



Happy Halloween



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

100 ACCOMPLISHED BLACK CANADIAN (ABC) WOMEN

100ABCWomen

#10

October 2023

**Congratulations to
Extra-ordinary Women -
100ABC Honourees**

Kemi Jacobs & Ginnelle Skerritt—recipients of the AfroGobal Black Excellence Award for 2023

Dr. Itah Sadu, award-winning storyteller and children's author and owner of A Different Booklist Centre, receives Honorary doctorate degree from York University.



CIBWE | Canada International Black Women Excellence

Oyindamola Isaac
Canada's Top 100 Black Women to Watch 2025
The Black Pearls Gala
October 28, 2025
www.cibwe.ca

Get Your Ticket Today & Come Celebrate Her!

Cibwe
Canada International Black Women Excellence

"Honouring Impactful Resilience"

Oyin Isaac recognized as one of Canada's Top 100 Black Women to Watch, 2023 by CIBWE (Canada International Black Women Excellence) at its Black Pearl Gala.

Join Season 3 Fireside Chats starting January 2024—registration link is now available on our website—www.100abcwomen.ca

2024 Honourees will be announced late

December 2023

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 - ◆ Season Three Fireside Chats start January to June 2024.
 - ◆ Symposium—Friday, September 20, 2024
 - ◆ The 5th Annual Book Launch & Award Ceremony on Saturday, September 21, 2024
- ⇒ The 100ABCWomen Impact
- ⇒ Giving Tuesday
- ⇒ 2023 Symposium video will be available for viewing on our YouTube Channel on November 1st, 2023
- ⇒ Special Thanks to our Symposium Sponsors and Collaborators
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100 Accomplished Black Canadian Women

WAYS TO GET YOUR BOOK NOW: *A Different Booklist*— 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 21, 2024—more details to come.

So What's The Impact of 100 ABC Women Projects?

Through showcasing the expertise and stories of Black women leaders across Canada, the 100ABCWomen project continues to build awareness of the significant and under-acknowledged contributions of Black women in Canada.

Our events/activities target this shortage of celebratory representation directly. It is also a commitment to dismantling Anti-Black Racism within their respective communities and build the awareness of the rich cultural diversity of Black women who continue to shape Canada; create a space in which the contributions and participation of these women are fully recognized; and showcase their tireless efforts to address racism.

We share information and stories that dispel myths about the Black community; we build awareness of the impacts of anti-Black racism and work toward its eradication; and we spotlight the positive contributions of Black communities. We also bring various groups together for the common good of understanding the Black community, towards the elimination of barriers, and towards the creation of pathways to open up leadership positions and sustainable employment by showcasing our brilliant and talented Honourees.

"I would liken the 100ABCWomen© [awards ceremony] to an intense immersion in a sisterhood of Black excellence and deep commitment to community! The encouragement, empowering advice and heartfelt calls to action have motivated me to do more and go further with my own professional and community endeavours...and become an even better version of myself! Thank you!" - 2020 Awards Ceremony Attendee.

The above sentiment from an Awards Ceremony attendee speaks to the immense need for celebratory events like ours for Black women in this country. Many of our Honourees reporting never having been publicly celebrated or acknowledged in such visible ways. Our Awards Ceremony, Symposiums and Fireside Chats are among the first that bring these women from across Canada together. By making the 'invisible' visible, many 100ABC Honourees have gained promotions in their workplaces, have become members of 'paying' Boards, received speaking engagements, have received numerous awards, just to name a few.

100ABCWomen currently has 400 accomplished Black Women in its database and it will increase to 500 by September 2024. We are keenly aware that these brilliant and influential women will continue to make a significant impact to the Canadian economy and communities. Join 100ABCWomen in celebrating Black Excellence!

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

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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



thank
you!



2024 Book Launch & Award Ceremony—Saturday, September 21, 2024.

Upcoming—

Giving Tuesday—Will you support 100ABCWomen’s Activities?

- Fireside Chats—starting January 7, 2024
- Symposium—September 20, 2024
- Book Launch & Award Ceremony, September 21, 2024

Without your support and generosity, 100ABCWomen will not be able to deliver these programs. We hope that you can support us by sending your financial support via e-transfer—

100abcwomen@gmail.com

It will assist us tremendously with our administrative costs.

Thank You!

Upcoming Events Calendar

**Fireside Chats with
100 ABC Honourees**

Season 3 starts January 7 2024

Announcement of 2024 Honourees—
December 2024

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:

“Owning our story and loving ourselves - through that process is the bravest thing that we’ll ever do!”

Ikram Ahmed

Contact Dr. Karline Wilson-Mitchel

COLOUR OF BIRTH

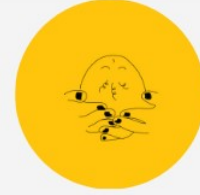
LIVING ART EXHIBITION & SYMPOSIUM

Please Join Us

February 1 - 2, 2024

Toronto Metropolitan University

LEARN MORE



Toronto
Metropolitan
University

SSHRC CRSH
Social Sciences and Humanities Research Council of Canada
Conseil de recherches en sciences humaines du Canada



AFRICVILLE
— MUSEUM —



COLOUR OF BIRTH



100 Anniversary Black Canadian Women 2023 Hybrid Symposium

BLACK Women IN TECH

Join us to build awareness on the under-acknowledged contributions of Black Women in the Tech industry, as well as the systemic & ongoing barriers to the full participation of Black Women in this growing economic sector.

10:00 AM - 4:00 PM PT
September 20, 2023
Sheraton Vancouver Wall Centre

REGISTRATIONS
In-Person:
100abcwomen.ca/registration-symposium-2023-vancouver/
Virtual:
<https://rb.av3tm66>

PLEASE NOTE

Full video of the 2023 Symposium “Black Women in Technology” held in Vancouver on September 20, 2023, will be available on our YouTube Channel on November 1st.

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

Pumpkin Pancakes

Love to Cook?

Ingredients

- ◆ 1 cup mashed pumpkin
- ◆ 1/2 cup flour
- ◆ 1 Tbsp sugar
- ◆ 2 eggs
- ◆ 1/4 tsp spice or essence
- ◆ 12 tsp baking powder



Instructions

- ◆ Wash, peel and steam the pumpkin
- ◆ Mash thoroughly and stir in all other ingredients
- ◆ Beat well
- ◆ Fry by dropping spoonfuls into frying pan—make sure that the oil is very hot
- ◆ If desired, sprinkle sugar on top

Quick and easy to prepare!
—Delicious Cooking!!



Norma Wilson



2023 Hybrid Symposium
Black Women In Technology

SPECIAL THANKS

Sponsors:



Collaborators:



Black Women's Business Bureau (BWBB)

Special Thanks to our sponsors and collaborators for helping to make our 2023 Symposium success! We couldn't do it without you!

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.