



HAPPY CANADA DAY!!



100 ACCOMPLISHED BLACK CANADIAN (ABC) WOMEN

100ABCWomen #6

June 2024

Congratulations to Extra-ordinary Women - 100ABC Honourees

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



Order of Canada—Dr. Pamela 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



thank you!

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
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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/>

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) - July 2024 Schedule

Ep-isode	Topic	Short Description/ Teaser	Registration Link	3:00 to 4:30 pm EST (includes Q&A's)	Panelists	Moderator
24	Self-care during Turbulent Times	<i>Food and housing insecurity, climate change, increased racism, extreme politics</i>	https://shorturl.at/CLSX9	Sunday, July 7, 2024	Dr. Karline Mitchell-Wilson Donna Wellington Kares Clarke-Glasgow	Kathy McDonald
25	Elder & Spousal Abuse	<i>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.</i>	https://shorturl.at/tADW5	Sunday, July 14, 2024	Kayla Stephenson Vera Hurlock Nicole Waldron	Ginelle Skerritt

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/ca/mpus/1/refresh?acet/318c8bb6f553100021d223d9780d30be>



Steamed Pineapple Pudding

Love to Cook?

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.



NEWS FLASH!

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!!



"You are unique; that is your powerful asset."



Olatun Roseline Onyebuoha
CEO, Director - Entrepreneur & Non-Profit Leader - Ontario



"A true assignment (purpose) always benefits other people."



Ovie Onagbeboma
Executive Director - Ontario



"Embrace your unique path and leverage your diverse experiences to lead with innovation and empathy."



Pasima Sule
Executive Director - British Columbia



"Love deeply and unconditionally. Forgive easily this includes yourself."



Pauline Thomas
CEO / Owner - Ontario



"Embrace authenticity, amplify marginalized voices, and strive for equity and inclusion in all endeavours."



Queen Kukoyi
Co- Lead of Oddside Arts - Ontario



"Surround yourself with people who uplift you. Embrace lifelong learning, adaptability, and curiosity."



Rokhaya Gueye
Community Partnership Coordinator / Ontario Chair of the Sisters in the Brotherhood of Carpenters Union - Ontario



"Intelligence presents in many forms. We all have something we can give, so give of yourself in service."



Rosella Fraser
Program and Facility Manager - Ontario



"Remember to meet people exactly where they are with kindness and compassion."



Rosemarie Davis
AVP, Legal Counsel and Compliance Officer - Ontario



"Step forward and cease the opportunity to make a positive difference in your life and society."



Rosemarie Powell
Executive Director - Ontario



Work hard. Do your best in all you do. Be respectful. Be proud and make your family proud."



Sandra Vivian Smith
Community Volunteer - Ontario



"Look after the less fortunate and be patient with each other. Forgive and Practice unconditional love."



Scholastica Lyanga
President of African Women Association of Windsor (RETIRED) - Ontario



"Keep a gratitude journal to cultivate a greater sense of appreciation."



Shantelle Maria-Elena Browning-Morgan
Secondary School Teacher and Curriculum Developer - 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](https://www.facebook.com/100abcwomen)
www.facebook.com/100abcwomen

Instagram: [@100_abcwomen](https://www.instagram.com/@100_abcwomen)
www.instagram.com/@100_abcwomen

Twitter: [@100abcwomen](https://www.twitter.com/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