



HEART &  
STROKE  
FOUNDATION



How  
caring  
hearts  
are  
changing  
the future

2015  
REPORT  
TO  
DONORS



# Thank you for creating more survivors

**Your support in 2015 saved lives and helped improve the health of families in communities across Canada.**

The pages that follow are filled with examples of how your generosity created impact. Thanks to you, research is transforming our knowledge of how to treat and prevent heart disease and stroke. Thanks to you, thousands more Canadians know how to respond quickly and effectively to stroke and cardiac arrest. And thanks to you, we conducted essential health promotion programs and activities in schools, recreation centres and healthcare facilities across the country.

And yet there is so much more to do. The need to fund life-saving research on heart disease and stroke is more urgent than ever, as other sources of research dollars decline. We must keep improving the health and fitness of Canada's youngest and most vulnerable citizens. And with your help, we will build on the critical support we provide to the growing number of people living with the devastating effects of heart disease and stroke.

There's more. Inspired and moved by the Truth and Reconciliation Commission's recent calls to action, the Heart and Stroke Foundation committed to help address the grim social and economic determinants that put the Indigenous peoples of Canada at a dramatically increased risk for heart disease and stroke, compared to other Canadians. Redressing these health inequities is a huge task, and an urgent one.

With help from you and other donors, we can and will meet these challenges.

**We are profoundly grateful for your support. Thank you!**

**Rod McKay**  
Chair, Board of Directors  
Heart and Stroke Foundation

**Andrew Cockwell**  
Vice-Chair, Board of Directors  
Heart and Stroke Foundation



# Meeting needs with action

Every year, heart disease and stroke cut short or profoundly change too many lives in Canada.

Your donations fund the research and programs that meet this challenge head-on, channeled to three key target areas:

## Need

### Prevent disease



9 in 10 Canadians have at least one risk factor for heart disease or stroke.

Reduce key risk factors by empowering Canadians of all ages to learn about and establish healthy lifestyles.

### Save lives



Every 7 minutes in Canada, someone dies from heart disease or stroke.

Reduce deaths by enabling faster, better cardiac emergency and stroke response and treatment.

### Promote recovery

**1.6 million**

1.6 million people and their families live with the devastating effects of heart disease or stroke.

Improve quality of life by enhancing supports for people newly diagnosed with these diseases and their families.


## Action

Together, these actions bring us closer each day to the Foundation's impact goals:

- Reduce risk factors for heart disease and stroke by 10% by 2020.
- Reduce the death rate from heart disease and stroke by 25% by 2020.



In the pages to come, we're proud to share highlights from advances you made possible in 2015.



We see a lot of positive things happening. Now we're trying to spread the word and get more people involved.

– Community Champion volunteer with Healthy Communities Initiative



# Rallying communities to build healthier kids

There's a basketball court in a small Manitoba community that gets a little more use than it once did. That's where an after-school program often brings out about 60 elementary school children for three-on-three basketball.

The action on the court means more kids in Leaf Rapids, population 453, are getting regular physical activity. That helps reduce their risk of heart disease and stroke.

Your donations are making it easier for more children and youth to get a healthy start in life, through the Heart and Stroke Foundation Healthy Communities Initiative. It was launched last year in Leaf Rapids and nine other remote communities in northern Manitoba's Frontier School Division.

The stakes couldn't be higher. Without decisive action, today's kids will be the first generation of Canadians to have shorter lifespans than their parents. Almost one in three are overweight or obese, and only seven per cent get the recommended 60 minutes or more of physical activity a day. In many Indigenous communities — including some of the Frontier towns — limited resources make the challenges even steeper.

The Healthy Communities Initiative set out to create sustainable change. A facilitator drew people in each town together with their school, to identify and work toward changes that would support better health in their children and youth. Some communities focused on physical activity, while others chose healthy eating or tobacco awareness.

"We see a lot of positive things happening. Now we're trying to spread the word and get more people involved," said one Community Champion, a lead volunteer with the program.

The government of Manitoba, impressed with the potential, stepped up to fund the initiative through two more years. That gives the communities crucial time to implement sustainable plans, such as walking and ski trails, tobacco awareness programs and activities addressing social and emotional health.

The Healthy Communities Initiative is just one way you are helping give kids a healthier future. Your support also funds researchers like Dr. Patti-Jean Naylor, an associate professor in the School of Exercise Science, Physical and Health Education at the University of Victoria. She is evaluating the guidelines that govern food sales in recreation and sports facilities across three provinces. Although these facilities provide healthy activity opportunities, Dr. Naylor points to the vending machines and kiosks that typically stock sugary drinks and processed snacks. Her study is researching ways to make healthy food choices more available to children and families.

In Leaf Rapids, meanwhile, a new generation is discovering the joy of physical activity.

## THE NEED

9 in 10 Canadians have at least one risk factor for heart disease or stroke. Here are some ways your donations empower more children and adults to make healthy changes that will help them live longer:

## YESTERDAY

Funded 1990 research that revealed the first genetic link to premature heart disease.

## IN 2015

Engaged a record 977,200 children in healthy activity and learning through Jump Rope for Heart.

Brought to nearly 860,000 the number of Canadians who have taken the first steps to better health with the Heart&Stroke Risk Assessment.

## TOMORROW

Work with Indigenous peoples to help redress the health inequities that double their risk of heart disease and stroke.



## THE NEED

Every 7 minutes in Canada someone dies from heart disease or stroke. Your support helps save more lives in cardiac and stroke emergencies. Here are some ways:

## YESTERDAY

Funded research, education and advocacy that led to use of the clot-busting drug tPA, which can help erase the effects of a stroke.

## IN 2015

Completed a three-year federal program that placed 3,200 life-saving AEDs (automated external defibrillators) in arenas and rinks, and trained 25,000 Canadians to use them — saving lives now and in the future.

Co-funded research on a revolutionary procedure that cuts stroke deaths by 50 per cent, by quickly pulling clots out of the brain.

## TOMORROW

Make life-saving AEDs as common as fire extinguishers in public spaces across Canada.

# Spreading the skills that keep hearts beating

A friend in need, they say, is a friend indeed. No one knows that better than Daphne Hodgins of Tsawwassen, BC. Daphne's friends literally brought her back to life.

At 45, Daphne seemed healthy. The mother of three ate well and exercised regularly, often heading out on early morning runs with friends. It was on one of those runs that she collapsed without warning. Within seconds, one of her running mates, who happened to be a CPR (cardiopulmonary resuscitation) instructor, was searching for Daphne's vital signs. Unable to find a pulse, she started chest compressions right away. She kept Daphne alive long enough for paramedics to restart her heart.

A cardiac arrest can occur at any time, at any age. It happens nearly 40,000 times a year in Canada — on average, once every 13 minutes. Only five per cent of people survive a cardiac arrest when it occurs outside of a hospital. But when bystanders step up to perform CPR in combination with an automated external defibrillator (AED), the likelihood of survival doubles.

Daphne is alive today because of her quick-thinking companions and because of donors like you. The Heart and Stroke Foundation is Canada's leader in resuscitation science, translating the latest research findings into guidelines relied on by healthcare and first aid professionals throughout North America.

An update to those guidelines in 2015 stressed the importance of equipping everyday Canadians with the knowledge and skills to perform CPR, among other changes.

Also in 2015, the Foundation partnered with the Canadian Institutes of Health Research (CIHR) to fund research that will improve cardiac arrest survival rates. Together the organizations pledged \$3 million over five years to the Canadian Resuscitation Outcomes Consortium (CanROC). This research initiative, with sites across Canada, will investigate new resuscitation drugs, tools and techniques, plus ways to make ordinary Canadians more aware and more willing to perform CPR.

Most critical of all is the CPR training made possible by Foundation donors. In 2015 your support meant that 289,000 clinicians, first responders and other professionals upgraded or learned new skills, and another 221,000 lay rescuers and ordinary Canadians learned to save a life with CPR and an AED.

Daphne Hodgins is one of them. She has become a CPR advocate. Her story inspired her community to organize CPR and first-aid courses. In the weeks following her cardiac arrest, Daphne began rebuilding her strength, eventually beginning to run again. She has since run a marathon.

"I feel so grateful not only to the friends that I was with, but the first responders, the hospital, the doctors, and everyone along the way that put things into place so I could still be here," she says. "There are other people who aren't so fortunate. Every single day I think about it."





“ There are other people who aren’t so fortunate. Every single day I think about it.

– Daphne Hodgins



“  
So much of my  
recovery I owe  
to exercise  
I did with my  
rehabilitation  
team.”

- Sarah-Ann Duchesne

”



# A better future for more stroke survivors

Sarah-Ann Duchesne survived a stroke she never saw coming. It happened last summer, on a camping trip with her boyfriend, David. “I was in the tent and feeling fine,” recalls the 27-year-old Montrealer.

Suddenly she had trouble speaking. “I tried to get up, but the right side of my body refused to cooperate.”

As an occupational therapist, Sarah-Ann knew the signs of stroke. And she had seen the Foundation’s ads for FAST, a simple way to recognize a stroke. As a wave of panic swept over her, she mentally ran through the FAST checklist.

Face — is it drooping? Arms — can I raise both? Speech — is it slurred or jumbled? Time — to call for emergency help. With all the strength she could muster, she managed to tell David she was having a stroke. He called 9-1-1.

At the hospital, doctors found a clot lodged in Sarah-Ann’s brain and immediately administered tPA. It’s a clot-busting drug that restores blood flow and can significantly reduce the chances of long-term disability. Without immediate attention, she almost certainly would have died or become disabled.

FAST — and her own actions — helped save Sarah-Ann’s life. Research helped get her back on her feet.

Like many of the more than 400,000 Canadians who are living with the effects of stroke, she had to relearn how to walk and how to pick something up. For other survivors, cognitive deficits can make it difficult to think and function.

“So much of my recovery I owe to exercise I did with my rehabilitation team,” says Sarah-Ann.

With your support, Heart and Stroke Foundation researchers are redefining the role of exercise in stroke recovery. For example, Dr. Teresa Liu-Ambrose is investigating how resistance training (working with weights) helps the brain recover from a stroke — not just the physical effects, but also improving cognitive function and even mood.

“Current evidence strongly supports the role of physical activity in promoting cognitive and brain health,” says Dr. Liu-Ambrose, professor of physical therapy and director of the Aging, Mobility, and Cognitive Neuroscience Laboratory at the University of British Columbia in Vancouver.

She hopes her research will lead to targeted exercise training that could improve outcomes for stroke survivors. Dr. Liu-Ambrose is just one of hundreds of researchers who have received funding from Heart and Stroke Foundation donors now and in past years, to develop new and innovative ways of helping stroke survivors make the fullest recovery possible.

Meanwhile, Sarah-Ann has regained the mobility she lost on her right side. Thanks to rehab she was able to resume work and also get back to her favourite activities, including swimming, running and cycling.

## THE NEED

1.6 million people in Canada live with the effects of heart disease and stroke. Your donations enhance support systems and fund research to help them recover and improve their quality of life. Here’s how:

## YESTERDAY

Introduced a model of organized stroke care in 1999 that revolutionized diagnosis, treatment and recovery, positioning Canada as a leader worldwide.

## IN 2015

Launched *Your Stroke Journey*, a comprehensive guide that helps stroke survivors and their families manage their recovery.

Funded game-changing research in regenerative medicine aimed at helping the heart repair itself after a heart attack.

## TOMORROW

Fund continuing development of world-leading innovations in stroke recovery through the Canadian Partnership for Stroke Recovery.



# THANK YOU

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# THANK YOU



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"My family has a history of heart disease and I wanted to take action. When you believe in an organization, you want to be as generous as you can be."

**Irfhan Rawji**

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**THANK YOU**



### **I give because...**

"My father died in 1990 due to complications from heart disease. My goal is to help families, businesses and communities become more knowledgeable about these diseases. We make a living by what we get; we make a life by what we give."

**Carol Morgan, President, Canadiana Developments Ltd.**

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 Hargrave Ranching Co. Inc.  
 Donna Harper  
 Mary Elizabeth Harriman  
 Patricia Harriman  
 David Harris  
 Iain and Lorna Harris  
 David Hartley  
 Judith Hartley  
 Dick and Lois Haskayne  
 Gary Haukeland  
 Jamie and Kathy Havens  
 Pauline Hawes  
 David and Lenore Hawkey  
 Susan Hay  
 Glenn Hayworth  
 D. Hazelton  
 Ronald Hazelwood  
 Headwind Automotive  
 Solutions Ltd.  
 Heart Beat Inc.  
 Heartland Farm Mutual  
 Frank Davis Heath  
 Heathcliff Foundation  
 Ewout Heersink  
 Barney Heitman  
 Mary Hellyer  
 Gary and Terri Hendrix  
 Heward Investment  
 Management  
 James W. Hewitt  
 Hibler/Lamoureux Fund  
 Thomas Hicks  
 Andre Hidi  
 Olivia Higgs

F. Hill  
 Logan Hill  
 Hill Top Toyota  
 Roy and Joan Hintsä  
 Gerda Hnatyshyn  
 Councillor Alan Ho  
 Timen Ho  
 Helen Hobson  
 Joni Hobson  
 Tim Hockey  
 Monica Hodgson  
 Alice Hoens  
 Barbara Blanche Hogg  
 Claude Hogue  
 Dale Hohm  
 Muriel Hole  
*Nelda Holland*  
 Hollyoak Family  
 Thomas Holmes  
 Bob and Ann Holt  
 Charles Holt  
*Patricia M. Holten*  
 Dia and Andrea Homaïdan  
*Egon Homburger*  
 Lynda and Ed Horawski  
 Terry and Lily Horner  
 Charlotte Houps  
 Gary Houston  
 Alice Hovorka  
 Teresa Hsiung  
 Maggie Hsueh  
 Dwayne and Linda Huber  
 Dalit Hume  
 Paul Humphreys  
*Edward Farron Hung*  
 Hungarian Veterans'  
 Association  
 June Hunt  
*Lorraine Edith Hunt*  
*Pamela Hunt*  
*Hugh Hunter*  
 Mona Hunter in memory of  
 Gordon A. Hunter  
*Olive Hunter*  
 Robert Hunter  
 Hugh Huntting  
 Marietta Hurst  
 Husch Blackwell LLP  
 E.M. Blake Hutcheson  
 Helen Hutchison  
 Elfriede Huter

In memory of Marie Hutton  
 Sylvia Huynh  
 Hydro Québec  
 Carl Hymers  
  
**I**  
 I Metal Inc.  
 Vincent & Vanessa Iarocci  
 IATSE Local 891  
 IBM Canada Ltd  
 Sameh Ikladiuos  
 Imperial Oil Foundation  
 Ken Ingo  
 Jerry and Cheryl Inman  
 Innova Global Ltd.  
 Innovapost  
 Interior Savings Credit Union  
 Employees of Investors  
 Group  
 Investors Group Financial  
 Services  
 Brian Ireland  
 Martine Irman  
 Rick Irons  
 Isberg Charitable Trust  
 Bill Ito  
  
**J**  
 Dave Jackson  
 Laurence Jackson  
*Margaret Allen Jacobi*  
 Dr. Shahin Jaffer  
*Marjorie James*  
 Raymond James Canada  
 Foundation  
 Jamp Pharma  
 Jan-Mar Investments Limited  
 Rick Jans  
 Bengt Jansson  
 Gloria Jardine  
 George T. and Rose Jarman  
 and her beloved son Zenon  
 G. Kotelko  
 Kenneth Jensen  
*Reginald E. Jessinghouse*  
 Alan Jette  
*Deanna Jiry*  
 Camille Jobin  
 Michelle John  
 Keith C. Johnson  
 Leona Johnson

Shirley Johnson  
 Gregory Johnston  
 Damon Jones  
 Dr. David and Glenda Jones  
 Howard Jones  
 Jenny Jones  
 Norman Jones  
 William Jordanov  
 Joe Joseph  
 Ann Judge  
 Vince and Tracey Judge  
 Dona Justice

**K**  
 Ian and Sharon Kaiser  
 Kal Tire  
 Richard Kalwajtys Fund at  
 the SCGF  
 Kamloops 2011 Equities Ltd.  
 Kamloops Paddlewheelers  
 Rishi Kapur  
 Bradley Karaja  
 Gerry Karker  
 Laurence Katz  
 The Henry and Berenice  
 Kaufmann Foundation  
 Kawartha Credit Union  
 Kawneer Company Canada  
 Limited (Lethbridge)  
 Jessie Kazi  
 Catherine Kells  
 Pat Kelly  
 Margaret and Carolyn Kemp  
 Harold Kendall in memory of  
 Linda Kendall  
 Larry Kendall  
 Stephen Kennedy  
 Donald Kenney  
 Cam and Teresa Kernahan  
 Dr. Charles R. Kerr  
 Robert and Mandy Kerr in  
 memory of W. A. Kerr  
 Sheldon Kerzner  
 Paul Keul  
 John Keyes  
 KGHM Ajax Mining Inc.  
 San Khangura  
 Greg Kiessling  
 KIK Custom Products  
 Duk Sun Kim  
 Shawn Kimel

Aletta King  
*Eunice Mary King*  
 Weronika King  
 Kingswood Capital  
 Corporation  
 Daren and Kathryn Kinnaird  
 Kinsmen Club of Saskatoon  
 Alan and Bernice Kirkpatrick  
 Dr. Adam Kirton and Ms.  
 Karen Illsey  
 Scott and Barb Kitching  
 Kix 4 Chix Fitness Kamloops  
 Roland Klassen  
 Annegrete Klawon  
 Les Klein  
 Murray and Susie Klein  
 Victor and Sonja Klein Fund  
 Klick Health  
 Holger Kluge  
 David Knapp in memory of  
 Barbara Knapp  
 Wes Knapp and Kathleen  
 MacKinnon  
 Knights of Columbus  
*Madeline Agnes Knudsen*  
 Gary and Kathy Koehler  
 Martin Kohn  
 Diana Kong  
 Robin Koning  
 Michael Korenberg in  
 memory of William Adair  
 Linda and Howard Kornblum  
 Dr. Michael Koss  
 S. Kot  
 Andrew Krahn and Susan  
 Kuhl-Krahn  
 Charlie Kramer  
 Donald and Claire Kramer  
 Foundation  
 Jane C. Kramer  
 John Krasko  
 Margaret Kury in memory of  
 Larry Harrison  
 Andrew Kuzyk  
 Irene Kvaale  
 Harold Kvisle  
 Michael W.H. Kwan

**L**  
 The Robert Lacey Charitable  
 Gift Fund

*Léo Marcel Ladouceur*  
 Phil and Barb Lafleche  
 Patrick R. and Frances  
 LaForge  
 Todd Lahti  
 Kevin Lai  
 Wilson Lai  
 Grace Lam  
 Ray Lam  
 La marre au vin  
 Paul Lambke  
 In memory of Elfrieda  
 Lancaster  
 Duane Lanctot  
 Sheilah Land  
 Landale Gardens  
*Basil Ernest Langefeldt*  
 Paul and Elizabeth Langill  
 Yvette Lanthier  
*Fernande Lapierre*  
 Jean Laprade  
*Jeannine Larcher*  
 Richard Large  
 John P. Larocque  
 Russell Latuskie  
 Matthew Law and Danelle  
 Hames  
 David Lay  
 Dr. Scott Lear and Melodie  
 Yong  
 The Lecky Foundation  
 Linda Ledbetter  
 Benson Lee  
 Jennie Lee  
*Lucille Lefebvre*  
 Jean-François Légaré  
 Peter and Terry Leggat  
 Warren Legge  
 Leo Legrove  
 Lehigh Hanson Materials  
 Limited  
 Robert Lehodey and Tracy  
 Beaumont  
 Robert Leibel  
 Carolyn Leitch  
*Annette Lemay*  
*Martha Elsie Lemp*  
 Lenbeth Weeping Tile  
 (Edmonton)  
 Employees of Lenovo  
 Employees Care



Catherine Lentine  
 LEO Pharma  
*Stella Lepage*  
 Linda Leslie in memory of  
 Garry Youngson  
 Nancy Lever  
 Art Levins  
 The Gustav Levinschi  
 Foundation  
 Beverly C. Lewis in memory  
 of beloved husband  
 Gordon  
 John W. R. Lewis  
 Leanne and George Lewis  
 Philip and Alison Lewis  
 Gordon and Patti Ley  
 Vincent Li  
 Jack Liao  
 Liberty Utilities  
 The Library Pub and  
 Merchant Wine Tavern  
 Pamela Li-Chung  
 Lynne and Peter Lighthall  
 Lighthouse Partners  
 Dave and Dawn Lilburn  
 Lind Family Fund  
 Bruce and Patrice Lindsay  
 Scott and Lana Lindsay  
 Lindt & Sprungli Canada Inc.  
 Herb and Melita Link  
*Roland Linkert*  
 Litens  
 Ron and Deanne Little  
*Maria A. Liviero*  
 Dennis and Sandra Lloyd  
 LiUNA! Local 183  
 Peter and Peggy Lockie  
 Richard Lodge  
 David Logan  
 Ted and Angela Longstaffe  
 Henry Loots  
 Teryn Lottamoza  
 Bernadette Loucks  
 Benita Loughlin  
 Michael Love  
 Doris Low  
 Trudy Lowdon  
 Kevin Lowe  
 In memory of Norman Lowe

The Lowry Family  
 Foundation  
 Loyal Order of Moose-Bingo  
*Richard Ludwig*  
 Jerry and Lilli Luking  
 Grant Lutz  
 Albert Lutzer  
 Lavina Lychuk  
 Susan Lynch  
 Lynx Trucking  
*Mortimer Lyon*  
 Ron Lypka  
 Jack and Thelma Lysne

## M

M and M  
 Tina M.  
 M.K.L.  
 Mui Tai Ma  
 Richard Ma  
 E. MacCara  
 Dean MacDonald  
 Douglas MacDonald  
 Elaine MacDonald  
 Ian MacDonald  
 Nancy MacDonald  
 Robert and Susan  
 Macdonald  
 Susanne MacDonald  
 Eleanor MacDougall  
 L.W. (Lou) MacEachern  
 Kenneth O. Macgowan  
 MacGregors Meat  
 & Seafood Ltd.  
 Kyle MacIsaac  
 Ashley MacKay  
 Marilyn MacKay-Lyons  
 Ian MacKellar  
 The Barbara Claire  
 Mackenzie Foundation  
 Daphne MacKenzie  
 James Mackenzie  
 Judy MacLachlan  
 Dale and Cheryl MacLean  
 Gordon MacLean  
 Cathy MacLeod  
 Janet MacMinn  
 Shirley and Robert  
 MacTavish Foundation  
 at the SCGF

The Andrew Mahon  
 Foundation  
 Rosemary Maloney  
 John Malysh  
 Kwok Man  
 Peter Manfredi  
 Mann + Hummel Wix Filtron  
 Wifred Richard Mannion  
 Maple Leaf Dance Masters  
 Anthony Marano  
 The Marelle Fund at the  
 BenefAction Foundation  
 Marine Harvest Canada  
 Marion Holmes  
 Maritime Pride Eggs Inc.  
 Markel Canada  
 Priscilla Marquis  
 Doreen Marr  
 Rex and Karin Marshall  
 In memory of Emily and  
 Antonio Martella  
*Betty Lorraine Martin*  
 Greg A. Martin  
 Jolande Martin  
 Martin Deerline  
 James Marzocca  
*Dorothy Mason*  
 Linda P. Mason  
 Bharat Masrani  
 Richard Masson  
 MasterCard Canada  
 Karena Mathers  
 Mathica Benefits Consulting  
 Mattamy Homes Limited  
 Richard Matthews  
 Elaine May  
 Mark Maybank  
 Sharon McAllister  
 Tom and Patti McAllister  
 Jill McAlpine and John Haag  
 Robert McAnally  
*Doreen Mae McArthur*  
 Mary McCaffery  
 Bruce McCallan  
 Leslie McCarley  
 Armand McCarthy  
 Tanya McCarthy  
*Kathleen McCrimmon*  
 A. Grant McDonald  
 Jeanette McDonald  
 Shelley McDonald

Dan and Mary McDougall  
 Spencer McEvoy  
 Paul McFarlane  
 Matt and Melissa McGinn  
 Larry and Karen McGlone  
 Rick and Gayle McGraw  
*Mary Margaret McGregor*  
 McGregor Socks  
 George McGuire  
*Margaret Jean McIntosh*  
*Gordon Ingram McIntyre*  
 Lynn McIntyre  
 Robert McKay  
 Steve McKay  
 Donald McKenzie  
 Joe McKinnon  
 Katherine McLeod  
 Neil McLeod  
 Sheila McLeod  
*Verna McLeod*  
 Colin McMillan  
 Dorothy and Gordon  
   McMillan  
 Blaine McMillin  
 Edward G. and Priscilla J.  
   McMullan  
 Gary McMurray  
 Sue McNamara  
 Keith and Olga McNamme  
   Family Foundation at the  
   SCGF  
 Bonita McNeil  
 Dr. John and Sharon McNeill  
 Ian McNicol  
 Nicole McPherson  
 Dorothy McSheffery  
 Maureen McVicar  
 Jean Meadows  
 Dennis Meakin in memory of  
   Jean Meakin  
 Jose Medeiros  
 John Meehan  
 The Barbara Meek  
   Foundation  
 Thomas Melanson  
 Dino Melchior  
 Gemma Melchior  
 Margaret Melnichuk  
 Ollie Melnychuk  
 Marchés Louise Ménard  
   et ses employés

Menkar Enterprises Ltd.  
 John Mercer  
 Vincent Mercier and Kirsten  
   Halpin  
 Employees of Meridian  
   Credit Union  
 Paul Merritt  
 Frank Mersch  
 Elias Metlej  
 Metroland Media Group Ltd.  
 Employees of Metropolitan  
   Plumbing and Heating  
   Contractors  
 Barrie Michalsky Memorial  
 Anne-Marie Mikhail  
 J. Miller  
 Justin Miller  
 Lisa Miller  
 Mel Miller  
 Ollie Miller  
 Peter Miller and Heather  
   Dryden  
 Robert and Joyce Miller  
 Sarah Bess Miller in memory  
   of Steve Johnson  
 In memory of Theonilla Miller  
 Tom Milroy  
 Susan Mingie  
 MIRM Enterprises Ltd.  
 Seema Mital  
 Wade and Karen Mitchell  
 Employees of Mitsubishi  
   Electric Sales Canada Inc.  
 Dylan and Christine Modder  
 Dr. Gordon W. Moe  
*Doris Edith Moffatt*  
 Mogo  
 Martin P. Molyneaux and  
   Deborah Yedlin  
 Monarch Holdings Ltd.  
 Martine Montigny  
 Roy and Pamela Moor  
 Glen Moore  
 Neil Moore  
 Robert Moore  
 Ronald Moore  
 Rami Mor  
 The Morassutti Group  
 H. Morden  
 Susan Moreland  
 Nigel and Margaret Morgan

Morguard Investments  
   Limited  
 Michael Moriello  
 Eris Mork  
 Donna and Terrence  
   Morrison  
 Matthew Morrison  
 Judy and Tim Morrissey  
 Richard Morse  
 Steve and Judy Morson  
*John Patrick Moss*  
 Rochelle Moss  
*Lee Moster*  
 Donald Mouncey  
 Muddy Duck Restaurant  
 Barry Munholland  
 Munich Reinsurance  
   Company of Canada  
 David Munro  
 Laurence and Patricia  
   Murphy  
 Neil Murphy  
 Murphy Oil Company Ltd.  
 James Murray  
 Jeffrey Murray  
 Murray GM  
 John and Julie Mutis  
 Alexander Muto  
 Olav D. Myhre

**N**

Darren Naconechny  
 Darren Nagy  
 The Roger and Sarah Nairn  
   Joint Spousal Trust  
 Farrokh Namdaran  
 Noordin and Nancey Nanji  
 Dr. Stephen Nantel  
 Saroja Narasimhan  
 Lorenzina Nardelli  
 Mikhail Narski  
 National Appraisal S  
   ervices Inc.  
 National Bank Financial  
   Markets  
 Joseph Natywary  
 Wayne and Donna Naughty  
 Edmund Navickas  
 Marilyn Neaves Charitable  
   Foundation Trust  
 Stephanie Needham



Angela Nelson  
 Rod Neufeld  
 Craig Neville  
 Adam and Monique Newman  
 Ernest Ng  
 Chieu Ngo and Ngoc Ly  
 David L. Nichols  
 Lars Nichols  
*Mary Nicholson*  
 Goro Nishimura  
 Nitrogen Technologies of  
 Canada Ltd.  
 William and Barbara Noble  
 Fred North Charitable  
 Foundation  
 Marilyn Northrop  
 Norton Rose Fulbright  
 Stephen Noseworthy  
 NovAtel Inc.  
 R. Nowicki  
 Leora Nugent

○  
 Craig Oakes  
 Ann and Philip Oakley  
 William Oakman  
 Oanda Canada (Corporation)  
 ULC  
 Earle O'Born  
 Jamie O'Born  
 Sarah O'Born  
 Scott O'Born  
 Ocean Tide Seafood  
*Vartan Ohanessian*  
 Old Colony Church  
 Patricia O'Malley  
 Kathleen O'Neill and  
 Anthony Daley  
 Ontario Medical Association  
 Ontario Utility Professional  
 Placement  
 OpenText Richmond Hill  
 Staff  
 Anton Opsetmoen  
 Orbis Investments (Canada)  
 Limited  
 Judith and Carl Orde  
*Joseph John R. O'Rourke*  
 Oshawa PUC Networks Inc.

Dr. and Mrs. Imre and  
 Irena Otvos  
 Fondation Denis Ouellet et  
 Suzanne Fournier  
 Marie José Overweel  
 Oxford Seminars  
 Tom Oystnick

**P**  
 Pacific Blue Cross  
 Joan Padmore Memorial  
 Tournament  
 Alfred Page  
 William Pake  
 Don Pallesen  
 Vince and Franca Panacci  
 Amanda Pankonin  
 Pantazis & Assoc.  
 Elise Pape  
 Paul Pape  
*In memory of the late Irma  
 Papesh*  
 Paragon Engineering  
 William Parasyn  
 Park Inn by Radisson  
 Vancouver  
 Ratika Parkash  
 David Parker  
 Edie and James Parker  
 Jack Parker  
 Phyllis and Jim Parker  
*Rose E. Pascal*  
 William and Juliette Pascoe  
 Pason Systems Corp.  
 Peter R. Paterson  
 Stephanie Patterson  
 Scott Pattinson  
 Paul Bonner Holdings Inc.  
 David Pauli  
 Michael Pavkovic  
 Jamshed K. Pavri Memorial  
 Fund  
 Stephen Payne – BDO  
 Ronald E. Pearlman  
 Mike Pedersen  
 Peter and Anita Pelech  
 Pembina Pipeline  
 Corporation  
 Pemoco Ltd.  
 Dan Penfold  
 Penn West Petroleum Ltd.

Peoples Trust Company  
 Jim D. Peplinski  
 Employees of Pepsi  
 Jim Perry  
 Elsie Peters  
 Lee Peters  
 Robert G. Peters  
 Muriel Peterson  
 Norman Phan  
 Pharmasave #213  
 Dr. Roger Philipp  
 John Phillips  
*Kenneth Bruce Phillips*  
 Reid Pickering  
 Picton Mahoney Asset  
 Management  
 Florence L. Pierce Fund at  
 the Winnipeg Foundation  
*Isabelle Mary Catherine Piitz*  
 Lisa Pilecki  
 Wayne E. Shaw Pilkington  
 Paul Pilutti  
 Dr. Simon Pimstone  
 Richard Pinos  
 Wendy Pinos  
 Pipes and Piling Supplies Ltd.  
 Pizzeria Prima Strada  
 Kathryn Podrebarac  
 Esther Pohn  
 Denis Poirier  
 Dorothy Poissant  
 Frank Polanski  
 William Poley  
 Stephen Pollack  
 Dean Polvi  
 Pon Yon's Dai Society  
 Arthur Porter  
 Poulsen Bunch Investments  
 Power Workers' Union  
 Powerstream  
 Louise Powis  
 Powis Family Foundation  
 Prairie Architects Inc.  
 D. Bruce Prentice  
 Craig Priddle  
 Norma Priestley  
 Bradley Proctor  
 Protech Foundation  
 Robbie Pryde  
 Ralph Pyle  
 PYR Software Ltd.

**Q**

Quali-T-Groupe  
 Quality Tube Supply Ltd.  
 Dick Quan  
 Jack Quartel  
 Alain and Linda Quennec  
 Carol Quick  
*Francis Quigley*  
 Quincaillerie Richelieu  
 Brian Quinn  
 Quintex Services Ltd.  
 Dan Quirk  
 Ata Quraishi  
 QV Investors Inc.

**R**

Ilana Rabie  
 Joe and Glenda Racanelli  
 Kavitha Rajakulendran  
 Brenda and Irfhan Rajani  
 Marion Rake  
 Sarah Ramer  
 Jose Ramos  
 Devon Ramsden  
 Donald Rankel  
*Carolyn Florence Rannie*  
 Filippo Raso  
*Dorothy Rathie*  
 Raymond James Ltd.  
 RBC Dominion Securities  
 RBC Marchés des capitaux  
 Read Jones Christoffersen  
 Ltd. (RJC) Calgary  
*Sophia Reader*  
 Elizabeth Ready  
 Ted Rechtshaffen  
 Darcy Rector  
 Steven Reed  
 Marjorie-Harold-Carrie-Reed  
 Foundation at the SCGF  
 Jim Reeve  
 Paulette Reid  
 Sylvia Reilly-Smith Fund at  
 the Calgary Foundation  
 Brenda Reimer  
 Louise Remark  
 Remorquage Groupe  
 Laberge  
 Résidence du Mont  
 Ken Reucassel  
 Rexall Foundation

Beula Reynolds  
 RGA Canada  
 Fonds de bienfaisance des  
 employés de Rheinmetall  
 Canada  
 Jennifer Rice  
 Rich Products of Canada Ltd.  
 Kenneth Richards and Karen  
 Myrfield  
 Avis Richardson  
 Jerry Richardson  
 Ralph F. Richardson  
 Robert W. Richey  
 Grace Riddehough  
 J. Riley  
 Brian Ripley  
 Donald and Dorothy Ritchie  
 John and Maureen Ritchie  
 Stanley H.J. and Eunice A.  
 Rivers Fund  
 Riverside Lobster  
 International Inc.  
 RJC Engineers  
 RJS Trading International  
 Limited  
 Muriel Roberts  
 Robert's Mechanical  
 Services Ltd.  
 Robertson Family  
 Charitable Fund  
 Laurette Robillard  
 Diane Robinson  
 Dana Rocket  
 Narra Rodal in memory  
 of Henry Rodal  
 Sergio Rodriguez  
 Rogers Family Charitable  
 Trust  
 J.D. Rolf  
 Maurice Rollins  
 Joe Rosa  
 Fondation Les Roses  
 de l'Espoir  
 John Ross  
 Lynn Ross  
 Rachel Ross  
 Venita Ross  
 William Rotari  
 Rotary Club of Whitby  
 Sunrise

Doug Roth and Stephanie  
 Shore  
 RothLochston  
 Constructors Inc.  
 Joanne Rothwell  
 Brian and Donna  
 Rottenfusser  
 Donald Roulston  
 Jean Rousseau  
 Jeff and Freda Rout  
 Foundation  
 Dawn Rowe  
 B. Hughes Rowsell  
 Royal Canadian Legion  
 Branch 35  
 Royal Distributing  
 Royal LePage Prince George  
 Royal LePage Westwin  
 Realty  
 Gale Rubenstein  
*Mai Liis Rumma*  
 Bruce and Juanita Russell  
 Rx&D  
 Ryan/Agostino Families and  
 Friends  
 Marvin Ryder  
*Gladys Shirley Rydholm*

**S**

Danny Sa  
 Richard and Barry Sacks  
 Families Foundation  
 Gloria Sacks Silver  
*Bridget Mary Said*  
 Brad Sakich  
 Moses Samuel  
 Laura Sandberg  
 Daren Sanders  
 Robert Sandford  
 Gurinderpal Sandhu  
 Buncy and Harvant Sangha  
 Charitable Foundation  
 Suzanne Sanson  
 Saskarc Industries Inc.  
 SaskEnergy  
 James Sauder  
 Georallynn Saunders  
 David Savage  
 Fred Savelovs  
 Richard Savoury  
 Evelyn Sawchuk

Andrew and Sophie Saxton  
 Clara Scanga  
 Todd Schierling  
 Luke and Tina Schipper  
 Schlesiger Wolf  
 Derrick Schlosser  
 Sandra Schmidt  
 Schneider Electric  
 Garth Schnittker  
 Rolf Schoene  
 Lincoln Schreiner  
 Beverly Schroeder  
 The Schulich Foundation  
 Dr. Richard and  
 Mrs. Petra Schulz  
 Irma and Ken Schuurman  
 SCI Interiors  
 Emma N. Scodellaro Fund at  
 the SCGF  
 Mary Scott  
 Pauline Scott  
*Phyllis Scott*  
 Regena Scott  
 Scott Builders Inc.  
 Seadrill Canada Ltd.  
 Peggy and Chris Seaver  
 Seaver Family Fund to  
 honour the life of  
 Bruce Calvin  
 Joseph and Rosalie Segal  
 Leo Seguin  
 Janet Sehbai  
 M. Seifert  
 Nels W. Seleshanko  
 Bruce Sembaliuk  
 Raymond Senez  
 Elinor Seppala  
 Serracan Properties Ltd.  
 David Service  
 Peter Seto  
 Carlo Sguassero  
 Albin Shanley  
 The Shaughnessy Family  
 Gary Shaw  
*Margaret Eva Grace Shaw*  
 Rob Sheets  
 San Sheng  
 Heather Sheppard  
 William Sheridan  
 David M. Sherman

Robert Sherrin  
 Sherritt International Corp.  
 Frank Shiffman  
 Shin, Dong-Sam/  
 Choong-Nyu  
 Larry Shipway  
 Shon Yee Benevolent  
 Association of Canada -  
 Calgary Branch  
 Fred Shore  
 Linda and Bruce Shore  
 Neil Shore  
 Shoreplan Engineering  
 Limited  
 Karen Shuvera  
 William Sidey  
 Sigma Software Solutions Inc.  
 Asha Sihota  
*Phyllis Gloria Simmers*  
 Evelyn Simpson  
 Sing Hung Shing Cheung  
 Foundation Inc.  
 Peter Singer  
 Thomas Singer  
 Joginder Singh  
 Dr. Alan Singleton  
 Jeremy Sintzel  
 Site Safety Incorporated  
 Six Mile River Resort  
 SKF  
 Corwin Skinner  
*Joan Marie Skirrow*  
 Cody Slater  
 Derek Slemko  
 Steven and Cindy Slupsky  
 Claire Smale  
 Ruth and Ken Smart  
 Allan Smith  
 Christine Smith  
 Dave and Carey Smith  
 Doris Smith  
 Doug Smith  
 Gregg Smith  
 Kenneth A. and Gladys  
 M. Smith  
 Lee Smith  
 In memory of Peter L. Smith  
 Jerry Smolyk  
 William Snell  
 Phyliss and Irving Snider  
 Foundation

*Ronald William Snowden*  
 Hin So  
 Lee and Karl Soberlak  
 Foundation  
 Social Change Rewards  
*Robert Edward Solinger*  
 Nancy and Stephen  
 Sorensen  
 Lisa Southern and Gavin  
 Marshall  
 Specialty Steel Inc.  
 Joe Spencer  
 The Spencer Family - Keith,  
 Sheryl, Bridget and Virginia  
 SPH Division of Cardiology  
 Spinrite LP  
 Sprott Asset Management Inc.  
*Sybil Pheobe Spurgin*  
 Stahl Peterbilt Inc.  
 Roger Stalsberg  
 Standard Community Chest  
 James M. Stanford  
 Stantec  
 Brett Starkman  
 Stealth Projects Ltd.  
 Robert Steane  
 Steele Subaru  
 Eleanor Stephanson  
 Brice and Lorna Stephenson  
 Glen Stewart  
 John Stewart  
 William and Helga Stewart  
 STI Technologies Limited  
 Stieber Berlach LLP  
 Christopher Stocker  
 Bill Stone  
 Storm Resources Ltd.  
 Strategic Charitable Giving  
 Foundation  
 Helen Street  
 STRONE  
 Margaret Stroyan  
*Leona E. Strum*  
 Stryker Canada  
 Stuart Charitable Giving Plan  
 Yi Su  
 SueFest  
 Ian Sullivan  
 David and Ruth Summerfield  
 Dean and Lynda Summerville  
 Alexandra Sundin



Sunrise Thorne Mill  
on Steeles  
Sunspace Modular  
Enclosures Inc.  
Surrey Fire Fighters  
Charitable Society  
Ida Sutherland Memorial  
Fund at the Calgary  
Foundation  
Austin Sweet  
Kourtney Swininer  
Umrao Syed  
Symcor  
Darrell and Laurie Szczerba  
William A. Szego  
Marcin Sztaba

**T**  
Terence Tack  
Beverley Tamboline  
Albert Tan  
Chi Yin Tan  
Tank Carrier Services Inc.  
Tanti Interiors Ltd.  
Roger Taplin  
Cheryl Tardif  
Taseko Mines  
Beverley Taylor  
John Taylor  
Ken Taylor  
Leslie John Taylor Fund at  
the Winnipeg Foundation  
Sonja Taylor  
Dr. Philip and Mrs. Anda Teal  
*John Francis Teerkott*  
TELUS – Joe Natale  
Telus Santé  
Temple Gardens Hotel & Spa  
TENARIS  
Terrace Beach Resort  
Incorporated  
In memory of Angela M.  
Thacker  
*Robert James Thibodeau*  
Rainy Thiele  
Third Point Reinsurance Ltd.  
Bill and Bronwen Thomas  
Bill and Sheila Thomas  
Elaine Thomas  
Gareth Thomas  
Paul Thompson

Timothy Thompson  
Nancy Thomson  
Warren and Lisa Thomson  
Bruce and Pat Thorburn  
Andrea Thornberg  
*Eilleen Thorne*  
Raymond Chabot Grant  
Thornton  
*Myrtle Matrina Thuler*  
Tigercat International Inc.  
Derry Timleck  
Michael J. and Renae N. Tims  
The Tire Terminal  
James To  
Tobis Investments Inc.  
Peter and Marianne Toews  
Dorothy Tonning  
*Ralph Belmore Toombs*  
Torkin Manes LLP  
Fred Town  
George and Joyce Town  
L.D. Town  
Traction on Demand  
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