



CELEBRATING Diversity Month



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

100 ACCOMPLISHED BLACK CANADIAN (ABC) WOMEN

100ABCWomen #4

April 2023

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



Denise Cole—
new Deputy Minister of
Women's Social and
Economic Opportunity
in addition to continu-
ing in her current ca-
pacity as the Deputy
Minister of Children,
Community and Social
Services.



Paulette Senior
named one of this
year's Top 25 Women of
Influence

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—Denise Cole & Paulette Senior
- ⇒ 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
- ⇒ Ballet Jorgen Event
- ⇒ CIBC Offers Scholarship
- ⇒ Meet the Motivators 2-day Symposium—May 20-21, 2023
- ⇒ Hope Gala—June 17, 2023
- ⇒ Save the date: 100ABCWomen Hybrid Symposium in Vancouver—September 20, 2023!
- ⇒ Love to Cook? Let's A Cherry Cup
- ⇒ Quote of the Month—Asha Lapps
- ⇒ How to Contact Us!

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/>

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/202/10/Fireside-Chats-Schedule.pdf>

Save the Date

100ABCWomen Presents a Hybrid Symposium:
Black Women & Technology
Location: Sheraton Hotel, Vancouver
Date: September 20, 2023



**NEWS
FLASH!**

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

MTM MEET THE MOTIVATORS
MEET THE MOTIVATORS 2-DAY SYMPOSIUM

DAY 1 FEATURES
9 INTERACTIVE WORKSHOPS

DAY 2 FEATURES
5 HIGH-LEVEL PANEL DISCUSSION

Resilient Woman
| OUR STORY IS OUR STRENGTH |
MAY 20 - 21, 2023

ALGOMA UNIVERSITY
24 QUEEN ST. BRAMPTON

TAJ BANQUET HALLS
4611 STEELES AVE W
NORTH YORK

TONYA WILLIAMS
"YOUNG AND THE RESTLESS & REEL WORLD FILM FESTIVAL"

UNSTOPPABLE TRACY SCHMITT

JULY BLACK
R&B SENSATION

THE HONOURABLE DR. JEAN AUGUSTINE

PATRICIA JAGGERNAOUTH
EMMY AWARD-WINNING TV PERSONALITY

RED & THE MORNING CREW
(FLOW 98.7 FM RADIO)

GOURMET MEAL, PERFORMANCES FOLLOWED BY FLOW 98.7 DANCE PARTY

Click here to buy your tickets: <https://shorturl.at/hIK26>

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:

"Explore and try different things to see what you like; don't neglect your creative side."

Asha Lapps

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

Registration Link: <https://shorturl.at/oty67>

100ABCWomen Fireside Chats – “Women in Politics / Diplomats”
Women who ventured into public office share their experiences

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

Registration Link:
shorturl.at/dgjuA



Moderator:

Yvette Blackburn

Education, Race Relations, Social Justice, Politics, and Labour Relations



Panelists:



Cynthia Mufandaedza

First Black City Councillor of Yellowknife, Northwest Territories Co-Owner of Best Movers; Owner of Dash Events Designs and Rental



Akosua Tiwaah Boasu

Policy and program analyst with the Government of Manitoba in the department of municipal relations



Kathy McDonald

Community Advocate/Service, Government, Politics



Candice Kotchapaw

Non-profit founder developing future Black leaders



Thank you to Our
Fireside Chat
Sponsors



Cherry Cup

Ingredients

- ◆ 3 cups Garden Cherry
- ◆ 1 1/2 cups Water
- ◆ 1 1/2 cups Sugar



Instructions

- Wash cherries
- Set cherries overnight in water
- Rub and strain through a coarse sieve
- Sweeten and serve with crushed ice

Quick and easy to prepare!
—Delicious Cooking!!



Norma Wilson

Celebrating Diversity

Upcoming (May 2023) Live 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
07/05/2023	Women in Trade & Leadership	There's a shift in the trade - women are successfully taking on non-traditional and leadership roles in the trade.	https://shorturl.at/cwIJS	Panelist: Audrey Campbell Mulisius Joe (MJ) Rokhaya Gueye (Rok) Moderated by: Yvette Blackburn
14/05/2023	Taking care of my Personal Health	An ounce of Prevention is better than a Pound of cure.	https://shorturl.at/gwHMO	Panelists: Lanre Tunji-Ajayi Akosua Bonsu Andree Nicole Vernon Moderated by: Takiyah Wedderburn
21/05/2023	Decluttering - Who Will Take Care of All this Stuff I've Accumulated?	Declutter experts share their expertise with being bogged down with too much stuff physically and mentally - what's the impact?	shorturl.at/jvFU0	Panelists: Rose Nixon Dr. Krissy Doyle-Thomas Moderated by: Nicole Waldron
28/05/2023	Vacation Planning	Vacation planners provide helpful hints to save costs and disappointments.	shorturl.at/iBPOZ	Panelists: Oyin Isaac Jackie Bishop Martin Joan Pierre Moderated by: Sarah Onyango

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 Diversity!