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100 ACCOMPLISHED BLACK CANADIAN (ABC) WOMEN

100ABCWomen #2

February 2024



Black Excellence: A Heritage to celebrate, A Future to Build!

By Hon. Dr. Jean Augustine, P.C., C.M., O.Ont., C.B.E.

The above is/was the theme of Black History Month 2024. December 1995, when I rose in The House of Commons and moved that February be recognized as Black History Month in Canada, all parties in the House unanimously agreed to this Motion. We agreed then, and we agree now that African Canadians have made contributions to the development and building of Canada, that we are a diverse Black Community, and our recorded history in Canada dates back to 1603. This is a proud legacy for all Canadians, as Black History is Canadian History.

I am pleased that in this 28th year of celebration coupled with the end of the Decade for People of African descent, the Minister of Education for Ontario announced that Black History will be part of the Grades 7,8 &10 curriculum.

This has been the wish of Black Community educators like myself, activists and advocates, and Parents of Black Children over these many years. Yet much as we are happy with this announcement made outside the Legislature, I think that we as a community should ask for

- 1) A consultation period for community input
- 2) Be assured that the writers of these modules are experts in the field
- 3) Ensure that this is education for ALL students with no opting out
- 4) That all teachers be in-serviced on the content of the information they will be teaching
- 5) Trustees and all School Board leadership are fully aware of the content of the modules.

We can all add our voices to this issue to ensure that the school system serves our children well and that Black History is recognized as Canadian History.

100ABCWomen has several educators within our database whom we believe can lend their expertise and knowledge—please email 100abcwomen@gmail.com if you are interested.

Celebrating International Women's Month—March! Let's celebrate the difference that Women are making in our communities

In This Issue

- ⇒ A Special Message on Black History education for Grades 7, 8 & 10—Appealing to 100ABCWomen—get involved!
- ⇒ 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 International Women's Day
- ⇒ Quote of the Month: Njeri Damali Sojourner Campbell
- ⇒ Today's Recipe— Breadfruit Pie

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 28, 2024—Check our website for details www.100abcwomen.ca



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

Ep-iso de #	Topic	Short Description/ Teaser	Registration Link	3:00 to 4:30 pm EST (includes Q&A's)	Panelists	Moderator
9	Difficult conversations are only problem-solving...use compassion, patience, and courage	<i>How can we problem-solve although the conversations may be difficult - agreeing to disagree?</i>	https://shorturl.at/hvMV6	Sunday, March 3, 2024	Tyjondah Kerr Mante Molepo Jenny Okonkwo	Sarah Onyango
13	Leadership Roles Boards & Association	<i>Boards & Associations Volunteerism</i>	https://shorturl.at/lxDMP	Sunday, March 10, 2024	Jenny Okonkwo Elise Harding-Davis Carol Commissiong Alethia Ohara-Stephenson	Jacqueline Dixon
11	Remaining Active Post Retirement	<i>Social Interactions, Continued Learning, Health & Lifestyle</i>	https://shorturl.at/kHMX1	Sunday, March 17, 2024	Bernice Carnegie Carol Commissiong Kayla Stephenson	Yvette Blackburn
12	Barriers for BIPOCs working in the Canadian Sports System (amateur and professional)	<i>Identify barriers to diversity in sports and the challenges presented in the Canadian Sports System.</i>	https://shorturl.at/hlyO0	Sunday, March 24, 2024	Dr. Shauna Bookal Micaella Riche Bernice Carnegie Dr. Leisha Strachan	CIBC

CIBC 2024 Paid Internship Summer Program

CIBC is currently hiring for Summer co-ops (May-August) and is building its pipeline for its Fall Co-Op (September to December)

Students can continue to apply to our postings which can be found on our students and graduates.

To apply, go to the CIBC Website – indicate that you were referred by 100 Accomplished Black Canadian Women:

<https://cibc.wd3.myworkdayjobs.com/campus/1/refreshFacet/318c8bb6f553100021d223d9780d30be>



Breadfruit Pie

Love to Cook?

Ingredients

2 breadfruits (cooked and strained)
1/2 cup sugar
1/2 tsp salt
1/2 tsp nutmeg
1/2 tsp ground ginger
2-3 eggs
1 cup milk
1/2 cup cream



**—Delicious Cooking!!
Quick and easy
to prepare
Norma Wilson**



Instructions

- ◆ Boil breadfruit, strain then mash
- ◆ Mix all ingredients except for the eggs
- ◆ Whisk egg wjote stiffly and fold into mixture
- ◆ Pour into greased dish into pre-pared pastry (optional)
- ◆ Bake until light brown (approximately 45 minutes)

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



Lillie Johnson
Order of Canada



**IABC/Toronto names
Fennella Bruce the
2023 Communicator of
the Year.**

Most Influential Black Canadians 2023-2024

- Debbie Douglas
- Ginelle Skerritt
- Harriet Thornhill
- Dr. Itah Sadu
- Hon. Dr. Jean Augustine
- July Black
- Kemi Jacobs
- Hon. Marci Ien
- Nadine Spencer
- Nerissa Allen
- Patricia Mawa
- Paulette Senior
- Pauline Christian
- Justice Rochelle Ivri
- Hon. Dr. Wanda Thomas Bernard

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.



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 are on sale—www.100abcwomen.ca

Unveiling our 2024 Honourees—more to come!!



Bettyna Bélizaire
Municipal Councillor and Director of AFIO - Quebec

"Approach life with openness, compassion, and a willingness to grow."



Birth Country - Haiti



Cordelia Clarke Julien
Assistant Deputy Minister, Social Assistance Programs, Government of Ontario - Ontario

"Take the time to love yourself and define your worth before others define it for you."



Birth Country - United States of America



Birgit Umaigba-Omoruyi
Registered Nurse, Health Equity Activist, Public Speaker - Ontario

"Embrace the journey of life with an open heart."



Birth Country - Nigeria



Christine MacIn
Executive Director/ Founder Lift Every Voice Consulting - Ontario

"It's your actions and how you make people feel that will be what you are remembered for."



Birth Country - Canada



Dr. Boluwaji Olaniru
Professor - Ontario

"Remember, everyone's time is different, don't compare your journey with anyone else's."



Birth Country - Nigeria



Cynthia Church
Renaissance Women - Ontario

"Tell someone your story"



Birth Country - Jamaica



Camille Isaacs-Morell
Vice-President, Hope for Dementia-Quebec

"Learn from every experience and live without regrets"



Birth Country - Jamaica



Dagma Koyi
Founder/ Executive Director - Ontario

"Embrace your journey with faith and determination."



Birth Country - St. Lucia



Dr. Camicha Sibbils
Director of Black Studies Institute, Professor, Registered Social Worker/Clinician - Ontario

"In the long-term, doing good is better than doing well."



Birth Country - Canada



Daisy Wright
Chief Encouragement Officer

"Embrace the fact that you are unique. Don't spend time wishing you were someone else. Your uniqueness is your superpower. Use it to create your own destiny."



Birth Country - Jamaica



Dr. Caroline Shenaz Hossein
Associate professor of Global Development and Feminist Political Economy - Ontario

"Go travel, and build a new world as feminist cooperators, vested in people-centered economics"



Birth Country - USA

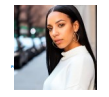


Daphne Wellington
President: Windsor Women Supporting Women

"The sky is the limit; you might not get there. Don't say you never try."



Birth Country - Jamaica



Chanae Lynn Parsons
Professional Development Consultant with IWK Health Centre - Nova Scotia

"This country owes much of its essence and character to individuals like you. Your unique perspective is an asset in the diverse tapestry of our global community."



Birth Country - Canada

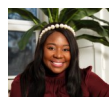


Debbie Nicholls-Skerritt
Holistic Creative Wellness Professional/ Artist/ Speaker - Ontario

"Your arms are as wide as your spirit can see"



Birth Country - Canada



Christine Edith Ntuba Dilongue
Founder & CEO, Akéwa Consulting Agency - Ontario

"Always celebrate diversity, chase your passions with unwavering dedication."



Birth Country - Cameroon



Carole Adriaans
Event Management & Production Specialist - Ontario

"Be assertive and actively support one another."



Birth Country - South Africa

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:

"You have more information at your fingertips than any preceding generation. Use it".

Njeri Damali Sojourner-Campbell