

MWF News and Updates

June 2025 - Candidates for Executive Positions



We're excited to announce our candidates for the available Executive Positions. We will be formally welcoming our new Board Members at the AGM being held on Monday, June 23, 2025 at the Greenfoot Energy Centre at 7pm. All MWF Members are encouraged to attend (in-person or virtually). As per MWF by-laws any open Executive Position with two eligible candidates must go to vote. Our Vice President Finance is the only position that has two candidates stepping forward.

AGM: Monday, June 23, 2025, 7pm to 8:30pm
Greenfoot Energy Centre

EXECUTIVE VICE PRESIDENT: ROY VANDERMAAR



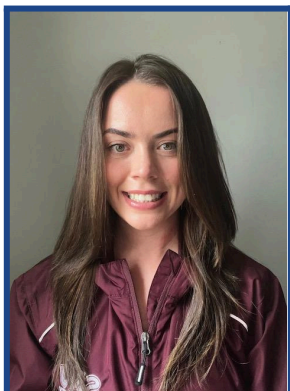
As the current General Manager of Greenfoot Energy Solutions, I bring over a decade of executive experience leading and scaling a business from a regional start-up to an Atlantic Canadian success story employing more than 1,000 people. My career has been built on a foundation of strategic planning, operational excellence, process development, and strong team leadership—skills I look forward to bringing to the Executive Vice President role with the Metro West Female Hockey Association (MWFHA).

I am deeply passionate about the development and empowerment of young athletes through sport. My daughter's participation in female hockey has not only introduced me to this incredible community but has also sparked a personal commitment to helping shape a sustainable, inclusive, and high-performing future for our athletes.

In alignment with the responsibilities of the Executive Vice President role, I offer strengths in long-term planning, financial stewardship, organizational structure, and board accountability. I thrive in environments that require cross-functional collaboration, performance tracking, and the ability to adapt strategy based on real-world results. I am also well-versed in conflict resolution and team dynamics—skills that I believe are critical to effective board leadership.

I am honoured to be considered for this position and look forward to the opportunity to support the President and fellow Directors in delivering on the MWFHA's strategic goals, while continuing to grow the game and its impact for female athletes across our region.

VICE PRESIDENT, PLAYER DEVELOPMENT: NICOLE LOWE



Hockey has been a core part of my life for as long as I can remember. I fell in love with the game at a young age, playing locally in Nova Scotia before competing across North America, Sweden and Finland. After hockey, I continued my athletic journey in varsity field hockey, representing both Saint Mary's and Carleton University. Competing in two sports at a high level gave me a deep understanding of player development, teamwork, and the importance of creating positive athletic environments.

I've coached across multiple levels, in both assistant and goalie-specific roles with organizations like Hockey Nova Scotia's High Performance Program, Atlantic Hockey Group, Metro East Inferno, Ontario Women's Hockey Association and Saint Mary's University Field Hockey. Coaching for me is about more than just skill development - I focus on environments where athletes feel supported, confident, and challenged to grow.

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Off the ice, I work with Jack.org, a national youth mental health organization where I lead the design and improvement of programs that prioritize youth wellbeing. My work in the youth mental health space continuously reminds me how powerful sport can be when it's rooted in inclusion, safety, and development on and off the ice.

I'm excited about the opportunity to serve as VP, Player Development, where I can combine my love of hockey with a commitment to building strong, supportive development pathways for female athletes. My hope is to help build a system where every athlete, no matter where she starts, feels like she belongs in the game and can see just how far she can go. I look forward to hopefully seeing you all around the rink very soon!

VICE PRESIDENT, FINANCE

We have two candidates for Vice President of Finance, Lisa Park and Laura Johnstone.



LISA PARK, Candidate for Vice President Finance

With over 28 years of experience in financial management, leadership, and strategic operations, I have developed a skill set that I believe would align well with the VP Finance position at Metro West Force. My background includes managing financial programs and achieving cost savings through effective negotiations. As a Chartered Public Accountant, I have also been able to hone my expertise in financial compliance and oversight.

Currently, I serve as the Director of Strategy and Operations at KPMG, where I collaborate with senior leadership to provide strategic financial guidance, ensuring our execution plans align with organizational goals. In my previous role as Director of Total Rewards, I focused on designing programs for compensation and benefits while emphasizing best practices in compliance.

I also have a personal connection to MWF as a parent of a daughter who has played at multiple levels within the league since U9. This past season, I served as the treasurer for the U13AAA Red team where I was accountable for the financial oversight of the team budget. Also, in collaboration with the VP Membership Growth, developed an accessibility policy that aims to become part of the MWF guidelines next season.

I am committed to financial sustainability and passionate about promoting an inclusive environment for women in sports. I genuinely hope my experiences and dedication can make a positive impact in this volunteer role.

KELLY JOHNSTONE, Candidate for Vice President Finance

Deloitte LLP, Partner: Held Various Leadership positions in Deloitte for both Audit and Assurance and Operate Next working with organizations of all sizes with a focus on efficiency, value and quality in finance operations for organizations of all sizes.

BDO and KLM, Partner/Owner: At both BDO and at KLM Financial my focus was on maturing the finance and accounting function for small organizations looking to ensure that they are able to mature their finance organization with a focus on strategy, catalyst roles of the Finance team as well as improving internal controls, processes and reporting to various stakeholders.



Cobham PLC and Interactive Circuits and Systems ("ICS"): Various Senior Finance and Leadership roles: Cobham PLC was a \$4billion Aerospace and Defence Company where I held both local and global VP of Finance roles for our Surveillance Division and also held the role of General Manager for one the of the business units during my seven years at this public company. In the role of General Manager, I was responsible for all aspects of the organization including Finance, Technology, Sales and Manufacturing. ICS was a Global Aerospace and Defence company part of a UK based public company where my responsibility was CFO of North America.

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Ernst & Young: Spent 7 years in audit and assurance focussing on auditing for public, private, government and not for profit organizations.

Relevant Work Experience Held various finance roles where I provided quality financial reporting for Not of Profits, Government, and private organizations with a focus on finance leadership roles for small organizations looking to mature their finance function from a process, people, controls, data and technology lens that was right sized for their organizational size. In addition, all of my positions included providing strategic financial leadership for the organizations CEO, Managing Director and Board.

Volunteer Experience:

Board Member and Treasurer: Ignite Labs | Ocean Technology Council of Nova Scotia | Meopar

Advisory Council and Mentor: Dalhousie Emera ideaHub | The ReCover Initiative (Mentor Local Female Managing Director for a newly created Not for Profit)

Hockey Coach: Metro Force West as Head Coach and Assistant Coach over three years | Bedford Minor Hockey as Assistant Coach for three years

VICE PRESIDENT, RECREATIONAL HOCKEY: JEN CLARKSON

I'm excited to put my name forward for the role of VP Recreation Hockey. Over the past five seasons, I've volunteered with MWF in various roles—including safety rep, dressing room monitor, and most recently as the U11–U13 Rec Coordinator during the 2024–2025 season. As part of that role I helped plan and host the 2025 Force Cup, and our year end Day of Champions.

I was raised in a hockey-loving family and have always had a strong passion for the game. I'm a firm believer in female hockey and the importance of accessible, inclusive programs. Recreational leagues are essential for introducing new players to the sport and giving returning players a fun, supportive space to continue playing.

I'm committed to growing our Rec program in both numbers and age groups. As the foundation of our association, Rec players deserve early planning and meaningful development opportunities—just like our competitive players. Too often, Rec teams are formed after tryouts, leaving players waiting well into October. I would love to see and foster an earlier formation of Rec teams with players who have registered expressly for our Rec program, thereby allowing for an earlier and smoother start to their season.

Outside of hockey, I'm a Nurse Practitioner with a Master of Nursing degree. I bring strong organizational, leadership, and communication skills to every role I take on. I'm passionate about creating a positive experience for all players and ensuring Rec hockey gets the attention and support it deserves.



VICE PRESIDENT, MEMBERSHIP EXPERIENCE: MICHELLE FLANAGAN

I am excited to put my name forward for a second term as Vice President of Membership Experience. Over the past two years, I have been proud to serve our organization in this role, by creating opportunities for players and families to share their experiences. Through providing these opportunities, participating in them and sharing the feedback, we are all able to work together to foster positive player experiences, while supporting the growth of girls' hockey in our community. As a hockey mom of two kids, with my youngest daughter preparing for her sixth season with Metro West Force this fall, I bring both personal and organizational experience to this position.

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Professionally, I am an elementary school teacher. Every day I see the incredible benefits that participation in sports brings to children. Hockey teaches commitment, hard work, cooperation, and resilience—skills that transfer far beyond the rink. The friendships and confidence that young athletes build through hockey and being part of a team, are often just as meaningful as the on-ice accomplishments.

I am especially passionate about keeping girls in sports. I believe, as the largest female association in our province, MWF offers a unique opportunity to set an example in creating environments where girls can see themselves represented, challenged, and celebrated. However, I also recognize that there are real and persistent barriers to girls' continued participation in sports, and I am committed to helping our association address these challenges thoughtfully and proactively. As VP of Membership Experience, I will continue to listen to our members and prioritize initiatives that support our players and their families, ensuring our hockey community remains strong, inclusive, and focused on long-term engagement and growth.

VICE PRESIDENT, ADMINISTRATION AND COMMUNICATION: MICHELLE LUCAS

I'm looking forward to stepping into my third year as Vice President of Administration and Communication with Metro West Force. My journey in the hockey world began when my youngest first laced up her skates, and since then, I've been happy to volunteer in any way possible, including fundraising organizer, dressing room monitor and team manager. I'm a proud Goalie mom to a U15 player, and this will be our 6th season with Metro West Force. Our hockey journey started with the Purple Puck Stealers at TASA, and since then, we've been lucky to grow alongside an incredible hockey community.

It's inspiring to witness the continued growth of female hockey, and I'm proud to be part of that movement. Through my years of volunteering, I've gained a deep understanding of the hard work happening behind the scenes. This has only strengthened my commitment to the growth of female hockey. I'm passionate about creating a safe, welcoming environment where our players can develop, thrive, and succeed both on and off the ice.

One of our main goals at MWF is to ensure that all members are up-to-date on all MWF matters. I believe clear, consistent communication is key to ensuring Members feel connected and well informed.