



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



100 ACCOMPLISHED BLACK CANADIAN (ABC) WOMEN

100ABCWomen #11

November 2023

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

Dr. Andrea Davis

University of Royal

Roads University

confers an honorary Doctor of Laws degree, honoris causa, to Dr **Andrea A. Davis** professor of Black Cultures of the Americas in the Department of Humanities at **York University**



Collette Murray



Collette Murray - Outstanding Leadership in Justice, Diversity, Equity, & Inclusion

Join Season 3 Fireside Chats starting January 7th 2024—registration link is now available on our website—www.100abcwomen.ca

2024 Honourees will be announced late

December 2023

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- ⇒ **Upcoming Events**
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 - ◆ Symposium—Friday, September 20, 2024
 - ◆ The 5th Annual Book Launch & Award Ceremony on Saturday, September 21, 2024
- ⇒ \$100 Giving Back Continues
- ⇒ CIBC & 100ABCWomen—Paid Summer Internship Program for Black Students
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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 21, 2024—more details to come.

\$100 Giving Back Tuesday, November 28th

100ABCWomen began the project of intentionally spotlighting Accomplished Black Canadian Women since 2015. We have continued this journey of recognizing our Black Women in four historic books. These books are significant because they document and archive the accomplishments of Women who are in trades, the arts, education, healthcare industry, and many more, who may not have otherwise been recognized.

We are pleased with the results and impact. Our younger generations now have access to information about you and your accomplishments. Many Canadians are astonished about and applaud the great work you do to advance our communities. More people know more about our Honourees' work today than ever before. Businesses have access to our database so that they can tap into the resources should they need someone who can speak eloquently and knowledgeably on topics that are critical to understanding diversity and equity issues. We often receive calls for referrals.

100ABCWomen has extended its activities to include Fireside Chats on topics that matter to our communities. These topics are critical in helping to dismantle the concept of anti-racism. While we realize that these conversations will not eradicate racism and stereotypical attitudes, we believe that without some form of education or knowledge transfer, we would be facing a tougher battle to removing barriers in the workplace and at schools.

We also have added annual symposiums to our project list. We engage in weekly conversations that we believe would lead to a better understanding of the challenges that we face as Black people – health matters, housing, financial issues. In addition, our newsletters spotlight the Honourees' achievements and events. The list goes on.

We appreciate your many notes of gratitude both via social media and emails, about the work we do to advance the Black cause to profile and amplify Black voices. Many of Honourees have indicated that they have received promotions, had speaking engagements, been elected to high profile positions. We knew that this would happen based on the feedback and reactions to our sold-out biennial galas!

100ABCWomen is classified as a not-for-profit social enterprise, without a charitable registration number, and is totally dependent on sponsorship dollars for our specific offerings and relies heavily on volunteerism. We are reaching out to you as part of 'Giving Back Tuesday' for some financial support to help us continue the impact journey. Your support will help us with our operational activities – communication, social media, and technical support to execute our projects professionally. Your support will help make our work possible. Can we count on you to give back?

Due to the high cost to process credit cards, we are only accepting e-transfers which will go directly to our bank account. Your \$100 will go a long way! Please send your \$100 contribution to 100abcwomen@gmail.com Thank you for your ongoing support!

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

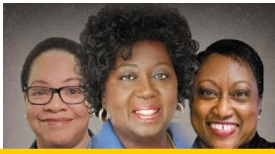
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Co-Author | Co-Founder | The Architect of 100 ABC Women Project | Brilliant Minded Women's Lifetime Achievement Award | 2021 Black Excellence Lifetime Achievement—Afroglobal Excellence Award | One of 100 Most Influential Black Canadians in 2022 | 2023-2024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



thank
you!



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



2024 Honourees to be Announced—late December 2023—**Stay Tuned!!!**

\$100 Giving Tuesday Continues— 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 operating 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:

“Dream BIG and pursue LARGE goals with passion and purpose”.

Simone Atungo

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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!



Chicken Cook up

Love to Cook?

Ingredients

- ◆ 2 cups rice
- ◆ 3 cups chopped up chicken
- ◆ 2 small sweet peppers
- ◆ 1 cup diced carrots
- ◆ 3 pegs of crushed garlic
- ◆ 1/2 cup pigeon peas
- ◆ 1 sprig of thyme
- ◆ 3 cups coconut cream
- ◆ 2 large onions
- ◆ Black pepper and salt to taste
- ◆ Chopped green onions



Instructions

- ◆ Season chopped up chicken and fry in a medium sized pot
- ◆ Add cooked pigeon peas and coconut cream
- ◆ Add all other ingredients
- ◆ Cook for 10-15 minutes until moisture evaporates
- ◆ Serves 4-6



**Quick and easy
to prepare!**



2023 Hybrid Symposium
Black Women In Technology

SPECIAL THANKS

Sponsors:



Collaborators:



Black Women's Business Bureau (BWBB)

Special Thanks to our
sponsors and collabora-
tors for helping to
make our 2023 Sym-
posium a success!
We couldn't do it with-
out 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.