

Why I Am Running for Leader of the Nova Scotia Liberal Party

A Province in Managed Decline

Nova Scotia is a place of extraordinary beauty, resilience, and history. It is defined by strong communities, hard-working people, and a deep sense of identity. But beneath that identity lies a growing and undeniable truth: Nova Scotia is in managed decline.

This decline is not sudden or dramatic. It is slow, persistent, and corrosive. It shows up in the rising cost of living, worsening access to healthcare, unaffordable housing, and the growing sense among Nova Scotians that life is becoming harder, not better.

According to Statistics Canada, Nova Scotia consistently ranks among the provinces with the highest rates of food insecurity. In 2022, 28.9% of households were food insecure – the highest rate in the country. At the same time, the province's poverty rate stood at 13.1%, also among the highest in Canada.

The cost of living has risen sharply. Inflation has driven up the price of food, energy, and housing at rates that far outpace wage growth. Electricity rates in Nova Scotia are among the highest in the country. Rental costs have surged, with many communities seeing double-digit year-over-year increases, while wages have failed to keep pace.

Housing affordability has deteriorated significantly. Data from the Canada Mortgage and Housing Corporation shows increasing rates of core housing need, while homelessness has grown in both urban and rural communities. For many young Nova Scotians, the dream of homeownership is no longer realistic – it is out of reach.

Healthcare outcomes have worsened. The number of Nova Scotians without access to a family doctor has surged, emergency room closures have increased, and wait times continue to grow. The Auditor General has described key aspects of the system as being in a "critical state."

These are not isolated problems. They are interconnected symptoms of a broader failure of governance and vision.

Nova Scotia is not failing because of a lack of potential. It is failing because of a lack of bold leadership, decisive action, and honest accountability.

That is why I am running.

An Underdog, Not a Politician

I am not a career politician. I am not someone who has spent years navigating party structures, shaping views to fit political convenience, or learning how to manage decline rather than confront it.

I am an underdog in this race – and that is precisely why I am running.

Nova Scotia does not need another politician trained to preserve the status quo and make backroom deals. It needs a leader willing to confront reality head-on. A leader who understands sacrifice, risk, and responsibility – not in theory, but in practice.

My background is not in politics. It is in service.

I served in the Canadian Armed Forces with the 3rd Battalion, Princess Patricia's Canadian Light Infantry. I was trained to operate in high-risk, high-stakes environments where decisions carry immediate and irreversible consequences.

In 2012, I was awarded the Queen Elizabeth II Diamond Jubilee Medal in recognition of my commitment to safeguarding Canadians and my demonstrated leadership and courage.

In 2022, I decided to travel to Ukraine and take up arms in defence of the country against Russia's naked aggression and genocide. I did so fully aware that this decision could result in my torture or death if captured.

That decision was not about politics. It was about values.

It was about defending the principles and values Canadians hold dear – freedom, democracy, and the rule of law.

I have lived in environments where chaos is real, threats are immediate, and hesitation costs lives. I have been tested in ways that few people ever are.

I am a battle-tested soldier. I have taken lives in defence of the values I hold dear and to protect those beside me.

That is not something I say lightly. It is not something I glorify. But it is something that fundamentally shapes who I am.

It taught me discipline, accountability, and clarity under pressure. It taught me that leadership is not about words – it is about action. It is about responsibility for outcomes.

Nova Scotia needs this kind of leadership.

Leadership Forged in Discipline, Control, and Responsibility

My experience confronting harm did not end with military service.

I have spent years conducting and supporting human trafficking investigations, child sexual exploitation investigations, and complex cases involving Com networks, online criminal ecosystems, and nihilistic violent extremism. I have worked in the space where violence, coercion, and radicalization merge with technology – where exploitation scales faster than law, where systems lag reality, and where failure leaves permanent damage.

This work allows no indulgence. It is exacting, relentless, and intolerant of error. It demands emotional control, precision under pressure, and the ability to act decisively while surrounded by human suffering. Hesitation compounds harm. Distraction costs lives. Responsibility is unavoidable.

Over time, this work stripped leadership of illusion. What remained was discipline. What remained aligns with a framework older than modern institutions and harder than modern politics: Stoicism.

Stoic leadership is not philosophical decoration. It is command under uncertainty. It is the refusal to be ruled by fear, anger, ego, or chaos. It is the discipline to act within one's control and the resolve to accept responsibility without excuse.

These principles are not adopted. They are internalized.

I have operated in environments where emotional volatility destroys judgment, where panic outruns truth, and where indecision multiplies harm. In those conditions, leadership reduces to self-command, restraint, and moral consistency. The Stoic virtues – courage, temperance, justice, and wisdom – are not ideals. They are requirements.

Today, they are non-negotiable.

Social media and artificial intelligence now function as force multipliers. They accelerate outrage, distort perception, enable exploitation, and weaken social trust at scale. Extremism adapts faster than institutions. Exploitation outpaces law enforcement and legislation. Leadership based on performance, grievance, or impulse collapses under these kinds of conditions.

Stoic leadership does not react – it governs. It does not posture – it decides. It does not outsource responsibility to emotion, ideology, or noise. It imposes order through discipline and acts without theatrics.

Marcus Aurelius captured the standard plainly:

“You have power over your mind – not outside events. Realize this, and you will find strength.”

That principle governs how I live and how I lead.

I do not claim control over an unstable world. I claim control over judgment, restraint, and action. I decide under pressure. I act without excuse. I accept responsibility without deflection.

That is the standard I hold myself to.

And it is the standard Nova Scotia requires.

We live in a modern era currently defined by accelerating chaos, weaponized technology, and rising instability. Leadership grounded in discipline rather than reaction is not a preference – it is a necessity.

A Dangerous and Changing World

We are living in one of the most unstable periods in modern history.

Global conflict is increasing. Geopolitical tensions are rising. Cyber warfare, economic disruption, and information manipulation have become defining features of the international landscape.

Democratic freedoms and values are being actively assaulted and thrown away. There is a determined effort to erode values, remove people's rights, and limit freedoms. Autocratic regimes and dictators are emboldened in today's world, and middle powers need to seize the opportunity to be the saving bastion of our freedoms and values.

In this environment, leadership requires more than domestic policy knowledge. It demands an understanding of risk, intelligence, and decision-making under pressure.

The second half of my military career was in Intelligence. I conducted and supported intelligence operations across multiple operational theatres. In 2017, I received the personal coin of the Minister of National Defence for digital operations that actively engaged enemy threat actors and protected Canadians.

I have assessed threats, analyzed risk, and operated in environments where information is incomplete, timelines are compressed, and decisions must be made decisively.

This experience is not theoretical. It is operational.

Nova Scotia does not exist in isolation. Global instability directly impacts our economy, supply chains, security, and future prosperity.

We need leadership that understands this reality – and is prepared for it.

In a modern age defined by chaos, speed, and an underlined narrative warfare, leadership that lacks disciplined, principled values collapses into erratic impulse – making a Stoic foundation of responsibility, restraint, and moral clarity essential for guiding Nova Scotia forward.

Six Core Values for a Better Nova Scotia

My campaign is grounded in six core fundamental values. These are not slogans. They are commitments to long-term structural change.

1. Honest and Ethical Government

Trust in government has eroded. Transparency has been weakened. Accountability has been reduced. Too many decisions are made behind closed doors.

Nova Scotians deserve better.

Government must be open, ethical, and accountable. That means empowering independent oversight, strengthening transparency laws, and ensuring accountability is mandatory – not optional.

Democracy only functions when people trust it.

Right now, that trust is breaking.

2. Housing Affordability

Housing is not a market abstraction. It is a fundamental human need.

Current approaches have failed. Relying on market supply alone has not delivered affordability or stability.

We must change course.

Housing must be treated as a public good. That means large-scale investment in non-market housing, modernized tenancy protections, and a comprehensive strategy to ensure every Nova Scotian has access to safe, affordable shelter.

Without housing, nothing else works.

3. Cost of Living & Affordability

Nova Scotia is becoming unaffordable.

Food insecurity is rising. Energy costs are climbing. Wages are not keeping pace.

This is unsustainable.

We need structural solutions – food security strategies, fair wage frameworks, energy reform, and targeted support for those most affected. No one should have to choose between heating their home and feeding their family.

4. Bold and Impactful Health Care

Healthcare is in crisis.

Access is limited. Wait times are unacceptable. Staffing shortages persist.

Incremental change will not fix this.

We need bold, data-driven reform: modern workforce strategies, integrated care models, and meaningful expansion of mental health services.

Healthcare is not just a policy issue. It is a trust issue.

And that trust has been broken.

5. Human Trafficking and Intimate Partner Violence

This is one of the most serious – and most under-addressed – crises in Nova Scotia.

Statistics Canada shows that Nova Scotia has one of the highest rates of police-reported human trafficking in the country, well above the national average. Rates of intimate partner violence are also high, particularly in rural communities.

Between 2002 and 2021, at least 35 women and one male were killed in Nova Scotia due to intimate partner violence. More recently, multiple deaths in a short period have underscored the urgency of this crisis.

This is not abstract to me.

I am a survivor of childhood sexual abuse. I was sexually assaulted for several years by a family member. I understand the fear, stigma, and barriers to coming forward. I also understand the systemic failures that allow these crimes to continue.

This issue demands more than awareness. It demands action.

We need a comprehensive, trauma-informed strategy to combat trafficking and violence, support survivors, and ensure perpetrators are held accountable.

6. A 21st Century Nova Scotia

Nova Scotia must modernize.

Digital infrastructure, data sovereignty, education reform, and technological innovation are no longer optional – they are essential.

We must prepare for the future rather than react to it. That means protecting personal data, modernizing education, and ensuring young people are equipped to navigate an increasingly complex world.

These six fundamental values define how we observe reality honestly, orient ourselves to what truly matters, decide without hesitation, and act under pressure – which is why leadership must now be proven not in words, but in the resolve to fight for Nova Scotia when resistance is unavoidable.

A Fighter for Nova Scotia

The world is becoming more dangerous.

Nova Scotia is becoming more unaffordable.

Our systems are becoming more strained.

What we are doing right now is not working.

We cannot continue to follow the same path and expect different results. That is the definition of insanity.

We need change.

Not incremental change.

Not cautious change.

Bold, decisive change.

My approach to leadership is rooted in action. It is rooted in the OODA loop—Observe, Orient, Decide, Act. This framework is used in high-stakes environments to make fast, effective decisions in complex situations.

It is exactly what Nova Scotia needs.

We must observe reality honestly.

We must orient ourselves to the challenges we face.

We must make decisions – quickly and decisively.

And we must act in the best interest of Nova Scotians as our priority at all times.

I am running because I believe Nova Scotia deserves better.

I am running because I believe leadership matters.

And I am running because I am prepared to fight – for this province, for its people, and for its future.

Normal is not working.

It is time for something different.

It is time for something stronger.

It is time for leadership that is tested, decisive, and unafraid.

It is time to drive change and move Nova Scotia forward.