YMCA Women of Excellence
2 · 0 · 2 · 7

PAST RECIPIENTS

2025

Saidat Abari
Arts, Culture, Education & Training

Dr. Janet Collins
Breaking Barriers

Lynne Livingstone
Business & Professions

Cass Bayley
Entrepreneurship

Dr. Susan McNair
Health, Science & Technology

Dr. Treena Orchard
Social Justice

Dr. Sarah Woodruff
Sport, Fitness & Recreation

2023

Dr. Lauretta Frederking
Arts, Culture, Education & Training

Deb Matthews
Business & Professions

Kathleen Holland
Breaking Barriers

Allison DeBlaire
Social Justice

Karen Fryday-Field
Entrepreneurs

Dr. Jackie Schleifer-Taylor
Health, Science & Technology

Dr. Victoria Paraschak
Sport, Fitness & Recreation

Maggie Mac Neil
Young Woman of Excellence

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 Conyngham
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



YMCA Women of Excellence
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PAST RECIPIENTS

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

Moira 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

