

AUTUMN 2019

# Your Legacy



**'It makes me feel that I've done something worthwhile.'**

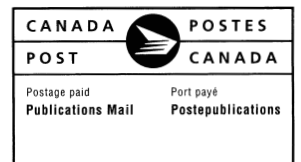
Wendy Jerome helps students overcome the same hurdles she faced

## Also inside:

Getting fired changed his life for the better

Tax benefits can lead to life-changing gifts

Planned Giving  
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Wendy Jerome overcame struggles as a student — and knows how a helping hand can make a difference.

## Active Kindness

Financial aid and encouragement helped turn Wendy Jerome's life around. Now she's doing the same for U of A students

BY STEPHANIE BAILEY, '10 BA(HONS)

The hallways of Victoria Composite High School felt less intimidating when Wendy Jerome, '58 BPE, returned at 20 years old. She was no longer the painfully shy teenager who had once walked through there.

After all, Wendy had just fulfilled her dream of attending the University of Alberta, and had the physical education degree to prove it. But before she took her next step, there was one thing she had to do.

"I wanted to thank the teachers and

the principal because I couldn't have done it without them being there for me," she explains. And that day, one teacher had a final assignment for Wendy: "Now do the same for someone else."

Wendy has indeed paid forward the teacher's kindness. In fact, she went on to dedicate her whole career to helping others — as a teacher, an Olympic-level coach and a pioneering sport psychologist. Now retired, she continues to give back through a bursary for students in financial need in the Faculty of Kinesiology, Sport, and Recreation, and she has made a gift in her will to that same bursary.

"I want to help that student who's at a critical point in their education but having a tough time trying to make ends meet, trying to do it on their own," she explains. "That student who is like me."

Wendy had to pay her own way through university, working odd jobs during the summers and, during the

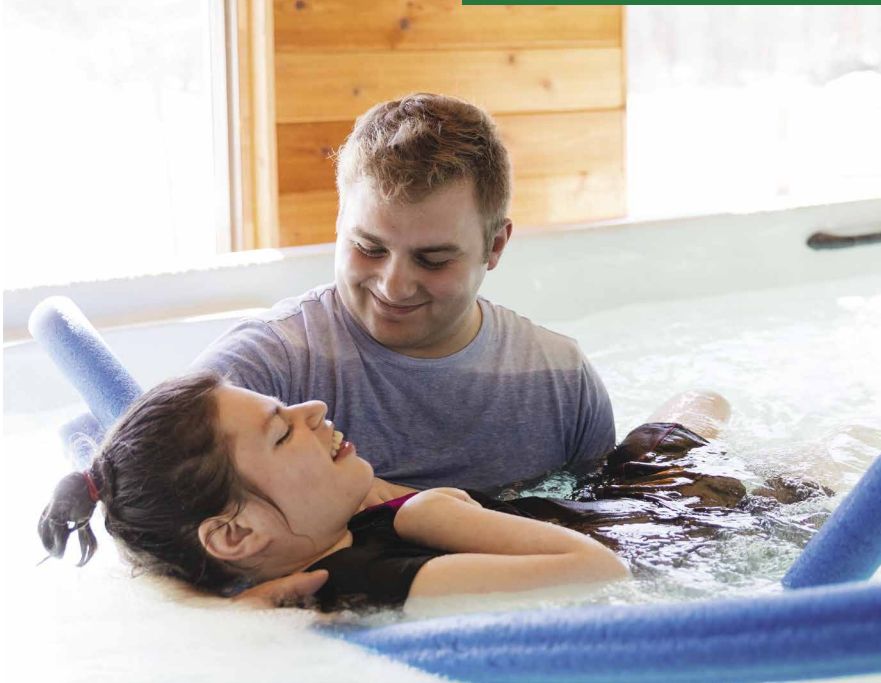
school year, rushing to work in the evenings after long days as a student athlete. Even then, money was tight. "Eating. It was a challenge," she explains. In her third year of studies, she thought she would have to drop

**'I love to see potential. It's a wonderful feeling to help. It's a joy.'**

Wendy Jerome, donor

out until Maurice Van Vliet — dean of what was at the time called the Faculty of Physical Education and Recreation — recommended she apply for the Proctor & Gamble bursary. The \$200 bursary (about \$1,800 today) paid her tuition that year.

Eric Gwilliam helps people with disabilities, like his sister, move in new ways. A donor makes it possible.



“I was lucky to have people who took an interest in me and cared about me when I had no self-esteem and no support at home,” she says. Thanks to encouragement and financial aid, she was able to realize her dream and finish her degree. She became one of Canada’s first sport psychologists and she helped athletes reach their peak performance.

“I love to see potential. It’s a wonderful feeling to help. It’s a joy,” she says. Her hope now is that students who receive her bursary will one day feel the joy of giving back, as well. Students like kinesiology major, Eric Gwilliam.

Thanks to Wendy’s bursary, Eric has focused less on financial stress and more on his own efforts to help others. Like Wendy, Eric sees the potential in everyone — whether it’s the kids he coaches in wrestling or people like his sister, Kari. Diagnosed with cerebral palsy after a traumatic car collision, Kari has been in a

wheelchair most of her life.

Eric came to the U of A to study adapted physical activity, with the dream of one day empowering people like Kari to lead active lives, no matter what their impairments might be. But paying the bills hasn’t been easy. “Getting a bursary was a huge relief,” he says.

The bursary means Eric can pay it forward. “I want to help people — whether that’s people with cognitive impairments, physical impairments, people understanding what impairments are,” he says. “One of the big impacts I want to make with my degree is just to help.”

And so the legacy of helping others continues. Which is exactly what Wendy had hoped for. “It makes me feel that I’ve done something worthwhile.”

▶ **Watch Wendy reflect on her inspiring life at [uabgive.ca/Wendy](http://uabgive.ca/Wendy).**



## Make a bequest

When you name the U of A in your will, you commit to world-changing research and the education of future generations. Talk to your financial adviser about the options. The most common types of bequests are:

**Residual bequests:** Designate all or part of your estate to the U of A. The advantage is that there is no need to update that part of your will, even as your estate adjusts in size.

**Specific bequests:** Designate a fixed dollar amount or a specific property to the U of A. The advantage is that the size of the gift remains fixed and is the first to be distributed.

### How it works

A donor leaves \$150,000 to the University of Alberta in her will. Assuming the total net income on her final tax return was \$100,000, and her net income the previous year was \$75,000:

1. A donation of \$100,000 can be claimed on her final tax return.
2. A donation for the remaining \$50,000 can be claimed on her previous year’s return.
3. Her estate receives a total tax credit of \$75,000 between her final two tax returns.\*

With a bequest, you will become a member of the University of Alberta Quaecumque Vera Honour Society.

\* Tax credit depends on donor’s income and specific circumstances



Did you hear? Cancer research, like the work of Dr. David Eisenstat, got a lift by two forward-thinking donors.

## A bit of tax know-how can boost your legacy

Creative thinking when planning your estate can lead to surprising — and life-changing — results

BY NIALL McKENNA

Terry and Betty Davis knew for a long time that they wanted to leave a gift to the University of Alberta in their wills. The couple, both alumni, knew their gift would go to cancer research at the Cancer Research Institute of Northern Alberta, or CRINA.

After sitting down with their financial advisor, they decided to make part of their gift right away. This meant the couple could support cancer research in their lifetime — and receive some tax advantages.

“It meant we did not have to wait till the ‘inevitable’ happened before seeing the impact of our gift,” says Terry, ’66 BCom.

“Every time I open the newspaper and see a story about advances in cancer research, I am proud to be part of it,” adds Betty, ’66 BEd, ’74 BA, ’80 Dip(Ed), ’95 EdD.

By making an annual gift of securities, Terry and Betty receive a tax credit that reduces their taxes owing and they don’t have to pay tax on the capital gain from the securities.

Blending the emotional desire to leave a legacy with the practical strategy of maximizing tax advantages is smart, says Edmonton estate lawyer Rhonda Johnson, ’86 BA(Hons), ’90 LLB, ’90 MBA.

“It’s a win-win,” says Rhonda. “If we do some planning, we can end up with more of a legacy to give, plus we can have the personal fulfilment of seeing our contributions at work, enriching our community.”

Rhonda gives this example to show how tax breaks can make gifts possible, without greatly reducing an inheritance:

- A couple wants to leave their entire estate, worth \$1.2 million, to their three adult children.
- After taxes, each child would

receive \$337,000 (assuming no other estate costs, for simplicity).

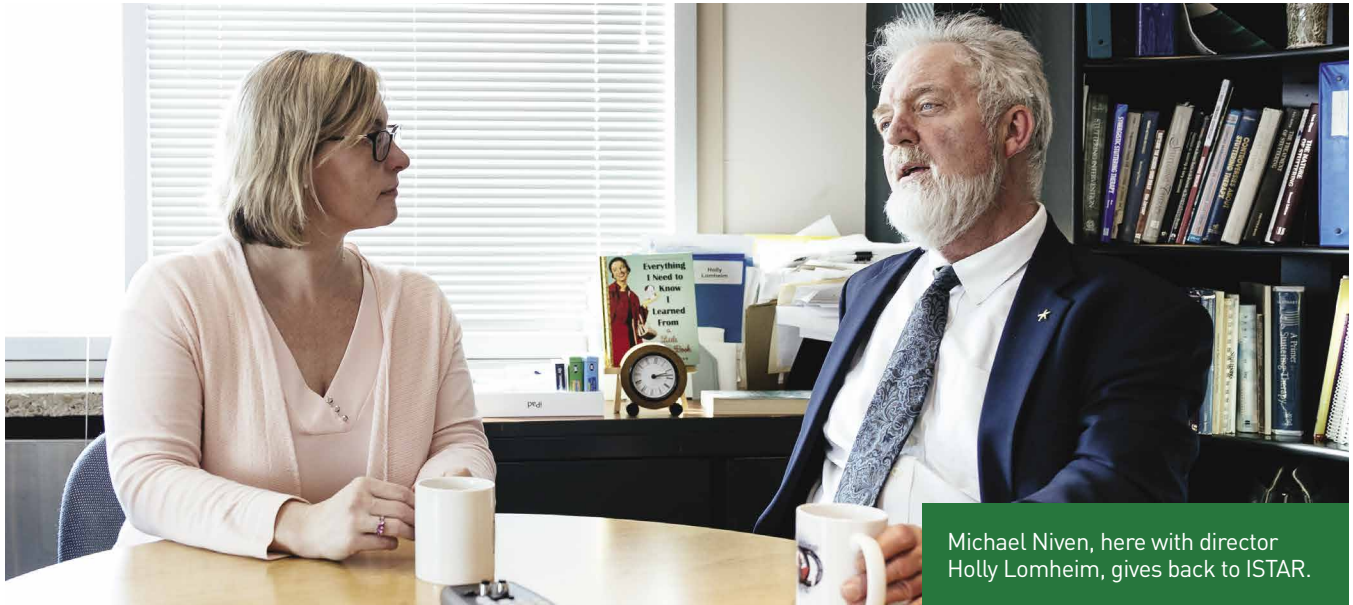
- However, if the couple makes a charitable gift of shares worth \$120,000 in their wills, the tax savings could be as much as \$84,000.
- The couple gets to leave an incredible legacy, while each child receives only \$12,000 less (\$325,000 instead of \$337,000).

For Terry and Betty, being part of the U of A’s fight against cancer took on extra significance when Betty was diagnosed with colon cancer in 2016. She was quickly treated and is now cancer-free.

“It delights us to know that we are encouraging a battle against a horrible disease,” Betty says.

*Everyone’s financial situation and philanthropic goals are different. It’s important to consult with your financial planner or estate lawyer to see what is possible. **To discuss your gift, call our Planned Giving team at 780-492-2616 or email [giving@ualberta.ca](mailto:giving@ualberta.ca).***





Michael Niven, here with director Holly Lomheim, gives back to ISTAR.

## ‘I was out of the cage and I was free’

Overcoming his stutter unlocked Michael Niven’s potential. His gift means others can do the same.

BY MATT REA, ’13 PhD

It was the empty desk that tipped him off. Michael Niven stepped into his boss’s sprawling office at a law firm in downtown Calgary ready to discuss a file, but when he saw the desk’s smooth surface he knew something was wrong. There should have been papers everywhere — stacks of folders ready to review. But there was no paper. No file to discuss. Michael braced, already knowing what was going to happen next.

The day Michael was fired because of his stutter, he had a wife, a baby and a mortgage to worry about. Yet these days he will tell you that moment in 1987 was a turning point. It was the day he admitted to himself that if he wanted to go further in his

career, he needed help to overcome his stutter. That revelation led him to the Institute of Stuttering Treatment and Research (ISTAR) at the University of Alberta — a place that changed his life forever. Now he’s giving back through a gift in his will to the U of A, making stuttering treatment affordable for future generations.

For the first three decades of his life, Michael had succeeded in spite of a debilitating stutter. He completed law school in Scotland, came to the U of A to finish a postgraduate degree and even awkwardly asked his wife out on their first date — all with a stutter. The stutter had never stopped him from getting where he wanted to go. Which is why, when his mother-in-law gave him a magazine ad for ISTAR, Michael politely took it and promptly chucked it in his desk drawer.

After he was fired, Michael quickly went through the stages of grief. He spent a few days gathering himself and then, like a good lawyer, he began to strategize. He went back to that old desk drawer, pulled out the ad for ISTAR and made a call. Fast-

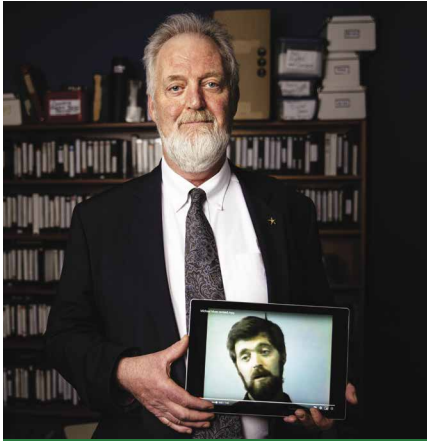
forward to the end of three weeks of intensive treatment and Michael could finally speak clearly. “I was out of the cage and I was free.”

Michael, now a partner in his own law firm, is paying forward his experience through a gift in his will to the University of Alberta, looking

**The day Michael Niven was fired because of his stutter, he had a wife, a baby and a mortgage to worry about.**

to make a difference for children who stutter. “I’m a recovering stutterer. For the rest of my life, to speak fluently, I’ll need to keep practising techniques I learned at ISTAR or else my stutter will come back,” says Michael, who is now chair of the Foundation of ISTAR, which raises funds and builds community support for ISTAR’s work.

CONTINUED ON PAGE 5



Michael Niven's stutter was relegated to old video — thanks to ISTAR.

## Donor's gift means freedom of speech for kids

CONTINUED FROM PAGE 4

"But if you get a kid who is four or five or seven and they stutter, early intervention can dramatically improve their chances of speaking more fluently."

Shortly after his time as a client at ISTAR, Michael and his wife travelled to Scotland to visit his parents. Michael remembers talking with his mother, who had worked throughout his childhood trying, and failing, to

get help for his stutter. She sat and listened as her son, a grown man with a wife and child of his own, was finally able to speak clearly.

"We were sitting there and talking and she stopped and said, 'You know, this is the first proper conversation we've ever had,'" Michael recalls. "I'm glad she had that."

▶ **Watch more lives transformed by the Institute of Stuttering Treatment and Research at [uabgive.ca/ISTAR](http://uabgive.ca/ISTAR).**



## We would like to hear from you

The Quaecumque Vera Honour Society recognizes donors who have notified the University of Alberta of a gift in their estate plans. If you have already provided for such a legacy gift, we would like to welcome you into this special group and learn about your future plans.

To notify the university, or to learn more about making a legacy gift, please complete and forward by mail, fax or email.

All contacts are treated with the strictest confidence and entail no obligation.

- I have already made a legacy gift to the University of Alberta (bequest, insurance, an RRSP/RRIF or other) and have not yet told you about it.
- Yes, I would like more information about making a legacy gift to the University of Alberta.
- Yes, please send me my complimentary copy of the University of Alberta's Estate Planning Organizer.
- Yes, I would like more information about making a gift to the University of Alberta while receiving a life income.**

Please provide the following information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Tel: \_\_\_\_\_ Email: \_\_\_\_\_

If you prefer to speak with someone directly about the various options, please contact Kathy Fitzgerald, Director, Planned Giving:

Tel: 780-492-2616

Toll-free 1-888-799-9899

Fax: 780-492-1862

Email: [kathy.fitzgerald@ualberta.ca](mailto:kathy.fitzgerald@ualberta.ca)

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Kathy Fitzgerald, Julian Solberg and Brian Shea

*We hope you enjoy reading the Autumn 2019 issue of Your Legacy, the University of Alberta's semi-annual planned giving newsletter. We would love to hear your thoughts and comments.*

*Please feel free to contact us if we can be of any assistance in fulfilling your personal legacy goals.*



**Receive a FREE Estate Planning Organizer: Call 780-492-4418, email [giving@ualberta.ca](mailto:giving@ualberta.ca) or download at [uab.ca/estates](http://uab.ca/estates).**

The information presented in this newsletter is of a general nature and is not intended to substitute for professional financial or legal advice. Please consult your own financial or legal advisors before finalizing a legacy gift to the University of Alberta.