



YMCA of Southwestern Ontario

Women *of* Excellence

YMCA Women of Excellence 2023

CALL FOR NOMINATIONS

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.

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.

Questions

If you have questions about submitting your application, please email womenofexcellence@sw.ymca.ca.

Nomination Form

For preparation of the online application. Word counts are suggestions.
Please submit at 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



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.

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.

Charitable Registration
#10764 1649 RR0002