



YMCA of Southwestern Ontario

# Women *of* Excellence

**YMCA Women of Excellence 2023**

# CALL FOR NOMINATIONS

[www.ymcaswo.ca/women-excellence](http://www.ymcaswo.ca/women-excellence)

## Eligibility & Process

The YMCA Women of Excellence Awards are an exciting celebration of talent, achievement, imagination and innovation. The Awards Program encourages and recognizes women whose outstanding activities contribute to the vitality of the local, regional, national or global community. If you know a woman who has made a unique and exemplary contribution to her field, we encourage you to take this opportunity to nominate her for the 2023 YMCA Women of Excellence Awards.

### Eligibility

To be eligible, nominees must:

- be living and be 25 years or older (the exception is the Young Woman of Excellence category where nominees must be 18-30 years of age);
- have lived or worked anywhere within the YMCA of Southwestern Ontario's service area;
- not be a current elected office holder;
- be available to attend the Awards celebration on **Tuesday, May 16, 2023** and the media announcement on **February 8, 2023**.

### Nomination Process

The nomination form must be completed by the nominee and the nominator. Only completed nomination forms will be considered. The nominee must be aware and agree to have their name put forth.

Current staff, members of the Board of Directors of the YMCA and members of the YMCA Women of Excellence Committee are not eligible to be nominated.

### Selection Process

All nomination forms will be treated in confidence. The Selection Committee reserves the right to reclassify a nominee to a more appropriate category. Nominees from previous years are eligible for renomination, however a 2023 nomination package must be submitted. The selection committee will review all complete nomination packages and select a final recipient in each category. All nominees will be informed of the Committee's decision by **January 18, 2023**. Award honourees will be formally announced before the event. The decision of the YMCA Women of Excellence Selection Committee will be final.

### Tips for a Good Nomination

- Try your best to keep your nomination within the word count range. Lack of detail will not do your nominee justice. Similarly, too much detail may hinder the nomination with repeated or redundant information. Nominations with sufficient information, that clearly outline contributions and achievements are appreciated.
- Use examples when possible to highlight your nominee. Examples provide context for why you believe your nominee deserves the award you are nominating them for. An example can be many things; from an academic degree, personal achievement, or even a short anecdote about the nominee. Examples provide a solid platform to build your nomination off of and will give your nominee better prospects during the nomination review.
- Remember to give each question its own merit. Some questions may appear to overlap in their answers; try your best to approach each one a little differently. Refrain from referring to other answers when answering a new question. Instead, use it as an opportunity to highlight a different aspect of your nominee that you didn't get to in a previous question.

### Closing Date For Nominations

Completed nomination forms, together with accompanying material, must be submitted online at [www.ymcaswo.ca/women-excellence](http://www.ymcaswo.ca/women-excellence).

All packages must be received no later than 12:00 noon on **December 12, 2022** to qualify. All nominations received on or before this date will be promptly acknowledged by e-mail to the nominee and nominators.

## Award Categories

### Arts, Culture, Education & Training

Recognizes impactful contributions to the creative arts, cultural diversity, or heritage in the community; or leadership in education through teaching, research, training and development or alternative learning programs.

### Breaking Barriers

Recognizes a woman who is indigenous, 2SLGBTQQIA+, has a disability, or is of colour who, through their personal or professional experience, has broken down barriers for themselves or made significant improvements that benefit others in their profession, industry or community.

### Business & Professions

Recognized for achievement in a business or profession in the public, private or non-profit sector.

### Entrepreneurs

Recognized for achievement in organizing and operating a business or businesses, taking on considerable financial risks and other initiatives in order to do so.

### Health, Science & Technology

Recognizes outstanding achievement or contributions to the health, wellness, science or technology industries.

### Social Justice

Recognizes impact, advocacy and allyship in social justice through work or by taking action against inequalities occurring at the intersections of race, ability, social, economic, ethnic, or sex/gender/sexuality inequalities at the local, regional, global and digital level.

### Sport, Fitness & Recreation

Recognizes significant impact and contribution to fitness and athletics, through recreation community programs, education and amateur or professional sports.

### Young Woman of Excellence

Recognizes a young leader (18 to 30 years of age) who demonstrates inspiring commitment, achievement, and leadership in their community, school or workplace.

### Submitting Nominations

Applications are now submitted online. You may include supporting documents as attachments during the application process. In order to prepare your responses in advance, you can find the application questions on the next page. You must confirm the eligibility of the nominee and that they have consented to have the application submitted with your application. Applications are to be submitted online at [ymcaswo.ca/women-excellence](https://ymcaswo.ca/women-excellence).

### Questions

If you have questions about submitting your application, please email [womenofexcellence@sw.ymca.ca](mailto:womenofexcellence@sw.ymca.ca).

# Nomination Form

For preparation of the online application. Word counts are suggestions.  
Please submit at [ymcaswo.ca/women-excellence](http://ymcaswo.ca/women-excellence).

## Categories (Select one)

- Arts, Culture, Education & Training     
  Breaking Barriers     
  Sport, Fitness & Recreation  
 Health, Science & Technology     
  Business & Professions     
  Entrepreneurs  
 Young Woman of Excellence     
  Social Justice

## Nominee

- First Name;
- Last Name;
- Nominee Address; (City; Postal Code;)
- Primary Phone # & Secondary Phone #;
- Email;
- Company Name

## Nominator

- First Name;
- Last Name;
- Nominator Address; (City; Postal Code;)
- Primary Phone # & Secondary Phone #;
- Email

## Criteria

Nominees will be evaluated within their category according to the criteria listed below.  
Please organize your submission by addressing each of the following criteria:

### 1. Achievement in Field (30%) – 400-600 words

- Describe how the nominee is a role model for others in her field;
- How she has shown vision and initiative to break new ground or old barriers;
- Give 3 examples of how she has demonstrated talent, skill or accomplishments in her field;
- Describe work she has done in her field to ensure women's success.

### 2. Advancing Women (25%) – 250-400 words

- How has the nominee demonstrated commitment to the success of other women/girls;
- Give examples showing how she has demonstrated commitment to advising other women/girls and helping them advance;
- Describe how she has led the way to ensure that other women, women of colour, LGBTQ and/or women with disabilities have a clear path to success;
- Show how she has demonstrated commitment to advocating for women's advancement in her field or community.

### 3. Impact and Contribution to Community (25%) – 250-400 words

- Demonstrate the nominee's individual contribution to charitable organizations, committees or community initiatives, how she has supported services, programs or initiatives that benefit women/girls;
- How she uses creativity and vision to improve her community;
- And how she has used her experience and values to build a more inclusive and diverse community.

### 4. Inspiration (20%) – 250-400 words

- Describe how the nominee's work has inspired you;
- How she has personally motivated others in the community or in her field;
- How she has inspired change in the experience of future generations.

## Past Recipients

### 2021

Michele Beaudoin  
Arts, Culture, Education & Training  
Michelle Baldwin  
Business & Professions  
Amanda Kennedy  
Breaking Barriers  
Aruna Koushik  
Social Justice  
Kyle MacDonald  
Entrepreneurs  
Elana Johnson  
Health, Science & Technology  
Dr. Margery Holman  
Sport, Fitness & Recreation  
Maame De-Heer  
Young Woman of Excellence

### 2019

Deb Harvey  
Arts, Culture, Education & Training  
Heather Hiscox  
Business & Professions  
Kathy Longo  
Community & Volunteerism  
Shantal Feltham  
Entrepreneurs  
Dr. Bertha Garcia  
Health, Science & Technology  
Christine Stapleton  
Sports, Fitness & Recreation  
Serena Tejpar  
Young Woman of Excellence  
Janet Stewart  
Outstanding Achievement Award

### 2017

Mary Intven-Wallace  
Arts, Culture, Education & Training  
Michelle Quintyn  
Business and Professions  
Kathy Parker  
Community & Volunteerism  
Laurie Lashbrook  
Entrepreneurs  
Dr. Marina Salvadori  
Health, Science & Technology  
Vickie Croley  
Sport, Fitness & Recreation  
Andrea Barker  
Young Woman of Excellence  
Lynne Cram  
Outstanding Achievement

### 2015

Dr. Colleen Hanycz  
Arts, Culture, Education & Training  
Sergeant Lorna Bruce  
Business and Professions  
Kathleen Murphy  
Community & Volunteerism  
Tina Bax  
Entrepreneurs  
Dr. Gillian Kernaghan  
Health, Science & Technology  
Dr. Lisa Fischer  
Sport, Fitness & Recreation  
Caroline Ehrhardt  
Young Woman of Excellence  
Madam Justice Lynne C. Leitch  
Outstanding Achievement Award

### 2013

Emma Donoghue  
Arts, Culture & Heritage  
Jill Wilcox  
Business, Professions & Trades  
Erin Rankin-Nash  
Community, Volunteerism & Humanity  
Mary Lou Smoke  
Education, Training & Development  
Dr. Cindy Mary-Lynn Hutnik  
Health, Science & Technology  
Thérèse Quigley  
Sport, Fitness & Recreation  
Jaclyn Miles  
Young Woman of Excellence  
Helen Spriet  
Outstanding Achievement Award

### 2011

Judith Rodger  
Arts, Culture & Heritage  
Helen Connell  
Business, Professions & Trades  
Ruthe Anne Conyngnam  
Community, Volunteerism & Humanity  
Ramona Lumpkin  
Education, Training & Development  
Sandy Whittall  
Health, Science & Technology  
Donna Bourne  
Sport, Fitness & Recreation  
Nicole Turner  
Young Woman of Excellence  
Tessa Virtue  
Outstanding Achievement Award  
Christine Nesbitt  
Outstanding Achievement Award

### 2009

Karen Pincombe  
Arts, Culture & Heritage  
Marlene McGrath  
Business, Professions & Trades  
Jean Wright  
Community, Volunteerism & Humanity  
Joy Warkentin  
Education, Training & Development  
Dr. Sugantha Ganapathy  
Health, Science & Technology  
Sandra Cooper-Ryder  
Sport, Fitness & Recreation  
Nicole Seymour  
Young Woman of Excellence  
Joan Francolini  
Lifetime Achievement Award

### 2007

Dr. Carol Herbert  
Health, Science & Technology  
Natasha Wesch  
Sport, Fitness & Recreation  
Ruth Young  
Business, Profession & Trades  
Dr. Carol Beynon  
Arts, Culture and Heritage  
Shirley Hickman  
Community, Volunteerism & Humanity  
Dr. Mary J. Wright  
Education, Training & Development

Sabrina Karim  
Young Woman of Excellence  
Women's Community House  
Lifetime Achievement

### 2005

Beryl Ivey  
Lifetime Achievement  
Julia Ferguson  
Young Woman of Excellence  
Marlene Fagan  
Arts, Culture & Heritage  
Diane Beattie  
Business, Professions & Trades  
Margaret MacGee  
Community, Volunteerism & Humanity  
Ann Sugrim  
Education, Training & Development  
Dr. Lauren McCurdy  
Health, Science & Technology  
Jennifer Smith Ogg  
Sport, Fitness & Recreation

### 2003

Denise Pelley  
Arts, Culture & Heritage  
Terry Zavitz  
Business, Professions & Trades  
Joan MacDonald Smith  
Community, Volunteerism & Humanity  
Victoria Mayer  
Education, Training & Development  
Dr. Mary Lee Myers  
Health, Science & Technology  
Libby Fowler  
Sport, Fitness & Recreation  
Cindy Chan  
Young Woman of Distinction  
Brescia University College  
Lifetime Achievement Award  
Sandy Kirkley  
Special Tribute

### 2001

Elizabeth Akano  
Arts, Culture & Heritage  
Martha Curgin  
Business, Professions & Trades  
Patty Howard  
Sport, Fitness & Recreation  
Shalini Mascarenhas  
Young Woman of Distinction  
May Court Club of London  
Lifetime Achievement Award  
Betsy Reilly  
Education, Training & Development  
Jane Roy  
Community, Volunteerism & Humanity  
Dr. Inge Russell  
Health, Science & Technology

### 1999

Dr. Ann Chambers  
Health, Science & Technology  
Jeanne Greenberg  
Community & Volunteer  
Contribution  
Mary Jane Lally  
Education, Training & Development  
Sharon Lee  
Business, Professions & Trades

Kem Murch  
Arts & Culture  
Sisters of St. Joseph  
Lifetime Achievement Award  
Amy Romeo  
Young Woman of Distinction  
Lesley Thompson  
Sport, Fitness & Recreation  
Larissa Vingilis-Jaremko  
Young Woman of Distinction

### 1997

Carol Johnston  
Arts & Culture  
Janet McEwen  
Community & Volunteer  
Contribution  
Jane Peckham  
Sport, Fitness & Recreation  
Dr. Margot Roach  
Health, Science & Technology  
Dr. Bonnie Schmidt  
Education, Training & Development  
Marilyn Sinclair  
Business, Professions & Trades  
Jodie-Lynn Waddilove  
Young Woman of Distinction

### 1995

Stephanie Goble  
Business, Professions & Trades  
Nancy Johnson  
Arts & Culture  
Lucille Kewayosh  
Education, Training & Development  
Marnie McBean  
Sport, Fitness & Recreation  
Shanthi Radcliffe  
Community & Volunteer  
Contribution  
Diane Stewart  
Health, Science & Technology  
Women's Christian Association  
Lifetime Achievement Award

### 1993

Jean Comrie  
Entrepreneurship  
Dianne Cunningham  
Public Service  
Fran Wigston Eberhard  
Sport  
Madeline Lennon  
The Arts  
Moir Stewart  
Science & Education  
Janet Stewart  
Volunteerism

### 1989

Sheila Davenport  
May Moran  
Doreen Sanders

### 1986

Joan Barfoot  
Jane Bigelow  
Louise Forsyth

### 1984

Bessie Borwein  
Jean Hewitt  
Nancy Poole

# Thank you

## Title Sponsor



We also gratefully acknowledge the support of our Patron Sponsors:



**Health, Science & Technology**



**Sports, Fitness & Recreation**



**Young Woman of Excellence**



**Business & Professions**



**Breaking Barriers**



**Arts, Culture, Education & Training**



**Social Justice**



WESTERN UNIVERSITY • CANADA



**Entrepreneurs**

## Proceeds

Women of Excellence raises money to support important YMCA initiatives that foster personal growth in spirit, mind and body. This year, the YMCA Women of Excellence Awards Dinner will directly support our Community Starts Here campaign which helps ensure that every child, family, and senior has access to YMCA camps, programs and services regardless of financial circumstances.

## Event Information

Please join us as we celebrate this year's outstanding recipients and salute the achievements of women everywhere at our Awards Celebration on **Tuesday, May 16, 2023**. Tickets can be purchased at [www.ymcaswo.ca/women-excellence](http://www.ymcaswo.ca/women-excellence).

## Thank You

The YMCA Women of Excellence Awards Organizing Committee extends its warmest thanks to all sponsors, nominators, nominees and volunteers for taking the time to participate in our efforts to celebrate the remarkable women of our community.

We welcome you to join us as a nominator, corporate sponsor or guest in making the 2023 YMCA Women of Excellence Awards a memorable and inspirational event.

For more information on nominations, tickets to the awards, or sponsorship, please contact [womenofexcellence@swo.ymca.ca](mailto:womenofexcellence@swo.ymca.ca).

Charitable Registration  
#10764 1649 RR0002