



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



100 ACCOMPLISHED BLACK CANADIAN (ABC) WOMEN

100ABCWomen

#12

December 2023

Congratulations to Extra-ordinary Women - 100ABC Honourees

2023 Recipients of the Order of Canada



Debbie Douglas

Debbie Douglas for advancing the principles of equity and inclusion in Canadian Immigration system.



Shannon Prince

Shannon Prince for documentation preservation and celebration of Black Canadian history particularly Underground Railroad



Dr. Lisa Robinson—appointed Dean of U of T's Temerty Faculty of Medicine



Siobhan Calderbank, Managing Director of Talent, Alberta Investment Management Corporation (AIMCo) is one of the Top 10 Diversity and Culture Impact Leaders in 2023!



Dr. Gloria Small receives the highest honour, the Ajax Civic Award for the 2023 Ajax Community Awards.



Cranla Warren, PhD, named a Top Voice for Emotional Intelligence



Paulette Senior was recently installed as a Senator

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 June 2024.
 - ◆ Symposium—Friday, September 27, 2024
 - ◆ The 5th Annual Book Launch & Award Ceremony on Saturday, September 28, 2024
- ⇒ CIBC & 100ABCWomen—Paid Summer Internship Program for Black Students
- ⇒ Happy New Year
- ⇒ Quote of the Month: Janet Tyrell
- ⇒ 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/>

Save the Date

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

The co-authors & co-founders of 100ABCWomen would like to thank you for your support during 2023. May 2024 bring you good health, happiness and success. We look forward to an exciting year where we collaborate, celebrate each others' success and continue to build positive communities!

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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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 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)**

Let's Celebrate Some Incredible Women on September 28, 2024

Upcoming Events Calendar

**Fireside Chats with
100 ABC Honourees**

Season 3 starts January 7 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:

“Following your outstanding example, our youth will never fail”.

Janet Tyrell



Announcing
2024 100ABC Honourees
Congratulations

Adebola Adefioye	Cynthia Lurch	Dr. Laura Mae Lindo	Pasima Sule
Adejisola Atiba	Dagma Koyi	Lavinia Latham	Pauline Thomas
Dr. Adelle Blackett	Daisy Wright	Letecia Rose	Queen Kukoyi
Adigo Achoba-Omajali	Daphne Wellington	Lisa Ogbole	Rokhaya Gueye
Alethia O'Hara-Stephenson	Debbie Nicholls-Skerritt	Lola Adeniyi	Rosella Fraser
Althea Jones	Deborah Flint	Lolleta Cunningham	Rosemarie Powell
Aminka Belvitt	Denise Williams	Lorraine Klaasen	Rosemarie Davis
Anastasia Gordon	Dione Amsterdam	Louise Noel Ambrose	Sandra Smith
Dr. Andrea Fatona	Dr. Dzifa Dordunoo	Mayaan Francis	Scholastica Lyanga
Andria Case	Eleanor Pinney	Melonie Dixon	Shantelle Browning Morgan
Angela Carter	Elizabeth Moses	Mervis White	Sharon Floyd
Angela Cassie	Faith Greaves	Micaëlla Riché	Shauna Bookal
Angella Mignon	Dr. Ingrid Waldron	Mojisola Ogunsanya	Dr. Shelley Bair
Anique Jordan	Joy Davis	Moy Fung	Sylvia Parris-Drummond
Barbara Taylor	Juliet Opoku	Nadine Manroe Wakerell	Takiyah Wedderburn
Bettyna Bélizaire	Dr. June Francis	Natasha Ferguson	Tanya Mullings
Birgit Umaigba	Karen Hudson	Nerissa Allen	Tiki Mercury Clarke
Dr. Bolu Olaniru	Karine Coen-Sanchez	Nicole Brooks	Trish Mandewo
Camille Isaac-Morell	Dr. Karline Wilson-Mitchell	Nikisha Evans	Valerie Augustine
Camisha Sibblis	Dr. Kathy Moscou	Noelle Richardson	Vera Hurlock
Carole Adriaans	Kayla Webber	Nanyamka Lewis-Williams	Vivienne Campbell
Dr. Caroline Hossain	Kayla Stephenson	Ogho Ikhalo	Dr. Yabome Gilpin-Jackson
Chanæ Parsons	Keda Edwards-Pierre	Olaitan Onyebuoha	Yvonne Sam
Christine Maclin	Ketty Nivyabandi	Ovie Onagbeboma	Zoey Williams
Christine Dikongue	LaFerne Clarke		
Cordelia Clarke-Julien	Lana MacLean		



Book Launch & Award Ceremony—Saturday, September 28, 2024 at Woodbine Banquet Hall—Toronto— Tickets will go on sale to the public on February 2, 2024. www.100abcwomen.ca

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

Epi- sode #	Topic	Short Description/ Teaser	Category	Webinar Registration Link	3:00 to 4:30 pm EST (includes Q&A's)	Panelists (maximum 4)
1	Black Authors - You want to write a book. Where do you start?	<i>How to get started - where are the resources; how can we promote our books?</i>	Life Long Learning	https://shorturl.at/bnoqK	Sunday, January 7, 2024	Norma Nicholson Rachel Decoste Nadia Hohn
2	A Day for Poets	<i>Poets present and showcase their creative work</i>	Life Long Learning	https://shorturl.at/evwx2	Sunday, January 14, 2024	Irene Moore Vera Hurlock Dr. Itah Sadu

100ABCWomen is pleased to announce that it will be receiving some funding for our 2023 Symposium that was held in Vancouver in September 2023 – ‘Black Women in Technology’

A Huge Thank You to the Government of Canada for its the generous support!

Funded in part by the Government of Canada





2023 Hybrid Symposium
Black Women In Technology

SPECIAL THANKS

Sponsors:


TD READY COMMITMENT


Canadian Union of Public Employees
Syndicat canadien de la fonction publique


SIMON FRASER UNIVERSITY


BLACK WOMEN BUSINESS NETWORK
empower. inspire. uplift. connect.


THE UNIVERSITY OF BRITISH COLUMBIA
Engineering Faculty of Applied Science


UNIFOR
the Union | le syndicat

Collaborators:




by SPIN




LIVE A VICTORIOUS LIFESTYLE



Black Women's Business Bureau (BWBB)

Media:

- Business in Vancouver
- Global News
- Hershey He - The Epoch Times Chinese edition
- Lauren Collins - The BC Provincial Reporter
- The Georgia Straight

www.100abcwomen.ca
www.facebook.com/100abcwomen | www.instagram.com/100_abcwomen
www.twitter.com/100abcwomen | www.youtube.com/c/100abcwomen

Curried Crab

Love to Cook?

Ingredients

- ◆ 2 large crabs
- ◆ 1 tsp salt
- ◆ 1/4 tsp pepper
- ◆ 1 onion
- ◆ 1 or 2 blades of chive
- ◆ 1 tomato
- ◆ 1/2 TBsp curry power or masala
- ◆ 2 TBsp oil
- ◆ 1 TBsp butter
- ◆ Water



Instructions

- ◆ Scald and wash crabs thoroughly
- ◆ Remove body or meat from the shells (throw away the gill)
- ◆ Lightly fry chopped seasons in hot oil, curry
- ◆ Cook for 5 minutes
- ◆ Place the crab in the frying pan and add water (1 glass)
- ◆ Simmer for 45 minutes
- ◆ Add butter, and serve
- ◆ Decorate the dish



**Quick and easy
to prepare!**

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

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.