





## 100 ACCOMPLISHED BLACK CANADIAN (ABC) WOMEN

100ABCWomen

#6

**June 2024** 



Hon. Dr. Jean Augustine & Dr. Kamala Jean Gopie—2024 Leaders & Legends Award— (OISE)





Order of Canada—Dr. Pamella Appelt & Beverley Johnson





Dr. Donette Chin Loy Chang TMU's New Chancellor

Mitzie Hunter—New President & CEO—Canadian Women's Foundation





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





Let's celebrate 500 'Exceptional Black Canadian Women' Order a Poster 19.5" x 23.75 " 1st 500 for only \$20. \$30 thereafter. Donate the posters 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
- **⇒** Upcoming Events
  - Season Three Fireside Chats ends on July 14, 2024. (See the July 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: Fennella Bruce
- ⇒ Love to Cook? Steamed Pineapple Pudding!
- ⇒ 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

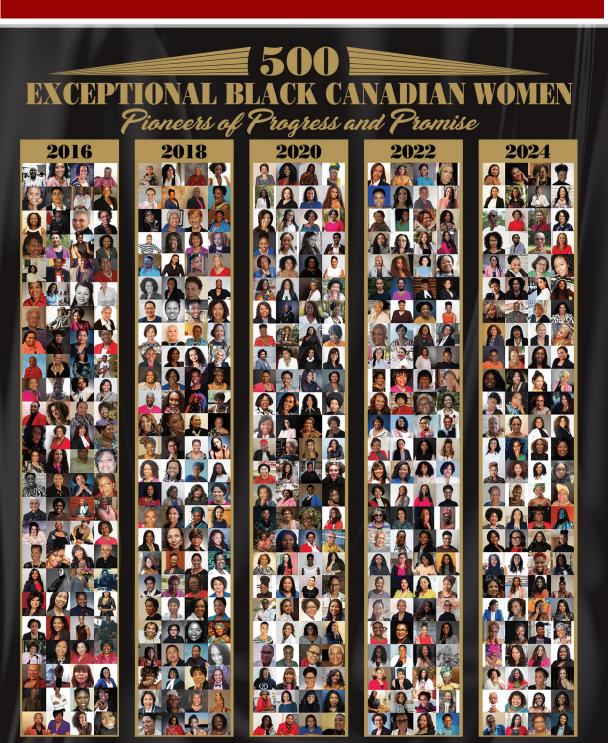
https://www.100abcwomen.ca/how-to-get-your-book/

## Save the Date

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



100 Accomplished Black Canadian Women

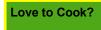
SPECIAL LIMITED EDITION

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

Ep- iso de	Topic	Short Description/ Teaser	Registration Link	3:00 to 4:30 pm EST (includes Q&A's)	Panelists	Moderator
24	Self-care during Tur- bulent Times	Food and housing insecurity, climate change, increased racism, extreme politics	https:// shorturl.at/ CLSX9	Sunday, July 7, 2024	Dr. Karline Mitch- ell-Wilson Donna Welling- ton Kares Clarke- Glasgow	Kathy McDonald
25	Elder & Spousal Abuse	What can I do if an older adult is being abused? What are the different kinds of elder abuse and how to identify them and reporting requirements.	https:// shorturl.at/ tADW5	Sunday, July 14, 2024	Kayla Stephenson Vera Hurlock Nicole Waldron	Ginelle Skerritt



# **Steamed Pineapple Pudding**



#### Ingredients

1/4-1/2 cup shortening
1/2 cup sugar
1 cup flour
2 eggs
2-3 Tbsp dice pineapples
1 Tbsp pineapple juice
1/2 tsp baking powder

#### **Instructions**

Grease a pudding container or mould and lightly flour Decorate the bottom with pieces of pineapples Cream (beat) 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 1/3 at a time Add baking powder with the remaining flour and stir in the rest of the pineapples and juice-make sure that the mixture is soft enough to drop from the spoon Pour into prepared mould/ container (about 2/3 full) **Cover closely with enparchment** Paper\ Steam for 1 1/2 hr and serve hot





Delicious Cooking!!
Quick and easy
to prepare
Norma Wilson







100ABCWomen & TD Bank present: "Building A Black History Education Curriculum" Symposium – Tabletop discussions with Canadian educators & historians

- Friday, September 27, 2024
- 6:00 to 9:00 pm EST
- Woodbine Banquet Hall South Hall 30 Vice Regent Blvd, Etobicoke, Ontario
- Free, in-person and will be live-streamed
- Registration is required check our website for more details www.100abcwomen.ca

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!!









"Love deeply and uncondition Forgive easily this includes ve















air of the Sisters in the





































# www.100abcwomen.ca Season 3 Fireside Chats every Sunday from 3 until 4:30 pm EST. End on

July 14, 2024

**Upcoming Events** 

Calendar

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 podcasts 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/

### Advertise 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:**

"Sacrifice, then you will understand what it truly means to be grateful".

Fennella Bruce