



RECREATION NOVA SCOTIA

BOARD APPLICATION FORM 2026/2027

Date of Application (Print)

September 21, 2026

Name

Elliot Hernandez

Mailing Address:

Nova Centre - South Tower 1500-1625 Grafton St

City

Halifax

Province

NS

Postal Code

B3J 0E8

Email

ehernandez@coxandpalmer.com

Phone

(902) 476-8956

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

I am a corporate lawyer with a broad practice spanning banking and finance, commercial real estate, general corporate commercial, and energy law. I have transferable skills, including reviewing contracts, evaluating risk and problem solving, and communicating effectively - skills that will translate well to being a member of a policy governance board. At Right to Play uOttawa, I helped organize and facilitate "play days" at local elementary schools and promoted the organization's goals, something that gave me hands-on experience in the promotion of play and recreation at a youth level. I also bring over eight years of experience as a soccer referee, which has given me the opportunity to engage directly with sport participants, apply rules and regulations fairly and clearly, and manage conflict in real-time. Personally, cycling, running, strength training, golfing, walking, disc golf and pickleball are regular parts of my life. I believe recreation provides great opportunities to connect with others and stay active, both of which I hope to help promote and encourage as part of the Recreation NS Board.

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

I hope to gain direct experience with non-profit board governance while contributing meaningfully to advocacy that promotes the benefits and values of recreation and leisure across the province. I have experienced what access to quality and safe recreation facilities and activities can do to improve the experience of those in the community. I have long been interested in facilitating community-level recreation, both at Right to Play uOttawa and as a soccer referee, and hope to have the opportunity to continue this through Recreation Nova Scotia's events and other activities as a member of the Board.



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 <i>Pending.</i> ☐ No

Available Board Positions:

- | | |
|--|--------------------------------|
| 1. Recording Officer (1 year)* - <i>Current Director Re-Offering</i> | 4. Director at Large (1 year) |
| 2. Vice-President of Monitoring (2 year) | 5. Director at Large (1 year) |
| 3. Student Director (1 year) | 6. Director at Large (2 years) |

*proposed by-law change at 2026 AGM to change this position to Director at Large (2 years)



Please indicate which positions you are applying for

Director-at-Large (1-year)

Application Signature

[Handwritten signature]

Date

09/21/26

Please return...

- ☐ This application form
- ☐ "Call for Nomination" form
- ☐ Your resume/curriculum vitae
- ☐ One reference letter

Return the nomination form by September 23, 2026, to:

Recreation Nova Scotia

Attention: Nominations Committee Chair

Email: gmounsey@recreationns.ns.ca



Recreation Nova Scotia Call for Nominations 2026/2027

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 Wednesday 23rd September. 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 14, 2026 at the Best Western – Glengarry, Truro.

We, the undersigned, wish to nominate (print)

Elliot Hernandez

for the Position of:

Director-at-large (1-year)

Nominee Contact Information:

Mailing Address:

Nova Centre - South Tower 1500 - 1625 Grafton Street

City

Halifax

Province

Nova Scotia

Postal Code

B3J 0E8

Email

ehernandez@coxandpalmer.com

Phone

(902) 476-8956



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.

I HAD THE PRIVILEGE OF GETTING TO KNOW ELLIOT AS HE WAS AN INTERN AT THE PROVINCE OF N.S. - DEPT OF ENERGY YEARS AGO.

HE DEMONSTRATED INITIATIVE, A KEENNESS TO GET INVOLVED IN PROJECTS, AND ABOVE ALL, A TEAM PLAYER, A POSITIVE, RESPECTFUL TEAMMATE. HAVING SERVED ON THE BOARDS - I THINK HE WOULD BE A GREAT FIT. A FIT FOR THE BOARDS & A FIT FOR A GREAT BOARD EXPERIENCE FOR ELLIOT. ☺

Signature of Member

[Handwritten Signature]

Signature of Member

Print Name

GABRIELLE RILEY GALLAGHER

Print Name

Phone

(902) 414-6009

Phone

Email

[Handwritten Email Address]
gabriellerileygallagher@live.ca

Email

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:

Nomination Process

1. Application to be sent for review to the RNS Nominations Committee by **Wednesday 23 September, 2026**.
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.
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 14, 2026, at the Best Western – Glengarry, Truro**.
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. Recording Officer (1 year)* - <i>Current Director Re-Offering</i> | 4. Director at Large (1 year) |
| 2. Vice-President of Monitoring (2 year) | 5. Director at Large (1 year) |
| 3. Student Director (1 year) | 6. Director at Large (2 years) |

Note: The Recreation Nova Scotia website contains detailed [role descriptions](#).

Return the nomination form by September 23, 2026, to:

Recreation Nova Scotia
Attention: Nominations Committee Chair
Email: gmounsey@recreationns.ns.ca

September 21, 2026

Via E-mail gmounsey@recreationns.ns.ca

Nominations Committee Chair
Recreation Nova Scotia

Dear Members of the Nominations Committee:

Re: Reference for Elliot Hernandez – Recreation Nova Scotia Board of Directors

I am pleased to provide this letter in support of Elliot Hernandez's application to serve as a Director-at-Large on the Board of Directors of Recreation Nova Scotia.

I have known Elliot for approximately a year and a half. I first worked with him when he was an articled clerk at Cox & Palmer and I was a Senior Associate. Following his call to the Nova Scotia Bar in June 2026, Elliot became a colleague of mine as an Associate with the firm.

During this time, I supervised Elliot's work on a range of client matters, including matters involving corporate and commercial law and regulated health professions. I came to know him as a thoughtful, diligent, and hardworking lawyer. He approaches his responsibilities carefully, exercises sound judgment, and communicates clearly. I came to trust the quality of his work and particularly value his reliability and commitment to following matters through to completion.

In my view, these qualities would make Elliot an effective director. His ability to analyze complex issues, identify and assess risks, work collaboratively, and provide practical and considered advice would serve him well in a governance role. He takes his professional obligations seriously and can be counted upon to prepare thoroughly, contribute constructively to discussions, and make decisions in the best interests of the organization.

I respect Elliot both personally and professionally and am confident that he would bring sound judgment, integrity, and a strong work ethic to the Board. I recommend his appointment to the Board of Directors of Recreation Nova Scotia without hesitation.

Michelle Lahey | Lawyer

Direct 902 491-4182 *Main* 902 421-6262 *Fax* 902 421-3130 *Email* mlahey@coxandpalmer.com
Nova Centre | South Tower, Suite 1500, 1625 Grafton Street, Halifax, NS B3J 0E8
Correspondence PO Box 2380 Central Halifax NS B3J 3E5

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Please feel free to contact me if I can provide any further information.

Yours very truly,

A handwritten signature in black ink, appearing to read "Michelle Lahey". The signature is fluid and cursive, with a large initial "M" and a long, sweeping underline.

Michelle Lahey
ML

Elliot Hernandez

(902) 476-8956 | ehernandez@coxandpalmer.com | <https://www.linkedin.com/in/elliott-hernandez/>

EDUCATION

Juris Doctor 2022 - 2025

Schulich School of Law, Dalhousie University, Halifax (NS)

- Clinton Havey Law of Succession Prize (2025), Howard Wetston Evidence Prize in Law (2025), Honourable Richard B Hanson Prize (Constitutional Law) (2024)

Honours Bachelor of Social Sciences in Economics (magna cum laude) 2018 – 2022

University of Ottawa, Ottawa (ON)

- Cumulative GPA (8.79); Dean's Honour List (2020 – 2022)
- University of Ottawa Admission Scholarship; Merit Scholarship (2020-2021)

WORK EXPERIENCE

Associate Lawyer August 2026 - Present

Cox & Palmer, Halifax (NS)

- Advise clients on a variety of corporate, real property, energy, banking and finance matters.
- Draft and reviewed transaction documents and various forms of agreements.
- Conduct legal research relating to client matters and draft corresponding research memos.

Summer Student & Articled Clerk Summer 2023 – Summer 2024, June 2025 – June 2026

Cox & Palmer, Halifax (NS)

- Drafted client letters, court documents, discovery reports and articles for publication.
- Conducted legal research relating to client matters and drafted corresponding research memos.
- Attended client meetings and provided written summaries to lawyers.

Match Official April 2017 – August 2025

Soccer Nova Scotia, Halifax (NS)

- Officiated games across youth and senior levels in the Halifax area.
- Enforced and interpreted the rules of the game fairly and ensured a safe playing environment.
- Advanced officiating skills through participation in an advanced refereeing cohort.

Junior Policy Analyst May 2022 – August 2022

Clean Electricity Team – Nova Scotia Department of Natural Resources and Renewables, Halifax (NS)

- Conducted policy research on solar PV installation, low-income electricity rate relief measures, green choice programs, and other topics to support team members.
- Drafted correspondence, research summaries, and a policy white paper.
- Performed data analysis, engaged with external stakeholders, and created slide decks.

Co-op Student & FSWEP Student January 2021 – December 2021

Globalization Measures Section – Statistics Canada, Ottawa (ON)

- Executed 25,000+ accurate data record linkages across large datasets for use in production.
- Designed SAS EG programs to extract data from a new database to supplement a program.
- Researched companies; conducted case studies; analyzed data; created slide decks; validated data.

Clean Growth Intern May 2020 – August 2020

Clean Growth Team – Nova Scotia Department of Energy and Mines, Halifax (NS)

- Conducted policy research and jurisdictional scans relating to clean growth strategies, summarized key findings for colleagues and presented an executive summary to Directors of the division.

- Drafted email correspondence and letters of support; attended committee meetings and webinars.

Operations Manager

Summer 2018 & Summer 2019

Debate Camp, Halifax (NS)

- Managed company-wide weekly payroll for 70+ staff; booked travel and accommodation; created logistics plans with school information for multiple staff teams in Canada and USA.
- Ordered and managed catering and bussing; booked all camper and staff travel for Overnight Camp.
- Performed over-the-phone client services; validated camper vaccination requirements.

EXTRA-CURRICULAR & COMMUNITY INVOLVEMENT

Committee Member

September 2023 – April 2025

Tenure and Promotions Committee, Schulich School of Law, Dalhousie University, Halifax (NS)

- Reviewed application packages and evaluated candidates for tenure, promotion and reappointment based on established criteria.

Weekly Caller

August 2022 – May 2024

Canadian National Institute for the Blind (CNIB), Halifax (NS)

- Engaged in one-on-one, scheduled weekly phone conversations with 15-20 blind or partially sighted individuals; developed friendly relationships with clients while informing them about events and answering inquiries.

Pro Bono Student

October 2023 – April 2024

Atlantic Refugee and Immigration Services (Salvation Army) – Schulich School of Law, Halifax (NS)

- Completed immigration applications, including permanent resident card applications and renewals, citizenship applications, and travel documents, during one-on-one meetings with clients.

VP of Finance

April 2023 – April 2024

Dalhousie Law Hour – Schulich School of Law, Halifax (NS)

- Managed financial accounts and expenses; ordered food for bi-weekly speaker series events.

Volunteer Tax Preparer

April 2021 – July 2021

Community Volunteer Income Tax Program, Halifax (NS)

- Filed tax returns for clients via one-on-one remote meetings on specialized e-filing software.
- Ensured secure communications and that all information was recorded with complete accuracy.

VP of Finance & VP of Internal Affairs

April 2019 – May 2021

Economics Student Association (ESA), University of Ottawa, Ottawa (ON)

- Prepared and presented biannual financial audits and budgets; reviewed and approved all executive spending; encouraged cost-saving measures organization-wide; sat on the Money Roundtable.
- Planned a New York City trip for 100+ attendees with a budget of \$33,000; managed ticket sales.
- Took minutes during weekly meetings and general assemblies; approved all volunteer hours.

Student Mentor

January 2020 – December 2020

PennyDrops uOttawa, Ottawa (ON)

- Delivered financial literacy lessons from PennyDrops curriculum to classes at local high schools.
- Facilitated group discussions on course material while maintaining a safe environment that encouraged questions and critical thinking about the topics.

VP of Finance

April 2019 – March 2020

Right to Play uOttawa, Ottawa (ON)

- Managed financial accounts and expenses; facilitated scheduled activities with local youth.