

100 ACCOMPLISHED BLACK CANADIAN (ABC) WOMEN

100ABCWomen #4 April 2024

Congratulations to Extra-ordinary Women - 100ABC Honourees



Camille Mitchell
2024 Arts Award.
Architect, vision-
ary, and advocate

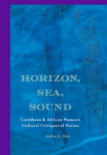


Oyin Isaac—Volunteer Award



**Dr. Onye—Community
Healer Award**

Winner of the Canadian Association of Latin
American and Caribbean Studies' Best Book
Prize



Horizon, Sea, Sound
Caribbean and African Women's Cultural
Critiques of Nation
Andrea A. Davis



Patrice de Peiza, OT Reg.(Ont.), MScCH, CLT
"2023Women of Inspiration" Award

Contact Us—Check out our website for more information:
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!

Let's celebrate 500 'Exceptional Black
Canadian Women' Pre-order a Poster
19.5" x 23.75 " 1st 500 for only \$20.
\$30 thereafter. Donate to schools.....

In This Issue

- ⇒ Congrats to 100 ABC Honourees who are being recognized for their extra-ordinary brilliance
- ⇒ Upcoming Events
 - ◆ Season Three Fireside Chats ends on July 14, 2024. (See the April Schedule)
 - ◆ Symposium—Friday, September 27, 2024—6 until 9 pm—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: Colleen Russell Rawlins
- ⇒ Love to Cook? Steamed or Baked Avocado Souffle!
- ⇒ 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—Check
our website for details 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!

You can pre-order this poster for only \$20—also available in french. <https://www.100abcwomen.ca/product/poster-500-exceptional-black-canadian-women/>

500 EXCEPTIONAL BLACK CANADIAN WOMEN

Pioneers of Progress and Promise



100  Accomplished Black Canadian Women™

SPECIAL LIMITED EDITION

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

Ep-iso de #	Topic	Short Description/ Teaser	Registration Link	3:00 to 4:30 pm EST (includes Q&A's)	Panelists	Moderator
17	Succeeding with Disabilities	<i>Personal Stories (neurodivergent) Technology support Etiquette around disability</i>	https://shorturl.at/xFX46	Sunday, May 5, 2024	Rochelle Ivri Queen Kuyoki Jennifer Monteith	Sarah Onyango
18	Advocacy & Activism	<i>The role of labour unions - becoming politically involved</i>	https://shorturl.at/huvVZ	Sunday, May 19, 2024	Marie Clarke-Walker Rosemarie Powell	Akosua Bonsu
19	Understanding the education system - anti-racism lens	<i>Pre-school, primary & secondary school; & post secondary training. Why do Black Children receive harsher discipline at</i>	https://shorturl.at/bqyV7	Sunday, May 26, 2024	Angela Simmonds Andree Nicole Vernon Nadia Hohn Tiki Mercury-Clarke	Mosa McNeilly

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 or Baked Avocado Souffle

Love to Cook?

Ingredients

- 1 medium avocado
- 2 Tbsp butter
- 4 Tbsp flour
- 1/2 glass milk
- 1/2 tsp salt
- 1/2 tsp white pepper
- 2-3 eggs

Instructions

- Peel and grate avocado
- Melt butter, stir in flour then milk and make into a thick sauce
- Cool mixture
- Stir in egg yolks and beat well
- Whisk egg whites stiffly, fold them into sauce mixture with grated avocado

Season to taste

- Pour into a greased pie-dish, allowing room for mixture to rise
- Bake in the oven until well risen and golden brown for about 30 minutes
- Serve at once before mixture falls

Note: The mixture may be steamed instead of baked. If so, allow about 45 minutes to one hour - cover and steam till set



ATM
MEET THE MOTIVATORS

CELEBRATING WOMEN IN LEADERSHIP
"It's about the Experience"
"A Millionaire's Mindset"

PATTIE LOVETT-REID - ANDRIA CASE - JEAN AUGUSTINE - NNEKA ELLIOT - SPIDER JONES

KEYNOTE SPEAKERS
SUNDAY MAY 19TH 2024
WOODBINE BANQUET HALL
30 VICE REGENT BLVD. ETOBICOKE

Day Two
GROUP TICKET

RED CARPET GALA ★

Woodbine Banquet Hall
30 Vice Regent Blvd. Etobicoke

MAY 19TH 4:30pm	Table of 10 Special \$1450	12 05693 3053 4
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SPECIAL GUEST

Pattie Lovett-Reid
Andria Case
Nneka Elliott
Spider Jones
Dr Jean Augustine

DINNER
LIVE ENTERTAINMENT
FLOW 98.7
DANCE PARTY

meetthemotivators.com

CELEBRATING WOMEN IN LEADERSHIP
"It's about the Experience"
"A Millionaire's Mindset"

ATM
MEET THE MOTIVATORS

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!!

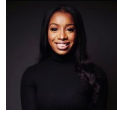


"Live your life with purpose and actively contribute to building a just, equitable future."



Birth Country—USA

Dr. Kathy Moscow
Interim Dean Faculty of Design - Ontario



"Support and mentor others and youth assists future generations. ."



Birth Country - Canada

Kayla M. Stephenson
Owner of Kaye Legal & Mediation Services - Ontario



"Be creative, live in your creativity and spend deep-intentional time crafting your creativity."



Birth Country - Canada

Kayla Webber
PhD Candidate - Ontario



"Live with gratitude, even for your mistakes - which guide you to wisdom, resiliency and success."



Birth Country - Canada

Rev. Keda Edwards Pierre
CEO | Film & TV Producer | Activist - Ontario

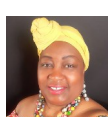


"DO not let fear and self-doubt stand in your way, do it anyway."



Birth Country - Burundi

Ketty Niyabandi
Secretary General, Amnesty International Canada - Ontario



"Let God be your guide in all things you do."



Birth Country - Grenada

Louise Noel-Ambrose
Social Media Guru - Ontario



"Whatever you do, whatever course you stand for, always ground your work in love."



Birth Country - Canada

Dr. Laura Mae Monique Lindo
Assistant Professor - Ontario



"There will always be naysayers and negative voices trying to pull you back from your greatness. Don't let them."



Birth Country - Canada

Lavinia Latham
Lawyer & Workplace Investigator - Ontario

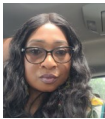


"Embrace your strength, trust your abilities, and never doubt your worth."



Birth Country - Canada

Letecia Rose
Vice President, Diversity, Inclusion & Belonging - Ontario

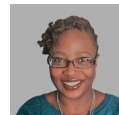


"Focus - Set a goal and do everything in your power to accomplish it without distractions."



Birth Country - Nigeria

Lisa Ogbole
Executive Director at Imani's Place - Ontario



"Age or lack of experience should never hinder one from working towards positive change in their community."



Birth Country - Nigeria

Lola Adeniyi
Manager, Community Relations - Ontario



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



Birth Country - Canada

Karen Hudson
Principal - Nova Scotia



"Use grace and wisdom in everything you do."



Birth Country - Jamaica

Lolleta Cunningham
Teacher's Assistant - Ontario



"Exercise patience and pursue peace. Work hard and associate or surround yourself with people who will make you better."



Birth Country - South Africa

Lorraine Klassen
Singer/Songwriter - Ontario

Upcoming Events Calendar

www.100abcwomen.ca

Season 3 Fireside Chats every Sunday from 3 until 4:30 pm EST. End on July 14, 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

Check out our podcase on Spotify: <https://shorturl.at/tDIMS> Review events such as Fireside Chats, Book Launch & Award Ceremonies and Symposiums on our YouTube Channel.

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

Advertisements with Us in our Program Booklet: <https://www.100abcwomen.ca/product/advertisements/>

Subscribe to our YouTube Channel

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

Quote of the Month:

"Most of us live textured lives weaved with purpose, promise and challenge. The key to life is learning from adversity without letting challenges negatively influence how you define yourself."

Colleen Russel-Rawlins