name

Agustina Cohen

Mailing Address:

6302 Liverpool St

City

Province

Postal Code

Halifax

Nova Scotia

B3L 1X8

Email

Phone

Agustina.Cohen@dal.ca

902-478-9092

Please tell us about the relevant talents and abilities which you will bring to the Recreation Nova Scotia Board of Directors.

I bring a combination of education, practical experience, and strong communication skills to the Recreation Nova Scotia Board of Directors. I have over 10 years of experience working and volunteering in outdoor recreation in Nova Scotia, primarily through the Adventure Earth Centre (AEC), a nature-based recreation center offering year-round programming through the Halifax Regional Municipality Parks and Recreation department.

Over the past five years, I have worked in a managerial role at AEC, where I worked as part of a diverse team to deliver programming, maintained consistent communication with staff, and carried out a wide range of administrative responsibilities. This role deepened my understanding of community recreation operations and leadership. In addition, I am currently completing my Master's in Leisure Studies at Dalhousie University. Through this program, I have learned about foundational and contemporary theories in the field of recreation and leisure and have had the opportunity to apply them in practice through my research experience and community involvement.



These combined academic and professional experiences allow me to view issues in recreation from multiple perspectives. Additionally, through my work and studies, I've built strong relationships within the student community across the province, and I am committed to representing their voices and needs on the board.

What do you personally hope to achieve by volunteering on the Board?

As a member of the Board, I hope to deepen both my personal and professional understanding of the recreation landscape in Nova Scotia. As a soon-to-be graduate entering the field, I see this as a valuable opportunity to learn more about the diverse services, challenges, and opportunities within the sector, as well as the important role that Recreation Nova Scotia plays in supporting its members.

I am particularly passionate about increasing awareness of recreation as a viable and fulfilling career path for youth. I would love to advocate for opportunities to introduce high school and undergraduate students to the field and help connect young people across the province with volunteer and employment opportunities in recreation.

Through this experience, I also hope to build meaningful relationships with others in the sector and expand my professional network. My hope is that these connections will support both my own growth and my ability to contribute meaningfully to the recreation community over the long term.

Are you willing to travel within Nova Scotia to Board meetings up to 4 to 5 times per year? Meetings are typically full days (10am-3pm) in length with 1-2 overnights required. (all expenses are paid):

Yes

No

Do you have a criminal record involving theft, fraud, abuse or harassment, for which no pardon has been granted?

Yes

No

Under the laws of Canada and its provinces are you legally competent to conduct business and enter into contracts?

Yes

No

Will you participate in the RNS Board screening process and orientation before serving on the Board?

Yes



No

Do you consent to the disclosure of the information provided for the purpose of putting forward your candidacy?

Yes

No

Are you a current member of Recreation Nova Scotia?

Yes

No

Available Board Positions:

1. President-Elect (1-year term, 4-year commitment)
2. VP of Finance (2 years)
3. Recording Officer (1 year)
4. Student Director (1 year)
5. Director at Large (1 year)
6. Director at Large (1 year) *Current Director Reoffering
7. Director at Large (2 years) *Current Director Reoffering

Please indicate which positions you are applying for

Student Director

Application Signature

Date

September 25, 2025



Agustina Cohen

Please return...

- This application form**
- “Call for Nomination” form**
- Your resume/curriculum vitae**
- One reference letter**

Return the nomination form by October 3, 2025, to:

Recreation Nova Scotia

Attention: Nominations Committee Chair

Email: gmounsey@recreationns.ns.ca

Agustina Cohen

6302 Liverpool St, Halifax, Nova Scotia B3L 1X8
(902) 478-9092 - agusines@gmail.com

Education

Dalhousie University (Sept 2024-Present)

- MA in Leisure Studies

University of Prince Edward Island (2019-2023)

- BSc in Biology - Specialization in Life Sciences, First Class Standing, 4.25 GPA

Work Experience

Outdoor Program Specialist – Adventure Earth Centre (2025)

- Supported overnight summer camp through staff training and administrative coordination, contributing to efficient operations and camper safety.

Teaching Assistant - Dalhousie University (present)

- Supported instruction through leading tutorials, grading assignments, and providing academic assistance to undergraduate students.

Program & Youth Leadership Coordinator - Adventure Earth Centre (2021-2024)

- Managed senior staff and youth volunteers in day camp and overnight camp settings focused on teaching outdoor education for children and youth.

University Residence Office Assistant - University of Prince Edward Island (2020-2023)

- Used a variety of computer systems to maintain customer needs by corresponding with students, processing mail, and taking payments for meal plans.

Spanish and Biology Tutor (2018 -2023)

- Provided one-on-one instruction to students in Spanish and Biology.

Summer Camp Instructor - Adventure Earth Centre (Summer 2018, 2019)

- Facilitated activities for children 6-13 years of age at stay-away and day camps teaching outdoor and environmental education. Interacted with parents regularly.

Volunteering

Citadel High School Girls Rugby Assistant Coach (2024, 2025)

- Support head coach to organize and facilitate practices. Contribute to a safe and positive environment for all athletes. Help teach basic tactical and technical rugby skills to youth.

Canadian Red Cross Friendly Calls Volunteer (January-May 2023)

- Engaged in regular friendly phone calls to members of the local community with the aim to improve social engagement and mental health.

UPEI Women's Rugby High School Skills Clinics (2019-2023)

- Facilitated drills for beginner rugby players focusing on tactical and technical abilities.

Adventure Earth Centre and St Andrews Recreation Centre Youth Leader (2012-2017)

- Volunteered with children in outdoor/environmental learning-based summer camps.

Awards

Canada Graduate Scholarship Master's, *Dalhousie University* (2024)

- Awarded by the Social Sciences and Humanities Research Council for research excellence at the graduate level.

Leisure Research Congress Scholarship, *Dalhousie University* (2024)

- Awarded to incoming MA Leisure Studies student with high academic standing.

Gordon DeBlois Memorial Award, *UPEI* (2023)

- Awarded to the graduate who best combines academic and athletic endeavors.

UPEI Residence Life Award, *UPEI* (2023)

- Awarded to a student who shows outstanding leadership and contribution to residence life at UPEI.

Barb Mulalley Memorial Athletic Award, *UPEI* (2023)

- Awarded to a student athlete who displays the qualities of leadership and mentorship.

Academic All Canadian, *USPORT* (2021, 2022, 2023)

- Awarded to student varsity athletes with an average above 80%.

Certifications and Additional Training

Canadian Red Cross Remote First Aid and CPR/AED Level C Certification (May 2025)

- Demonstrated ability to apply first aid knowledge in a remote wilderness environment.

Paddle Canada Level 1 Skills Sea Kayak Instructor Certification (2024)

- Demonstrated appropriate skill level and completed qualification to teach and provide certification for sea kayak level 1 Skills under Paddle Canada.

Outward Bound Canada Training Academy for Outdoor Professionals (2023)

- Intensive outdoor leadership training to develop technical and relational skills to work in the outdoor industry.

Mental Health First Aid - Mental Health Commission of Canada (2023)

- Learned skills for providing initial help to individuals experiencing a decline in their mental well-being or a mental health or substance use crisis.

Non-Violent Crisis Intervention Training (2023)

- Learned de-escalating techniques and non-restrictive interventions for crises.

Gender-Based Analysis + Toolkit Training (2023)

- Completed in-person training and learned the analytical process to assess how gender-diverse people may experience policies, programs, and initiatives differently.

TrainCan Inc. BASICS.fst Food Handler Certification (2023)

- Completed online training and passed an exam to ensure customer and employee safety when handling food.

Delf B2 French Bilingual Certification (2019)

- Considered to have sufficient fluency in French to follow or give a talk on a familiar topic or keep up a conversation on a wide range of topics.

HIGH FIVE Certification (July 2017)

- Learned and applied the principles of healthy child development essential for quality recreational programs.