



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 2024

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



Trish Masenda-Mandewo— President of the association of British Columbia Associations (UBCM)

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

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- ⇒ Upcoming Events
  - ◆ Season Three Fireside Chats start January to July 2024. (See the April Schedule)
  - ◆ Symposium—Friday, September 27, 2024—Focus on Black History Education
  - ◆ 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
- ⇒ Quote of the Month: Candace Thomas
- ⇒ Love to Cook? Steamed Pineapple Pudding!
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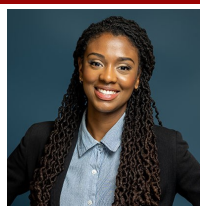
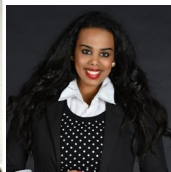
### 2024 JCA Awards— Women Who Inspire Change

- Yvonne Francis
- Wendy Jones (2 awards)
- Dr. Kathy Moscou
- Sandra Whiting



### 2024 Top 25 Women of Influence Award

**Bernice Carnegie, Meseret Haileyesus, Dr. Ingrid Waldron & Zoey Williams**



### 100 Accomplished Black Canadian Women

WAYS TO GET YOUR BOOK NOW: *A Different Book-list*— 779 Bathurst St., Toronto, Ontario

⇒ [www.Amazon.ca](http://www.Amazon.ca)  
https://www.100abcwomen.ca/how-to-get-your-book/

Contact Us—Check out our website for more information: [www.100ABCWomen.ca](http://www.100ABCWomen.ca)

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Editor: **Dauna Jones-Simmonds**

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

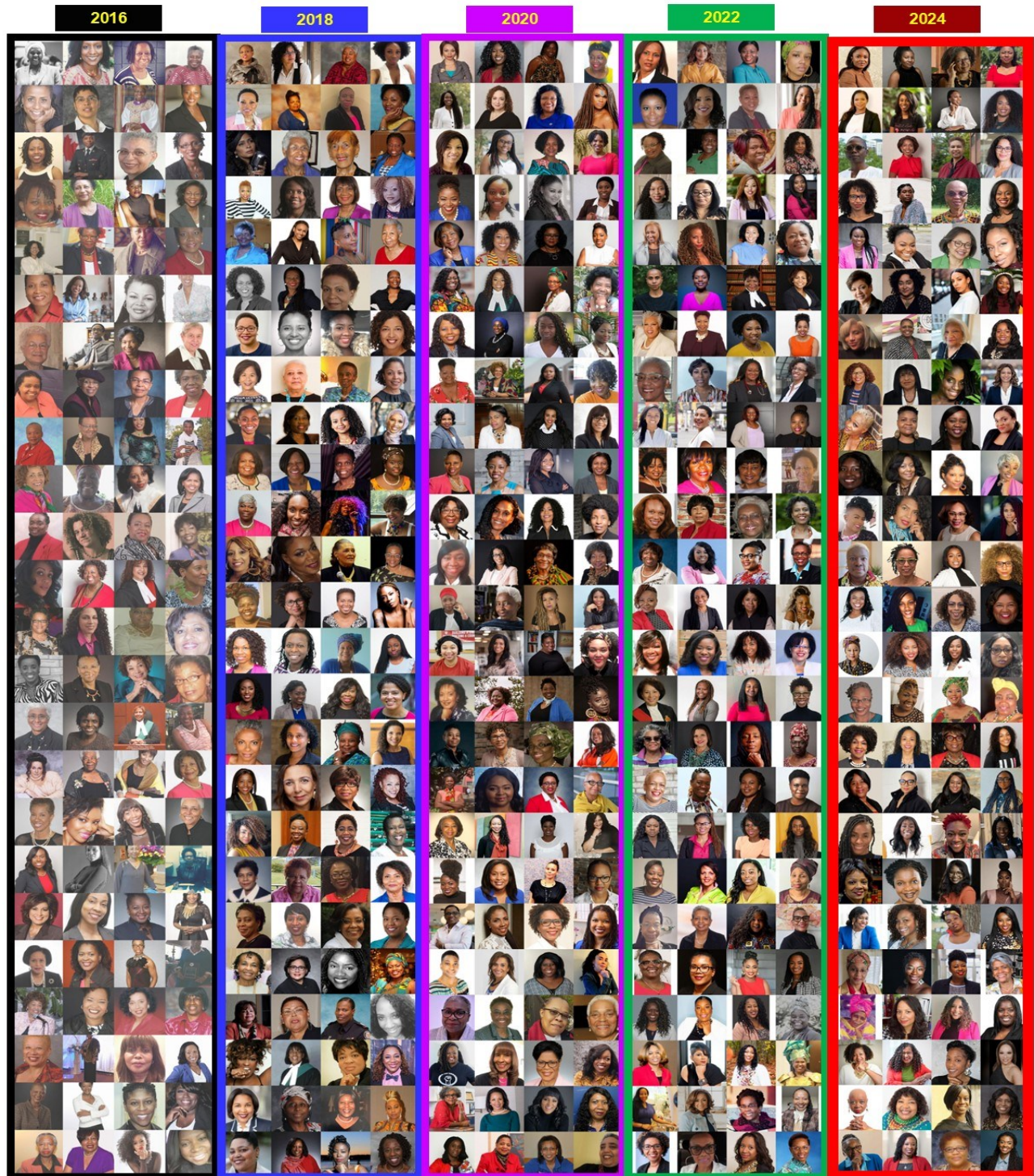


thank you!

### Save the Date

100ABCWomen Presents 2024 Book Launch & Award Ceremony—Saturday, September 28, 2024—Check our website for details [www.100abcwomen.ca](http://www.100abcwomen.ca)

500 Brilliant, Talented, Incredible and Accomplished Black Canadian Women were celebrated during International Women's Month—We are grateful for their remarkable contributions to Canada and especially to our Black Communities!



**2024 Fireside Chats –Join Us every Sunday (check our website: [www.100abcwomen.ca](http://www.100abcwomen.ca) to register) April 2024 Schedule**

Episode #	Topic	Short Description/ Teaser	Registration Link	3:00 to 4:30 pm EST (includes Q&A's)	Panelists	Moderator
13	<b>Social Media and its Role</b>	<i>Misinformation and disinformation - how to recognize 'fake news'</i>	<a href="https://shorturl.at/hmST9">https://shorturl.at/hmST9</a>	Sunday, April 7, 2024	Fennella Bruce Juliet Opoku Louise Noel-Ambrose Siobhan Calderbank	Takiyah Wedderburn
14	<b>The Changing Workplace - Careers &amp; Trades</b>	<i>The changing workplace Trades for Women Multiple Careers</i>	<a href="https://shorturl.at/hqAX3">https://shorturl.at/hqAX3</a>	Sunday, April 14, 2024	Marie Clarke-Walker Lee-Anne Lyon-Bartley Siobhan Calderbank Rosemarie Powell Natasha Ferguson	Jacqueline Dixon
15	<b>Advocating with-in the Justice System</b>	<i>Preventative Strategies to decrease the overrepresentation of Black youth that are incarcerated &amp; Youth in the Criminal Justice System</i>	<a href="https://shorturl.at/fijS1">https://shorturl.at/fijS1</a>	Sunday, April 21, 2024	Norma Nicholson Angela Simmonds Kayla Stephenson	Marie Clarke-Walker
16	<b>Advocating with-in the Immigration System</b>	<i>Children and youth with precarious immigration (migrants, refugees and international students) status... where are they? Children with precarious immigration status are those whose parents brought them to Canada as youngsters, and they did not know they had no status. Some are mentally ill, some are lost at school and are unable to participate in school curricular activities or parents do not know these children can attend school, and others are homeless and do not know where to seek help. We could have as speakers reps. from organizations such as CLEO, a Trustee who is aware of the Child Welfare Act and a parent who received help for the child to become a landed immigrant</i>	<a href="https://shorturl.at/erxy5">https://shorturl.at/erxy5</a>	Sunday, April 28, 2024	Boluwaji Olaniru Olaitan Onyebuoha Rochelle Ivri Simone Atungo	Sarah Onyango

**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>



# Steamed Pineapple Pudding

Love to Cook?

## Ingredients

1/ to 1/2 cup shortening  
1/2 cup sugar  
1 cup flour  
2 eggs  
2-3 Tbsp diced pineapp-  
ples  
1/2 Tsp baking powder

## Instructions

Prepare a mould with grease and dredge with flour  
Decorate bottom of mould with pieces of pineapple  
Cream butter and sugar together until white and frothy  
Whisk eggs and gradually beat them into the mixture  
Sift and lightly stir in the flour, about one-third at a time  
Add baking powder with last spoonful of flour and stir in the rest of the pine and the juice—ensure mixture is soft enough to drop from spoon, if too stiff add a little milk and pour into prepared mould—no more than 2/3 full.  
Cover closely with paper. Steam for 1 1/2 hrs and serve hot



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



Organized and Moderated by: Karine Coen-Sanchez PhD Candidate

Panelist: Dr. Jemima Pierre

Panelist: Dr. Bertrude Albert

**RESILIENCE AND SOVEREIGNTY  
A HAITIAN LED-DISCUSSION**

Exploring the challenges and opportunities for Haiti's future.

Date : Thursday, April 4 2024  
Time: 5-6 p.m. EST Time  
Registration

INTRODUCING

Dr. Nnenna Ph.D

Author

Lessons to my yourself

TOP 100 ACCOMPLISHED BLACK CANADIAN WOMEN & TOP 100 BLACK WOMEN TO WATCH OF 2023

UBOMA 2024

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](http://www.100abcwomen.ca)**

**Unveiling our 2024 Honourees—more to come!!**



"Embrace your journey with faith and determination."



**Dagma Koyi**  
Founder/ Executive Director - Ontario



"If you compare yourself with others, you may become vain and bitter; for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans."  
Desiderata Max Ehrmann



**Dauna Jones-Simmonds**  
President, DEJS Consulting, Co-founder, Co-author & Architect - 100ABCWomen & 1<sup>st</sup> Black Vice President - Rotary Club of Toronto - Ontario



"Feel the Fear and do it Anyway, if at first, you don't succeed try and try again."



**Denise Williams**  
Artistic Director and Voice Professor - Ontario



"Being uncomfortable in the journey leads to success"



**Dione Amsterdam**  
Registered Midwife & Practice Partner - Ontario



"We all experience ups and downs in life, but like waves in the ocean, everything we go through pushes us forward toward fulfilling our purpose."



**Eleanor Pinney**  
Director of Education - Ontario



"Never be afraid to move and start from scratch. There is an entire country of opportunity."



**Elizabeth Moses**  
Sheet Metal Worker - British Columbia



"Be a selfless priority in your journey and you will understand the need to support others on their journey to excel."



**Faith Germaine Greaves**  
Founder, Executive Director - Ontario



"Never wait for anyone to give you what you want. Get up and make a plan to get it yourself."



**Dr. Ingrid Waldron**  
Professor and HOPE Chair in Peace and Health, Global Peace and Social Justice Program, Faculty of Humanities, McMaster University - Ontario



"In our changing world resilience and empathy are your greatest allies"



**Joy Davis**  
Labour Community Activist Educational Assistance CUPE Toronto District Communication Chair CBTU Member - Ontario



"Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can."



**Juliet Opoku**  
CEO of Living & Balance Life Inc. Vice President of the Ghanaian Canadian Association Ontario



"Be guided in all you do by principles of Umoja- In the words of Desmond Tutu: My humanity is bound up in yours for we can only be human together."



**Dr. June Francis**  
Professor and Director of the Institute for the Black/African Diaspora Research and Engagement, SFU - British Columbia



"Believe in possibilities and the power of telling your story. Remember, you come from greatness and a vibrant history. ."



**Karen Hudson**  
Principal - Nova Scotia



"Do not allow imposed social constructed racial parameters to become reality."



**Karine Coen-Sanchez**  
PhD Candidate - Ontario



"Your attitude, your words and your actions and their outcomes feed on each other."



**Dr. Karline Wilson-Mitchell**  
Associate Professor & Director, Midwifery Education Program, Toronto Metropolitan University - Ontario

## Upcoming Events Calendar

[www.100abcwomen.ca](http://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](http://www.facebook.com/100abcwomen)

**Instagram: @100\_abcwomen**  
[www.instagram.com/100\\_abcwomen](http://www.instagram.com/100_abcwomen)

**Twitter: @100abcwomen**

[www.twitter.com/100abcwomen](http://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>

**Congrats Ads: <https://www.100abcwomen.ca/ads-congrats/>**

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**Quote of the Month:**

**"Work hard, seize every opportunity to attain your goals; always act with integrity and, importantly, lift as you climb."**

**Candace Thomas**