



Celebrating the Diversity of Our Communities



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

100 ACCOMPLISHED BLACK CANADIAN (ABC) WOMEN

100ABCWomen #5

May 2023

Congratulations to
Extra-ordinary Women -
100ABC Honourees

**Tjyondah Kerr & Bukola Salami — WXN's
(Women's Executive Network) 2023 Canadian Equity,
Diversity and Inclusion Awards Recipients.**



**Hon. Dr. Jean
Augustine—
Recipient of the
2023 IWAA Interna-
tional Women's
(Lifetime) Achieve-
ment 2023 Award**

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](https://www.100abcwomen.ca/wp-content/uploads/202/10/Fireside-Chats-Schedule.pdf)

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

[https://www.100abcwomen.ca/nomination-form-
2024/](https://www.100abcwomen.ca/nomination-form-2024/)

In This Issue

- ⇒ Congrats to 100 ABC Honourees who are being hon-
oured and recognized for their extra-ordinary bril-
liance
- ⇒ Spotighting Black Canadian Authors and Writers
- ⇒ Meet Our 2022-2023 Fireside Chat Moderators—
Thank You!
- ⇒ 2024 Nominations are Open until July 31, 2023!
- ⇒ Join the final episodes of Season 2 Fireside Chats
and Inspirational Conversations On Sundays from 3
to 4:30 pm EST sponsored by TD Ready Commit-
ment, BIPOC Executive Search Inc., CIBC, Carpen-
ters' Union & EFTO
- ⇒ Upcoming Events
 - ⇒ Hope Gala—June 17, 2023
 - ⇒ Save the date: 100ABCWomen Hybrid Symposi-
um in Vancouver—September 20, 2023!
 - ⇒ Carpenters Union Celebrate Pride Month—June
25th
 - ⇒ Navigating Career Pathway in Tech (sponsored
by Brainstation)
 - ⇒ June 11-19 [Scott Joplin's musical, Treemonisha](#)
at St. Lawrence Centre
- ⇒ Quote of the Month: Darcie Sutherland

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->

Save the Date

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



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



Exclusive discount of 20% off for you and your organization to enjoy [Scott Joplin's musical, Treemonisha](#) between June 11 to June 17 at the St. Lawrence Centre for the Arts, Bluma Appel Theatre, 27 Front St E, Toronto. visit this [link](#) and enter code FKB20 at checkout.

Carpenters' Regional Council

TORONTO PRIDE PARADE 2023
WE TAKE PRIDE IN OUR MEMBERS



Come and march with your fellow carpenters, family and friends!

If you are interested in marching in the Toronto Pride Parade please contact Mulisius Joe, Christina Decoteau or Chris Campbell to be registered!

Mulisius Joe: mjoe@thecarpentersunion.ca (647-801-4924)
Chris Campbell: ccampbell@thecarpentersunion.ca (416-305-6599)
Christina Decoteau: cdecoteau@rogers.com

Date: Sunday June 25th, 2023
Time: TBA

<https://thecarpentersunion.ca/inclusive-workplace/>

Upcoming Events Calendar

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

Season 3 starts October 2023

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:

"Find your calling and thrive!"

Darcie Sutherland

Registration Link: <http://shorturl.at/bwCMT>

100ABCWomen Fireside Chats – “Benefits of a Hobby”

**What is a hobby? Helpful
hints on selecting the
best hobby for you.
Sunday, June 11, 2023
– 3:00 pm to 4:30 pm
EST**

Registration Link:
<http://shorturl.at/bwCMT>



Moderator:
Takiyah Wedderburn
Child and Youth Care
Practitioner

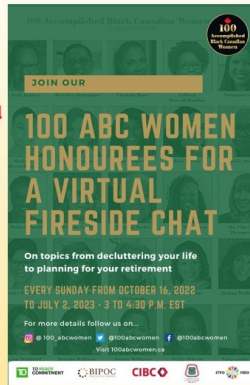
Panelists:



**Lorna Looby-
Crosse**
Retired Principal



**Brenda
Williams**
Founder and
Executive Producer



Thank you to Our
Fireside Chat
Sponsors



CARPENTERS
& ALLIED WORKERS
LOCAL 27

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: \$160 | TABLE: \$1,120

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

REGISTRATION
sicklecellanemia.ca/2023-gala

SCAGO
Sickle Cell Awareness Group of Ontario

Crab Pelau

Love to Cook?

Ingredients

- ◆ 2 large crabs
- ◆ 2-3 tsp salt (or as de-
sired)
- ◆ 1/2 tsp pepper
- ◆ 1-2 onions
- ◆ 1-2 blades chives
- ◆ 1 tomato
- ◆ 1 Tbsp curry powder or massala
- ◆ 3 Tbsp oil
- ◆ 1 Tbsp butter
- ◆ 1 3/4 cups rice
- ◆ 3 1/2 cups coconut milk



Instructions

Lightly fry chopped seasonings in hot oil,
curry and cook for 5 minutes without
browning. Put in crabs and enough co-
conut milk to make a gravy. After sim-
mering for 1/2 hour, add the rice and
cook until it is soft. Add butter and serve
piled up on a hot dish.



**Quick and easy to pre-
pare!**

Navigating Career Pathways in Tech

BrainStation® bit
BLACKS IN TECHNOLOGY
TORONTO


Registration link:
[https://
www.eventbrite.ca/
e/627148767847](https://www.eventbrite.ca/e/627148767847)

June 1st, 2023
6:00 - 8:30 PM
460 King St W

Season 2 Fireside Chats end on Sunday, June 25, 2022

Upcoming (June 2023) Live Fireside Chats!! Join us On Sundays from

Date	Topic	Description	Registration Link	Panelists & Moderator
11/06/2023	Benefits of a Hobby	What is a hobby? Helpful hints on selecting the best hobby for you.	http://shorturl.at/bwCMT	Panelist: Lorna Looby-Crosse Brenda Williams Moderated by: Takiyah Wedderburn
18/06/2023	Eating Healthy– New Healthy Beginnings	Wellness experts share 'eating healthy' advice.	http://shorturl.at/dvxAY	Panelists: Dr. Roz Roach Norma Nicholson Moderated by: Yvette Blackburn
25/06/2023	Volunteerism– How to engage in meaningful ways	Women who have volunteered their time, share their experiences and the joy they get from giving of themselves - 'service Above self!'	https://shorturl.at/gyNTV	Panelists: Cynthia Mufandaedza Lanre Tunji-Ajayi Nadia Thompson Michelle James Kamala Jean Gopie Elise Harding-Davis Dr. Charis Newton-Thompson Moderated by: Sarah Onyango



Meet Our
Fireside Chat
Moderators

- Yvette Blackburn
- Marie Clarke-Walker
- Dr. Denise O'Neil Green
- Jacqueline Dixon
- Gellia Mast (TD)
- Sarah Onyango
- Tanika Riley
- Ginelle Skerritt
- Nancy Simms
- Jennifer Singh
- Takiyah Wedderburn
- Nicole Waldron



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. Special thanks to our Fireside Chat Moderators for giving back to our Communities!