



CELEBRATING Our Diversity



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

100 ACCOMPLISHED BLACK CANADIAN (ABC) WOMEN

100ABCWomen #3

March 2023

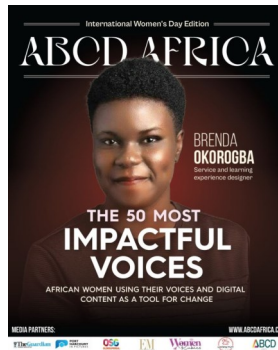
Congratulations to
Extra-ordinary Women -
100ABC Honourees



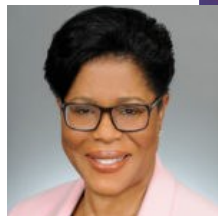
Kamshuka Barrock—
Influencer
Award



Dr. Notisha Massaquoi
wins prestigious award
for fighting
inequities in health-care



Evelyn Myrie wins
IWD DEI Award!



Harriet Thornhill—9th Chancellor Installation

2024 Nominations are open—click here to nominate an accomplished Black Canadian Woman

<https://www.100abcwomen.ca/nomination-form-2024/>

In This Issue

- ⇒ Congrats to 100 ABC Honourees who are being honoured and recognized for their extra-ordinary brilliance.
- ⇒ 2024 Nominations are Open until July 31, 2023!
- ⇒ Diversity Month—Join our Fireside Chats and Inspirational Conversations On Sundays from 3 to 4:30 pm EST sponsored by TD Ready Commitment, BIPOC Executive Search Inc., CIBC, Carpenters' Union & EFTO
- ⇒ Social Justice Think Tank—You Are Invited
- ⇒ Dr. Cranla Warren—some words of wisdom as she celebrates 60!
- ⇒ SCAGO Hope Gala
- ⇒ CIBC—Scholarships for Black students
- ⇒ Save the date: 100ABCWomen Hybrid Symposium in Vancouver—May 25, 2023—details to come!
- ⇒ Love to Cook? Let's Prepare Pigeon Peas Stew!

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 a Hybrid Symposium:
Black Women & Technology
Location: Sheraton Hotel, Vancouver
Date: May 25, 2023

Join our weekly Fireside Chats on Sundays from 3 until 4:30 pm EST. Registration is required—please review the schedule then register:

<https://www.100abcwomen.ca/wp-content/uploads/2021/10/Fireside-Chats-Schedule.pdf>

100 ABC Women Minds Its Own Business

You are invited you to participate in a session to launch a Social Justice Think Tank. All participants will be individuals who identify as Black or racialized and work in the equity, diversity, inclusion, and anti-racism. Please forward this invitation to anyone who identifies as Black or racialized and may be interested in joining this first event.

Some or all of this session may be on a videoconferencing platform, such as Zoom, to facilitate participation by persons unable to travel to Toronto.

Date: Friday, May 5, 2023

Time: 9:30 a.m.-12:30 p.m.

Location: University of Toronto, Centre for Learning, Leadership & Culture 6th Floor, Room 610; 215 Huron Street, Toronto, ON (<https://goo.gl/maps/1pTFeaGp8wXnmeJCA>)

Deadline for response about intention to attend the session is April 17, 2023. On behalf of Nancy Simms, please respond to Sonia Thakur at sthakur@adler.edu

Purpose:

1. Share practices demonstrated to be effective in producing sustained equity in any part of an organization.
2. Identify barriers to effective and sustained equity and anti-racist change in organizations.
3. Make recommendations to address the barriers. These recommendations will form the basis of policy recommendations to government, human rights commissions, and senior leadership in Canadian organizations.

Follow-up sessions: Two follow-up sessions are planned. Commitment to attend the first session does not require commitment to attend any other sessions. Session #2: Date to be determined: Purpose: Develop recommendations that can be presented to leaders in the public, private and non-for-profit sectors in various sectors. Session #3: Date to be determined:

Purpose: A public forum to present policy and implementation recommendations and discussed with leaders in the public, private and non-for-profit sectors who have publicly stated their commitment to the

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

P.O. Box 31305 Bayview 16th Ave PO,
Richmond Hill, Ont. L4C 0V7
| Email address: 100abcwownen@gmail.com

THE SICKLE CELL AWARENESS GROUP OF ONTARIO
INVITES YOU TO OUR ANNUAL

Hope Gala

JUNE 17 2023

HELP RAISE VITAL FUNDS AND HONOR THE MANY HEROES WHO HAVE CONTRIBUTED RELENTLESSLY TO THE ADVANCEMENT OF SICKLE CELL DISEASE


TAKE PART IN RAFFLES, A SILENT AUCTION, AND MUCH MORE. BUY YOUR TICKETS TODAY!

Funds raised will support Sickle Cell Disease Research, Access to Equitable Care and Emergency Support for people living with Sickle Cell Disease

TICKETS
INDIVIDUAL: \$150 | TABLE: \$1,120

LOCATION
Woodbine Hotels and Banquet Hall (c)
30 vice regent blvd, Toronto, ON. M9W 7A4

REGISTRATION
sicklecellanemia.ca/2023-gala



SCAGO
Sickle Cell Awareness Group of Ontario



CIBC CAPITAL MARKETS

INCLUSION SCHOLARSHIP

Apply today for a chance to receive a \$10,000 scholarship and a 2024 summer internship at CIBC¹

Click [here](#) to apply today.

Applications are open now until **March 8, 2023**. Select applicants will be invited to interview and successful applicants will receive confirmation of their scholarship and internship placement in April 2023.

Eligibility criteria

• Identify as part of one or more of the following groups:

- Member of the Black community
- First Nations, Métis or Inuit
- Persons with disabilities
- Member of the LGBTQ+ community
- Women
- People of Color

• Be a citizen or permanent resident of Canada or legally eligible to work in Canada until, and including, August 26, 2024

• Be entering their second or third year in a bachelor in the 2023-2024 academic year

• Be able to participate in and complete a summer internship with CIBC in one of the following business units:

- Global Corporate Banking
- Global Investment Banking
- Global Markets/Sales and Trading



Eligible fields of study

- All Business programs
- All Science programs
- All Engineering programs
- All Information Technology programs
- All Mathematics and Statistics and Data Science programs

Click [here](#) to apply today.

¹ Scholarship will be awarded to up to eight bachelor degree level students. Internship begins May 2024. Available for one year.

The CIBC logo and "CIBC Capital Markets" are trademarks of CIBC, used under license. All other applicable trademarks are owned by their respective trademark owners.

thank you!

Editor: Dauna Jones-Simmonds, Co-Author/ Co-Founder / The Architect of 100 ABC Women

Project - Brilliant Minded Women's Award, 2021 Black Excellence Lifetime Achievement Recipient—Afroglobal Excellence Award & one of 100 Most Influential Black Canadians in 2022





2024 Nominations are **Now Open until July 31, 2023**. Click on this link to nominate someone: <https://www.100abcwomen.ca/nomination-form-2024/>

Below is an excerpt of an interview with **Dr. Cranla Warren** (2022 Honouree) and was conducted and written by **David Stewart**. For more details of the interview, please click on this link. <https://www.ageist.com/profile/dr-cranla-warren-60-from-surviving-to-thriving/>

“I have courageously moved from surviving to thriving” Dr. Cranla Warren



How have your views on race changed with time?

As a Black woman, every time I meet the world, people inevitably think they know me because I am Black and female. They judge what and who I should and should not be and what I should and should not, in their minds, be capable of based on their assumptions and stereotypes. “I encourage everyone to consider themselves a mentor to someone; regardless of age”

What is it that people our age can provide by mentoring younger people?

This is an area I am very passionate about: paying it forward, paying it younger, being of service. I’ll answer your question in 2 ways; there is a “what we can provide” and there’s also “what we can gain” through mentoring younger people. I encourage everyone to consider themselves a mentor to someone; regardless

of age.

For us over 50, in my case at 60 years old, we have greater lived experience to draw from and can **share** our successes, failures, lessons learned, our wisdom – the key is to offer this sharing for consideration and not force it (for example, “you know what you need to do?” is not a great mentoring approach). The “what can we gain” piece of my answer is really rooted in being of service and the benefits of it. There really is no 100% selfless act...there is always some kind of payback.

Studies show that volunteering boosts our health, happiness and overall wellbeing. Mentoring someone can aid in decreasing our stress and loneliness by increasing our network of social connections. Keeping active and vibrant are often discussed when discussing physical activities as we age; they also apply to an activity like mentoring in that it can provide a new sense of meaning and purpose in our lives.

“Older people can provide much-needed encouragement and support to younger people”

We can offer: Experience: Older people have lived longer and have had more life experiences, which means we have a wealth of knowledge and wisdom to share with younger generations. This experience can help younger people navigate difficult situations, make better decisions, and avoid common pitfalls.

Perspective: Older people have a different perspective on life than younger people, which can be beneficial in mentoring relationships. We may be able to offer a more balanced view of situations and help younger people see the bigger picture.
Encouragement: Older people can provide much-needed encouragement and support to younger people, especially during challenging times. We can offer words of wisdom and help younger people stay focused on their goals.

Upcoming Events Calendar

Fireside Chats with 100 ABC Honourees every Sunday from 3pm until 4:30 pm EST

Review schedule & Register:

<https://www.100abcwomen.ca/wp-content/uploads/2022/10/Fireside-Chats-Schedule.pdf>

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:

“When it seems that doors are closed, remember the right one will open in God’s time”

Avril Vanessa Ino-Baptiste Jones

100ABCWomen Fireside Chats – “Rebuilding my Business After COVID-19”

Many have lost their businesses as a result of the on and off 'lock downs' during COVID. How do you build back?

April 2, 2023 – 3:00 pm to 4:30 pm EST

Registration Link:
shorturl.at/fHNTX



Moderator:
Takiyah Wedderbun



Dominique Denny



Krystal Van Westerop



Queen Kukoyi



Thank you to Our
Fireside Chat
Sponsors



Pigeon Pea Stew



Ingredients

- 3 cups shelled peas
- 1 cup salt beef
- 2 cups pumpkin
- 2 teaspoons cooking oil
- Seasonings—chive, onion, tomato, thyme, garlic
- 1/2 tsp pepper

Instructions

- Soak salt beef for at least 1/2 hr.
- Cut into small pieces
- Shell peas
- Peel, wash and chop pumpkin
- Chop garlic into small pieces
- Prepare seasonings
- Lightly fry seasons, pumpkin and peas in a covered pot
- Add meat and water—simmer for one hour
- Mash the pumpkin once cooked
- Peas must be soft but whole

Quick and easy to prepare!
—Delicious Cooking!!



Norma Wilson

Celebrating Diversity

Upcoming (April 2023) Virtual and Free Fireside Chats!! Join us On Sundays from 3:00 to 4:30 pm EST via our YouTube Channel –

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

Date	Topic	Description	Registration Link	Panelists & Moderator
02/04/2023	Rebuilding my Business After COVID-19	Many have lost their businesses as a results of the on and off 'lock downs' during COVID. How do you build back?	https://us02web.zoom.us/webinar/register/WN_4TPmymq-RH6eWnXD2aqaaQ	Panelists: Dominique Denner Krystal Van Westerop Queen Kukoyi Moderated by: Tanika Riley
16/04/2023	Diversity, Equity, Belonging & Inclusion "I feel Excluded" (Part 2)	Part 2 of the Diversity, Equity & Inclusion Conversation	https://us02web.zoom.us/webinar/register/WN_Y5Iy8OTSRH2Rkqh58BvrAQ	Panelists: Carol Mundley Kathy McDonald Siobhan Calderbank Esther Enyolu Moderated by: Marie Clarke-Walker
23/04/2023	Mothers in the Workforce	Parenting and juggling the demands of career mobility.	https://us02web.zoom.us/webinar/register/WN_ZPa4Y9GIQU6gG2hff0yMbw	Panelists: Oyin Isaac Rose Nixon Siobhan Calderbank Fanny Mekoh Rochelle Ivri Moderated by: Dr. Denise O'Neil Green
30/04/2023	Women in Politics / Diplomats	Women who ventured into public office share their experiences.	https://us02web.zoom.us/webinar/register/WN_NPflnSxHRLirTuzvNX1paQ	Panelists: Cynthia Mufandaedza Akosua Tiwaah Bonsu Kathy McDonald Candies Kotchapaw Moderated by: Yvette Blackburn

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.
Celebrating Our Diversity!