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100 ACCOMPLISHED BLACK CANADIAN (ABC) WOMEN

100ABCWomen #1 January 2024

Congratulations to Extra-ordinary Women - 100ABC Honourees



Patricia Mawa receives the Excellence in Media award from Miles Magazine!



Pauline Christian for the impactful launch of her book 'Breaking Barriers In Pursuit Of Excellence' and to the MLK Connex team for 25 years of inspiration.



Trish Mandewo was Elected President of the Association of British Columbia (UBCM). First Black to be in the role not only in BC but nationwide.

Hazel Palmer—Recipient of the Order of Canada



Announcing 2024 100 Accomplished Black Canadian Women

In This Issue

- ⇒ Congrats to 100 ABC Honourees who are being recognized for their extra-ordinary brilliance -
- ⇒ **Upcoming Events**
 - ◆ Season Three Fireside Chats start January to July 2024. (See the February Schedule)
 - ◆ Symposium—Friday, September 27, 2024
 - ◆ The 5th Annual Book Launch & Award Ceremony on Saturday, September 28, 2024—it's going to be special!!!
- ⇒ CIBC partners with 100ABCWomen—Paid Summer Internship Program for Black Students
- ⇒ **Unveiling Our 2024 Honourees**
- ⇒ **Welcome to Black History Month**
- ⇒ **Quote of the Month: Danielle Dowdy**
- ⇒ **Love to Cook? Try Creole Turtle Soup!**
- ⇒ **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/>

Save the Date
 100ABCWomen Presents 2024 Book Launch & Award Ceremony—Saturday, September 28, 2024



Welcome to Black History Month

Hon. Dr. Jean Augustine was key to establishing Black History Month in Canada. In 1995, she introduced a motion that February be recognized in Canada as the official month of Black history. The motion was passed unanimously.

Strengthening Our Relationship?



100ABCWomen is pleased to provide support to CIBC's 2024 Summer Paid Internship Program – with a focus on Black students -

Let's help our younger generation develop and grow - more details to come!



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

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Editor: Dauna Jones-Simmonds

Co-Author | Co-Founder | The Architect of 100 ABC Women Project | Brilliant Minded Women's Lifetime Achievement Award | 2021 Black Excellence Lifetime Achievement—Afroglobal Excellence Award | One of 100 Most Influential Black Canadians in 2022 | 2023-2024 VP—Rotary Club of Toronto & 1st Black President in 2025-2026





2024 Book Launch & Award Ceremony—Saturday, September 28, 2024 from 6 until 11 pm EST at Woodbine Banquet Hall—30 Vice Regal Blvd., Etobicoke, Ontario (10 minutes away from Pearson International Airport) - Tickets Go on Sales—Friday, Feb 2, 2024.

Unveiling our 2024 Honourees—more to come!!



A. LaFerne Clarke
Social Worker - Ontario

"Strive to follow my high school Latin pathway "Aga Quid Agis", which translated means "Whatever you do, do it to the best of your abilities."



Birth Country - Jamaica



Adebola Adefioye
Founder & Executive Director- Ontario

"Always hang around the right association that inspires you to dream."



Birth Country - Nigeria



Lady Adejisola Atiba
Founder and President of Council of African Professionals, Founder, African Caribbean Council of Halton, Community Manager, RRR: Canada

"Embrace curiosity, have a culture of continuous learning, and be adaptable to change."



Birth Country - Nigeria



Dr. Adelle Blackett

..



Adigo Angela Achoba-Omajali
Clinical Practice Educator - British Columbia

"Worry less, cherish and enjoy the moments as they come."



Birth Country - Nigeria



Althia O'Hara Stephenson
Director, Continuity & Third Party Disaster Readiness - Ontario

"Be audacious, be courageous, and summon the strengths to venture beyond your comfort zone."



Birth Country - Jamaica



Althea Jones
Founder, executive director and midwife at Ancestral Hands Midwives - Ontario

"Project confidence and know that you deserve to inhabit any desired space"



Birth Country - Canada



Aminka Belvitt
President & CEO, The ForUsGirls Foundation - Ontario

"Be fierce and daring!"



Birth Country - Jamaica



Anastasia Gordon

..



Dr. Andrea M. Fatona
Associate Professor, Canada Research Chair II

"When you find your passion, do not let it go."



Birth Country - England



Andria Case
News Anchor - Ontario

"Set a goal, surpass it."



Birth Country - England



Angela Carter
Advisee, Strategic Initiatives - Ontario

"Strive to uplift themselves and others - don't be selfish or greedy."



Birth Country - Barbados



Angela Cassie

..



Angela Mignon-Smith
Development Engineer - Ontario

"Always remain hopeful"



Birth Country - Canada



Anique Jordan
Artist & Curator

"There are going to be times and circumstances around you that would lead you to believe that the conditions of power we have dealt are unwavering"



Birth Country - Canada



Barbara Taylor
Retired school principal, Toronto District School Board - Ontario

"You belong to a long list of Black women who have stood for change."



Birth Country - Trinidad and Tobago

Upcoming Events Calendar

www.100abcwomen.ca

**Fireside Chats with
100 ABC Honourees**

**Season 3 starts January 7
2024 every Sunday from 3
until 4:30 pm EST**

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>

Quote of the Month:

"Lean on your elders for advice, pray for wisdom, and always try your best".

Danielle Dowdy

**2024 Fireside Chats –Join Us every Sunday (check our website:
www.100abcwomen.ca to register) February 2024 Schedule**

| E pi so de # | Topic | Short Descrip- tion/Teaser | Registration Link | 3:00 to 4:30 pm EST (includes Q&A's) | Panelists | Modera- tor |
|--------------------------|---|--|---|---|--|----------------|
| 5 | Becoming indispensable to your school system | <i>How can we add value to our school system?</i> | https://shorturl.at/vzF0 | Sunday, February 4, 2024 | Michelle Munroe Andree Nicole Vernon Lorna Looby-Crosse | Kathy McDonald |
| 6 | A Day for Storytellers. How are you positively impacting the lives of others | <i>Storytellers present their stories - an event intended to create laughter and joy</i> | https://shorturl.at/iACIJ | Sunday, February 11, 2024 | Mosa McNeilly Nadia Hohn Irene Moore | Tanika Riley |
| 7 | In-person vs virtual work | <i>Why employers want you in the office. The impact on Worklife Balance</i> | https://shorturl.at/dlqBQ | Sunday, February 18, 2024 | CIBC Camille Isaacs-Morell Adejisola Atiba Andria Babbing- | CIBC |
| 8 | Managing human rights complaint at the Ontario Human Rights Tribunal: Considerations for Black Women | <i>How to handle anti-racism and human rights complaints</i> | https://shorturl.at/CWX25 | Sunday, February 25, 2024 | Rochelle Ivri Tyjondah Kerr Boluwaji Olaniru Lavinia Latham | Nancy Simms |

Creole Turtle Soup

Love to Cook?

Ingredients

- ◆ 2 large turtle fins
- ◆ 8 glasses of water
- ◆ Pieces of Bay leaves and chives
- ◆ 2 medium onions
- ◆ 3 whole red peppers
- ◆ Add clove, salt, black pepper, garlic, thyme, parsley, tomatoes, sherry, to taste



Instructions

- ◆ Scald and wash turtle thoroughly, removing any skin and shell
- ◆ Cut up, add water and simmer for about 3 hours
- ◆ Add seasons and simmer for another
- ◆ Strain the soup and add sherry to taste
- ◆ Garnish with small squares of fin before serving

Quick and easy to prepare!



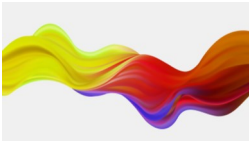
**—Delicious Cooking!!
Norma Wilson**

Bernice Carnegie and family invite you to a **Black History Month Historical event** on Friday February 16th / 5:00 p.m. at the Isabel Bader Theatre Victoria University (U of V).

Be prepared to be moved by the screening of *Beyond Their Years*, an award winning documentary about two Black Icons - Herb Carnegie (Hockey) and Buck O'Neil (Baseball) as they challenged the status quo in their respective sports.

For more details or to register, click on the link.

<https://www.eventbrite.ca/v/v/h/m-theatre-night-with-the-carnegie-tickets-8087111238872af?notfoundcreator>



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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.