



CELEBRATING BLACK HISTORY MONTH - A Month of Activities



CO-AUTHORS: DR. DENISE O'NEIL GREEN, HON. DR. JEAN AUGUSTINE
& DAUNA JONES-SIMMONDS (LEFT TO RIGHT)

100 ACCOMPLISHED BLACK CANADIAN (ABC) WOMEN

100ABCWomen #1

January 2023

Congratulations to
Extra-ordinary Women -
100ABC Honourees



Dahlia Bateman, General Counsel,
Wilfred Laurier University —
recently achieved her PhD in Law

Recipients of Queen Elizabeth II Platinum Jubilee Award

Donna Cardoza, Kathy Grant, Elise Harding Davis, Candies
Kotchapaw & Madge Logan



Join our weekly Fireside Chats on Sundays
from 3 until 4:30 pm EST. Registration is re-
quired—please review the schedule then regis-
ter:

[https://www.100abcwomen.ca/wp-content/
uploads/2021/10/Fireside-Chats-Schedule.pdf](https://www.100abcwomen.ca/wp-content/uploads/2021/10/Fireside-Chats-Schedule.pdf)

2024 Nominations are open—click here
to nominate an accomplished Black
Canadian Woman: [https://
www.100abcwomen.ca/nomination-form-2024/](https://www.100abcwomen.ca/nomination-form-2024/)

In This Issue

- ⇒ Congrats to 100 ABC Honourees who are being honoured and recognized for their extra-ordinary brilliance.
- ⇒ 2024 Nominations are Open until July 31, 2023!
- ⇒ Black History Month schedule—Join our Fireside Chats and Inspirational Conversations On Sundays from 3 to 4:30 pm EST sponsored by TD Ready Commitment, BI-POC Executive Search Inc., Carpenters' Union & EFTO
- ⇒ Upcoming Black History Month events
- ⇒ Love to Cook? Curried Crab!
- ⇒ How to Contact Us!

100 Accomplished Black Canadian Women

WAYS TO GET YOUR BOOK NOW: *A Different Book-*
list— 779 Bathurst St., Toronto, Ontario

⇒ www.Amazon.ca
[https://www.100abcwomen.ca/how-to-get-your-
book/](https://www.100abcwomen.ca/how-to-get-your-book/)



You are invited to a Black History
Reunion in the form of a Mini Mu-
seum - Reception later on that
date:

Feb 4, 2023

**Contact Sandra Jones for
more information—416-464-4843**

100 ABC Women Minds Its Own Business

Get your tickets via Eventbrite

Jean Augustine Centre's

**BLACK HISTORY MONTH
Celebration & Fundraiser**

**Saturday, February 11
9 am to 12 pm**



*The Jean Augustine Chair in
Education, Community and Diaspora
presents*

**WORD
SOUND
POWER**

**An Annual Celebration of
Black Artistic Expression**

**Wednesday,
February 8, 2023**

5:30 – 6:30 p.m. (welcome reception)

6:30 – 8:30 p.m. (performances)

Tribute Communities Recital Hall
(Accolade East Building), York University

➤ RSVP for free tickets

Contact Us—Check out our website for
more information: www.100ABCWomen.ca

P.O. Box 31305 Bayview 16th Ave PO,
Richmond Hill, Ont. L4C 0V7

**thank
you!**

**Editor: Dauna Jones-
Simmonds, Co-Author/ Co-
Founder / The Architect of
100 ABC Women Project -**

**Brilliant Minded Women's Award,
2021 Black Excellence Lifetime
Achievement Recipient— Afroglobal
Excellence Award & one of 100 Most
Influential Black Canadians in 2022**





2024 Nominations are **Now Open until July 2023**. Click on this link to nominate someone: <https://www.100abcwomen.ca/nomination-form-2024/>

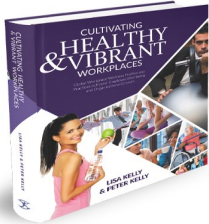
Cultivating healthy workplaces **TOGETHER!**



Perspectives of a VP of People and Transformation

Michele James
VP of People and Transformation,
Scarborough Health Network

Learn more about the book here...
workplacewellnesscoe.com/book



Get the Book!
Available Now
on
amazon

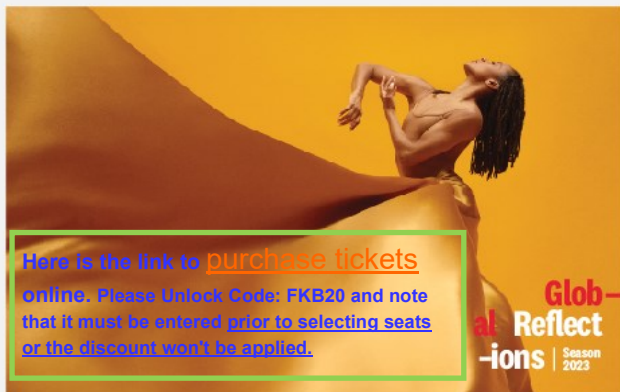
Book special available until Feb 28 at workplacewellnesscoe.com

TO Live Presents

Alvin Ailey American Dance Theater

Robert Battle, Artistic Director
Matthew Rushing, Associate Artistic Director

Friday, February 3rd at 8 pm and
Saturday, February 4 at 2 pm
<https://am.ticketmaster.com/tolive/alvinailey2023-events>



Here is the link to [purchase tickets](#) online. Please Unlock Code: FKB20 and note that it must be entered [prior to selecting seats](#) or the discount won't be applied.

Glob-
al Reflect
-ions | Season
2023

Presented by TO Live and produced by Alvin Ailey American Dance Theater

Lead partners



Supported by



Ailey North American tour sponsor



Upcoming Events Calendar

Fireside Chats with 100 ABC Honorees every Sunday from 3pm until 4:30 pm EST

Review schedule and Register:

<https://www.100abcwomen.ca/wp-content/uploads/2022/10/Fireside-Chats-Schedule.pdf>

We encourage our friends and supporters to follow/share/like/comment on our posts across our social media platforms.

Like and follow us on:

Facebook: 100ABC Women
www.facebook.com/100abcwomen

Instagram: @100_abcwomen
www.instagram.com/100_abcwomen

Twitter: @100abcwomen

www.twitter.com/100abcwomen

Review events such as Fireside Chats, Book Launch & Galas and Symposiums on our YouTube Channel.

Subscribe to our YouTube Channel

<https://www.youtube.com/c/100abcwomen>

100 Accomplished Black Canadian Women

100 Accomplished Black Canadian Women

JOIN OUR

100 ABC WOMEN HONOUREES FOR A VIRTUAL FIRESIDE CHAT

On topics from decluttering your life to planning for your retirement

EVERY SUNDAY FROM OCTOBER 16, 2022 TO JULY 2, 2023 - 3 TO 4:30 P.M. EST

For more details follow us on...

@100_abcwomen @100abcwomen @100abcwomen

Visit 100abcwomen.ca

TD READY COMMITMENT BIPOC EXECUTIVE SEARCH CARIBBEAN CANADIAN ETFO FEEO

#BLACKHISTORYMONTH

JESSE RYAN & KAISO STREET COLLECTIVE

PREMIERING MUSIC OF THE MIGHTY BOMBER

FEB 17, 2023
7PM EST

Q&A TO FOLLOW

HOLY BLOSSOM TEMPLE
1950 BATHURST ST, TORONTO
\$40 ADMISSION

Kaiso Street Collective is a new ensemble (nonet) lead by JUNO-Nominated, Trinidadian-born saxophonist and composer Jesse Ryan that is dedicated to presenting fresh arrangements of music from the golden age of calypso, re-imagined through the lens of modern jazz. The ensemble will premiere new arrangements of some of his late grandfather, Clifton Ryan's (aka The Mighty Bomber) calypsos as well as calypsos from The Mighty Spoiler, who was one of Bomber's mentors and biggest influences.

Though the cultural contributions of Caribbean icons to Black history have been seen and celebrated in part, their stories are often left out of the global narrative. This project seeks to echo the idea that CALYPSO HISTORY IS BLACK HISTORY!

FEATURING:
JESSE RYAN
JEFF LA ROCHELLE
ALEXANDER BROWN

KELSLEY GRANT
ANDREW MARZOTTO
MICHAEL DAVIDSON

EWEN FARNCOMBE
ROBERTO OCCHIPININI
ANTHONY DANIEL

PRESENTED BY:
JOY BULLEN
CULTUREPRENEUR
www.joybullen.ca

PRESENTING SPONSOR:
TD

SUPPORTING SPONSORS:
ACS
Rockline Plus
BMS



ACCRA

Ingredients

- ◆ 2 cups flour
- ◆ 1 TBSP Fleischman's yeast
- ◆ 1/2 tsp salt
- ◆ 3 oz saltfish
- ◆ 2 blades chives
- ◆ 1/2 small onion, garlic and thyme
- ◆ Piece of red pepper
- ◆ 1/2 tsp Black pepper
- ◆ 1 1/2 cups of warm water



Instructions

- Scald fish twice, then remove skin and bone
- Mix fish, onion, garlic, thyme and pepper together into a fine mixture
- Sift flour and salt into a bowl
- Mix yeast with a little of the water and stir it into the flour until a soft batter is formed
- Add fish and blend mixture for 2-3 minutes
- Stand in a warm place to rise for 2 hours
- Fry by spoonfuls in smoking hot oil
- Drain and serve hot with Floats or bakes

Quick and easy to prepare!
—Delicious Cooking!!



Norma Wilson

Celebrating Black History Month

Upcoming (Feb 2023) Live Fireside Chats!! Join us On Sundays from 3 to 4:30 pm EST via our YouTube Channel –<https://www.youtube.com/c/100abcwomen>

Date	Topic	Description	Registration Link	Panelists & Moderator
05/02/2023	Women's Rights is Human Rights	Do you recognize when your human rights are being violated?	https://us02web.zoom.us/webinar/register/WN_ajGZVYJ9S2eYEsDydjTa8Q	Colleen Russell Rawlins Marie Clarke Walker Rochelle Ivri Esther Enyolu Moderated by: Nancy Simms
12/02/2023	Black History Month Conversations	Black artists share their talent and history.	https://us02web.zoom.us/webinar/register/WN_VOIADQIITNOzoe3pSdt0Fw	Rachel Decoste Elise Harding-Davis Coco "Cognac" Brown Fanny Christelle Mekoh Moderated by: Yvette Blackburn
19/02/2023	Conversations with Historic Figures	Interviews with Historic figures and where are they now?	https://us02web.zoom.us/webinar/register/WN_3rCs9LqVRAagweHytu_LRQ	Hon. Dr. Jean Augustine Irene Moore Davis Michelle Jacques Dr. Wanda Thomas Bernard Moderated by: Sarah Onyango
26/02/2023	Diversity, Equity, Belonging & Inclusion "I feel Excluded"	What are organizations doing to ensure employees feel included especially when many have opted to work from home? How do we create an inclusive workplace?	https://us02web.zoom.us/webinar/register/WN_kP0cwjf0Tde27tk1ljp1CQ	Sherry Sweeney (TD) Rachel Decoste Dr. Krissy Doyle-Thomas Michele James Moderated by: Dr. Denise O'Neil Green

100ABCWomen is committed to recognizing and documenting the accomplishments of Black Canadian Women. All 100 ABC Honourees are encouraged to share their accomplishments and stories so that our readers can appreciate the difference they are making within their respective communities.
Celebrating Black History Month!