

# 100 ACCOMPLISHED BLACK CANADIAN (ABC) WOMEN

**100ABCWomen #5**

**May 2024**

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



**Andria Case—Meet the Motivator  
Lifetime Achievement Award for  
outstanding Leadership within our  
community**

**Celebrating Hon.  
Dr. Jean Augustine**

**Hon. Jean Augustine  
receives  
SCAGO's  
Legislative  
Award of  
Excellence**

*Hope Gala & Awards 2024*

Purchase your Hope Gala & Awards  
ticket to celebrate this rare icon!

Date: June 15, 2024 Time: 5:30 PM Ticket: \$150, Table of 8: \$1,150 Purchase ticket: <a href="https://sicklecellanemia.ca/2024-gala/">https://sicklecellanemia.ca/2024-gala/</a>	Location: Renaissance By the Creek, 3045 Southcreek Rd, Mississauga, ON L4X 2X7  For more information: <a href="mailto:info@sicklecellanemia.ca">info@sicklecellanemia.ca/</a> 416-951-6981
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**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
- ⇒ French/English Posters available for sale "500 Exceptional Black Canadian Women" Only \$20. Pay by e-transfer only. Size—19.5" x 23.75". Check our website—[www.100abcwomen.ca](http://www.100abcwomen.ca)
- ⇒ **Upcoming Events**
  - ◆ Season Three Fireside Chats ends on July 14, 2024. (See the June Schedule)
  - ◆ Symposium (including 'Meet & Greet')—**Friday, September 27, 2024—6 until 9 pm—'Building A Black History Education' Curriculum**
  - ◆ **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 Tsikira**
- ⇒ **Love to Cook? Pumpkin Cream Soup!**
- ⇒ **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](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)**

Buy a copy of this bilingual poster of these 500 Brilliant, Talented and Accomplished Black Canadian Women for only \$20.

Now available—Click this link to obtain a copy of this Special Limited Edition of this poster.

<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](http://www.100abcwomen.ca) to register) - May 2024 Schedule

Episode	Topic	Short Description/ Teaser	Registration Link	3:00 to 4:30 pm EST (includes Q&A's)	Panelists	Moderator
20	<b>Evolution of Language - What do They mean?</b>	<i>Microaggression, neurodiversion. wokism, gender pronouns</i>	<a href="https://shorturl.at/bnpvI">https://shorturl.at/bnpvI</a>	Sunday, June 2, 2024	Patricia Kumbakisaka Queen Kuyoki Amah Harris	Sarah Onyango
21	<b>Sandwich - generations - supporting families</b>	<i>Surviving generational needs. Selfcare, family and community support, knowing when to seek help.</i>	<a href="https://shorturl.at/fsyB3">https://shorturl.at/fsyB3</a>	Sunday, June 9, 2024	Lee-Anne Lyon-Bartley Camille Isaacs-Morell Michelle Munroe Kayla Stephenson	Gelila Mast
22	<b>Trauma through a healthcare lens... all age groups</b>	<i>Difference between health care and sickness care - being proactive. Tips on keeping healthy in times of extraordinary financial challenges and accessing timely healthcare.</i>	<a href="https://shorturl.at/bgBD0">https://shorturl.at/bgBD0</a>	Sunday, June 23, 2024	Dionne Sinclair Nicole Waldron Elise Harding-Davis	Yvette Blackburn
23	<b>Violence and Harassment in the world of work</b>	<i>What is C190 and how will it impact you in the world of work now that it is ratified? Why are there particular clauses that apply to vulnerable groups, the meaning of vulnerable groups and groups in situations of vulnerability?</i>	<a href="https://shorturl.at/gknEN">https://shorturl.at/gknEN</a>	Sunday, June 30, 2024	Lavinia Latham Lee-Anne Lyon-Bartley Monifa Ayinde	Marie Clarke-Walker

### 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>



# Pumpkin Cream Soup

Love to Cook?

## Ingredients

2 cups of pumpkin  
 1 tomato  
 Piece of carrot, turnip and onion  
 Sprigs of parsley and thyme  
 1 Bay leaf  
 1 medium size green peppers  
 5 whole black peppers  
 Grated nutmeg  
 1Tsp salt  
 2 Tbsp butter or small pieces of bacon or ham  
 4 cups of water or light stock  
 1 Tbsp flour  
 1/2 milk

## Instructions

Wash and cut up and cook vegetables (these can be blended if you wish)  
 Cut up ham and bacon and cook slowly.  
 Add butter, then lightly fry seasonings and tomatoes  
 Add stock, herbs and salt  
 Simmer until tomatoes are thoroughly soft  
 Mix cornstarch with cold water to a smooth paste  
 Add to soup and boil for 5 mins  
 Only add milk and other ingredients once the soup is cooked  
 Add seasoning including nutmeg to taste

Serves four people



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

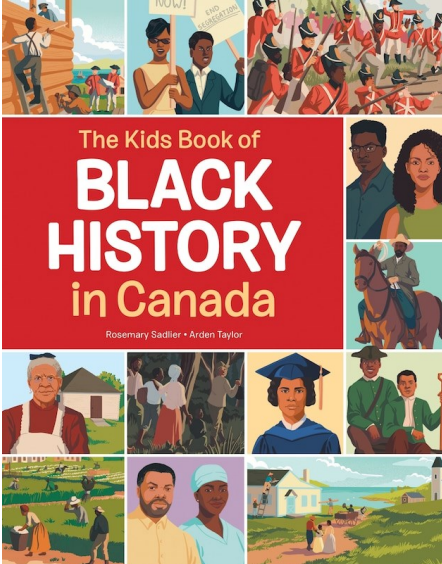
**2024 SUMMER WORK PLACEMENT PROGRAM** 

REGISTER NOW TO BE CONSIDERED FOR A **PAID INTERNSHIP OPPORTUNITY IN THE VIDEO GAMES AND XR INDUSTRY**




**The Kids Book of BLACK HISTORY in Canada**

Rosemary Sadlier • Arden Taylor



Contact Rosemary Sadlier for more information –[rosemary.sadlier@gmail.com](mailto:rosemary.sadlier@gmail.com)

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!!**



"Love, understanding, faith in God"



**The Honourable Dr. Mayann Elizabeth Francis, ONS**  
- Nova Scotia



Birth Country - Canada



"Consider your inheritance. It brings me comfort to know and share that I am not the first but rather one voice in a lineage of artists, curators, and thinkers."



**Nanyamka Lewis-Williams**  
Director / Curator - British Columbia



Birth Country - Canada



"Life may not always go as planned, but authenticity and perseverance will guide them through."



**Melonie Dixon**  
Co-Founder of BeyondBounds - Ontario



Birth Country - Jamaica



"Pioneer your way to the top, if you're the first to do it, then don't give up and keep striving to dominate your area of expertise."



**Natasha Ferguson**  
CEO - EthelFox Construction - Ontario



Birth Country - Canada



"Make choices that will uplift you, not pull you down."



**Mervis White**  
Retired / Licensed Paralegal - Ontario



Birth Country - Jamaica



"We come from the strongest of the strong, so carry yourself with pride and never let anyone or anything dim your light."



**Nerissa Allen**  
President and CEO - British Columbia



Birth Country - Canada



"Be yourself and try your best."



**Micaëlla Riché**  
Director Of Basketball Operations at Lay-Up Youth Basketball - Ontario



Birth Country - Canada



"No matter what the world says, follow your passion - it is the key to happiness and freedom."



**Nicole Brooks**  
Creator / Producer / Writer - Ontario



Birth Country - Canada



"Keep looking forward. You can't undo the past, learn from your mistakes and march on."



**Mojisola Ogunsanya**  
Director in the Investment Operations group of the Canada Pension Plan Investment Board - Ontario



Birth Country - Nigeria



"Never lose sight of humanity in their pursuit of greatness; and always remember to pay it forward."



**Nikisha Linette Evans**  
Licensed Paralegal/Notary Public - Ontario



Birth Country - Bahamas



"Prioritize building strong character and embodying moral values over the pursuit of material possessions."



**Olivia "Moy" Fung**  
Executive Director, Solid Rock Family Services - Ontario



Birth Country - Jamaica



"No one can grant you pride or dignity and therefore no one can take them away, as those things come from within". (Nelson Mandela was often cited as an example of that)



**Noelle Richardson**  
(Principle) Noelle Richardson Consulting - Ontario/Saskatchewan



Birth Country - Guyana



"Don't get discouraged when there are setbacks in your life"



**Nadine Elizabeth Manroë-Wakerell**  
Director of Clinical Practice - Ontario



Birth Country - Canada



"Be a force of positive change, radiate kindness, humility, and champion inclusivity."



**Ogbo Ikhalo**  
Director, Diversity, Equity, and Inclusion - Ontario



Birth Country - Canada

## Upcoming Events Calendar

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

**Check out our podcase on the 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:**

**"Life is too short to live with regrets and missed opportunities"**

**Colleen Tsikira**