



RECREATION NOVA SCOTIA

BOARD APPLICATION FORM 2026/2027

Date of Application: 22nd September 2026

Name: Kyra George

Position: Student Director (1-year)

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

I have participated, coordinated, and planned many volunteer events in the past. These events have been for as follows:

- church women organization (The Relief Society) activity to celebrate annual birthday
- church Christmas parties for upwards of 100 people
- directing and organizing field trips, recreational activities, and songs with the young children and primary group I teach through the church organization I belong to
- Goodlife4kids, I was responsible for a one hour recreational/physical activity with children ages 10-14 years twice a week for one year. I facilitated positive movement through games (competitive and coordination), yoga classes, and dance routines
- YogaFit instructor, I worked with GoodLife Fitness women's gym above the Joe Howe Superstore for one to two years. I was responsible for planning and facilitating inclusive movement in the YogaFit style of "every Body welcome" and providing modifications and positions to women with every body type and ability.

*The skills I will bring to the RNS Board are:

- Facilitating inclusion support strategies
- Neuro divergent empathy support and resources for young adults and children
- Experienced yoga instructor for all body types and skill levels
- Knowledge, patience, and coordination with neuro-divergent children and young adults
- Community outreach support in meal preparation, self taught basic culinary skills, and food preparation
- Continuing Care knowledge and (CCA) certification working with seniors in long term care health facilities and their homes
- Public speaking and lesson planning for children, youth, and adult classes



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

My goal is to create friendship bridges and support for those people and participants who do not have enough support or a voice to public outreach. I hope to be the example through proper support systems our community members can feel heard and validated through their various stages of life.



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)

Rebecca Kyra George

for the Position of:

Student Director

Nominee Contact Information:

Mailing Address:

25 Montgomery Court, Apt. 218

City

Province

Postal Code

Halifax

NS

B3M 4L9

Email

Phone

r.kyragorge@gmail.com

(902) 292-3703

or

rh454304@dal.ca



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.

Signature of Member

[Handwritten Signature]

Signature of Member

Print Name

Dr. Barb Hamilton-Hinch

Print Name

Phone

902-222-5133

Phone

Email

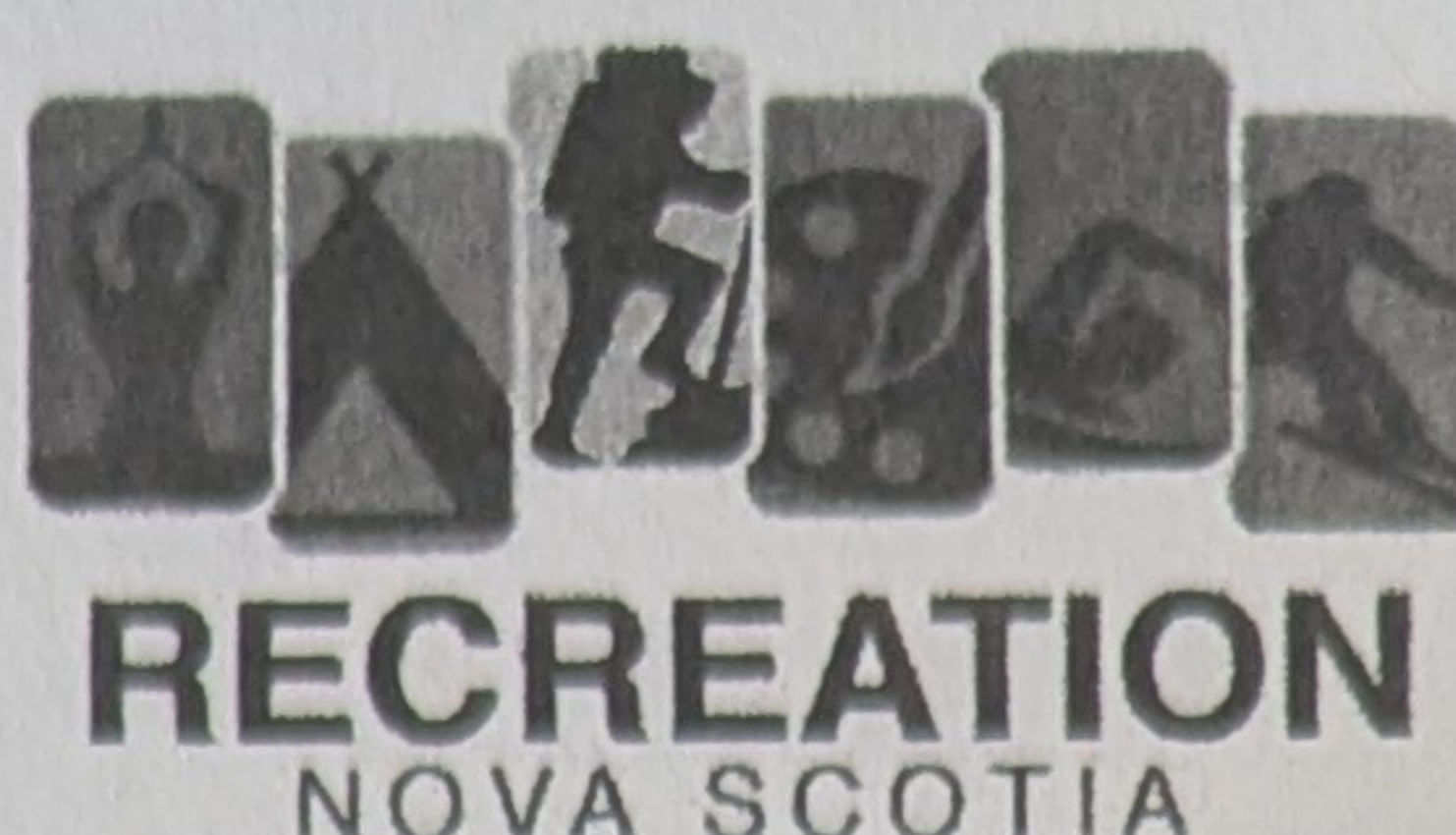
b.hamilton-hinch@dal.ca

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:

Gym George

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



DALHOUSIE
UNIVERSITY

Dr. Luc S. Cousineau, PhD
Program Director | Instructor | Internship Coordinator
Recreation Management, School of Health and Human Performance
Dalhousie University
Luc.Cousineau@Dal.ca

September 27, 2026

Nomination Committee
Recreation Nova Scotia
6156 Quinpool Rd,
Halifax, NS B3L 1A3

Re: R Kyra George – Student Director Nomination

To Nomination Committee,

I am writing to lend my support for the nomination of R Kyra George for the position of student director on the Recreation Nova Scotia Board of Directors. Kyra is a single parent returning to university with the intention to create a better future for her family while simultaneously creating a more inclusive atmosphere for those who live with an intellectual or cognitive disability. She hopes to reach out and create bonds with like-minded people who share the same values of inclusivity, diversity, leadership, culture, and perspective.

As the mother of a very active child with ADHD and in her professional life working with members of the neurodivergent community, Kyra has firsthand experience seeing how inclusion support education can change perspective on everyday life situations. In the brief time she has been in our program, Kyra has already begun to bring that experience to bare in class to help enhance the learning of her peers. I believe that she would bring that energy to work on the RNS Board.

While Kyra is new to our program, I believe that she will make a valuable contribution to our program and the learning of her peers. Her initiative in reaching out to seek support for her nomination to the Board is evidence that she both sees the value on the work of RNS and believes that she can contribute. I support her in that effort. Thank you for considering her nomination.

Kind regards,

Dr. Luc S. Cousineau, PhD

Kyra George

Halifax, 25 Montgomery Court NS

r.kyrageorge@gmail.com

(902)292-3703

Career Objective:

Continuing Care Assistant working in the healthcare field for over 9 years experience in caring for our aging and intellectually disabled community. Passionate about work-life balance education, support through community outreach and inclusion support programs, providing emotional and intellectual tools in youth programs, and seeking opportunities in fostering change in the local community.

Qualifications:

- Attention to detail
- Efficient under pressure
- Modern Digital Literacy & Communications
- Organizing critical documents
- Meal preparation
- Quick problem solver
- Reliable transportation
- General housekeeping ability
- Personal care maintenance and grooming experience
- Trained in mindful meditation and exercise therapy support
- Event and activities coordinator experience
- Alzheimer's and Dementia training

Work Experience:

Continuing Care Assistant (CCA) *Shannex Parkstone Enhanced Care* November/2022–Present

- Assisting residents with their ADL's: personal hygiene, bathing, personal care, skin care, oral care, meals, and mobilizing residents per their care plan
- Performing delegated nursing tasks per company policy and scope of practice
- Attention to detail in resident's care
- Effective communication to supervisor on safety changes with residents

Personal Care Worker *Home Instead Senior Care* September/2018–November/2022

- Schedule client appointments and transport clients for errands and doctor's visits
- Perform housekeeping duties and sort incoming mail
- Change linens, launder clothing and assisted with personal care
- Medication reminders and organization
- Follow family and healthcare plans and complete therapy activities with clients
- Prepare food and cook while organizing meals for the week
- Assist with transfers and mobility issues when needed

YogaFit Group Exercise Instructor *GoodLife Fitness* June/2014–April/2017

- Instructed a weekly yoga class for up to twenty-two members for one hour
- Prepared a safe space for members to feel welcomed and valued in their practice
- Safely guided members into complex yoga positions while being mindful of the time allotted for the class
- Communicated knowledge on breathing techniques and proper positioning in poses

Activities Coordinator Assistant

*Halifax Association for
Community Living*

July/2016–April/2017

- Worked closely with young adults with intellectual disabilities
- Prepared participants to use life skills within their community
- Created engaging activities which assisted in gross motor skills, mindfulness, healthy communication and habits
- Supervised and planned weekly outings to various local HRM attractions while educated participants on how to use Halifax Metro Transit
- Worked with families and taught life skills and healthy boundaries

Education:

- Dalhousie University – Student (BScR-TR) September/2026 - Present
- Eastern College – CCA diploma April/2022–March/2023
- CanFit Pro/GoodLife Fitness - Yoga Instructor November/2016
- Center for Arts and Technology - Digital Photography October/2011
Center for Arts and Technology IDEALS award

Volunteer Activities:

Youth Sunday School Teacher

January/2026 – Present

- Teaching youth fourteen to sixteen years of age twice a month, the concepts offered in the scriptures
- Fostering constructive and analytical thinking strategies in correlation to real life situations
- Communicating shared teaching techniques and responsibilities with a co-teacher each week

Activities Coordinator

September/2021–December/2024

- Organise delegation activities for up to seventy women of the Halifax Church of Jesus Christ of Latter-Day Saints called The Relief Society
- Design layouts for dinners and events in the church's cultural hall, while coordinate with the other women leaders of the church

Children's Primary Teacher

January/2018–January/2019

- Prepared and organized a gospel lesson to children between the ages of five to seven years of age once a week, while creating a fun energetic atmosphere
- Taught primary songs and helped develop fine motor skills

Librarian

January/2013–June/ 017

- Created and printed out the weekly church program for Sunday service once a week
- Organized the preparation and distribution of office materials in the library, while managing printer duties

Yoga Instructor

May/2014–August/2015

- Organized one hour yoga class to children at the Sackville Smokey Drive Elementary School in Lower Sackville
- Organized regular yoga classes for the Music and Movement program for Halifax Association for Community Living
- Organized a meditation and mindfulness yoga class for women of all ages for the Relief Society women's group at the Church of Jesus Christ of Latter-Day Saints