

Nomination Package

Where Women Thrive, Communities Bloom.



Presented by

BMO



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. Excellence is demonstrated through meaningful achievement, leadership, impact and service to others. **If you know a woman who has made a unique and exemplary contribution in her field, we encourage you to take this opportunity to nominate her for the 2027 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 YMCA of Southwestern Ontario's service area
- not be a current elected office holder
- be available to attend the Awards celebration on **Thursday, May 13, 2027** and the media announcement on **February 9, 2027**
- identify as a woman in relation to the work or achievements being recognized within YMCA of Southwestern Ontario's service area.

Nomination Process

The nomination form must be completed by the nominee and the nominator. Only 100% 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 based on the criteria provided. Nominees from previous years are eligible for renomination. The selection committee will review all complete nomination packages and select a final recipient in each category. Details of the nomination will be heavily vetted by the committee for accuracy and integrity. All nominees will be informed of the Committee's decision by **January 7, 2027**. The decision of the YMCA Women of Excellence Selection Committee will be final.

Tips for a Successful Nomination

- Keep your nomination within the suggested word count range. Providing enough detail helps reviewers fully understand your nominee's contributions and achievements, while staying concise ensures the most important information stands out. Thoughtful, specific nominations are always appreciated.
- Use examples when possible to highlight your nominee. Examples provide context for why you believe your nominee deserves the award. An example can be many things: an academic degree, personal achievement, or even a short anecdote about the nominee.
- 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.

To qualify, all packages must be received by **December 11, 2026, at noon**. 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 the development of alternative learning programs.

Breaking Barriers

Recognizes a woman who identifies as Indigenous, 2SLGBTQIA+, a person of colour, or who has a disability, 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, innovations, 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, income and ethnicity, 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. Applications are to be submitted online at ymcaswo.ca/women-excellence.

Questions

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



NOMINATION CHECKLIST

For preparation of the online application. Word counts are suggestions.

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 (include City and Postal Code)
- Primary Phone # & Secondary Phone #
- Email
- Company Name
- Social Media (if public), e.g. LinkedIn
- Website (if applicable)

Nominator

- First Name
- Last Name
- Relationship to Nominee
- 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 & Excellence in Her Field (25 points) 400-600 words

Describe this nominee's most significant achievements and accomplishments.
What distinguishes her as a leader or role model in her profession, industry, business, or area of expertise?

2. Leadership & Influence (20 points) 250-400 words

How has this nominee demonstrated leadership and positively influenced others? Please provide examples of how she has inspired action, driven change, or made a meaningful impact through her leadership.

3. Demonstrated Impact (20 points) 250-400 words

Describe the measurable or lasting impact this nominee has had through her work, initiatives, advocacy, or achievements. What positive changes can be directly attributed to her efforts?

4. Contribution & Service to Others (20 points) 250-400 words

How has this nominee contributed to her community, organization, or the lives of others through service, volunteerism, advocacy, or acts of leadership and generosity?

5. Inspiration, Mentorship & Creating Opportunity (15 points) 250-400 words

In what ways has this nominee inspired others, mentored emerging leaders, or created opportunities for individuals or groups to grow, succeed, and thrive?

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

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

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

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

2023

Dr. Lauretta Frederking
Arts, Culture, Education & Training

Deb Matthews
Business & Professions

Kathleen Holland
Breaking Barriers

Allison DeBlair
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

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

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

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



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



THANK YOU

Presenting Sponsor



We also gratefully acknowledge the support of our Patron Sponsors:

LERNERS

Health, Science & Technology



Sports, Fitness & Recreation

Legate INJURY
LAWYERS

Young Woman of Excellence



Business & Professions

Scotiabank®

Breaking Barriers



Arts, Culture, Education & Training



Social Justice



Entrepreneurs

Proceeds

This year, proceeds from the YMCA Women of Excellence Awards Gala will help children, families, and seniors lead healthier lives by ensuring they can access YMCA camps, programs, and services, regardless of their 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 **Thursday, May 13, 2027**. Tickets can be purchased at www.ymcaswo.ca/women-excellence. Ticket sales will begin in February 2027.

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 2027 YMCA Women of Excellence Awards a memorable and inspirational event. For sponsorship opportunities please visit www.ymcaswo.ca/woe-sponsorship.

For more information on nominations, tickets to the awards, or sponsorship, please contact womenofexcellence@ymcaswo.ca.