



CO-FOUNDERS & CO-FOUNDERS: DR. DENISE O'NEIL GREEN, MRS. DR. JEAN AUGUSTINE & DAUNA JONES-SIMMONDS

Celebrate Emancipation Day— August 1, 2024



100 ACCOMPLISHED BLACK CANADIAN (ABC) WOMEN

100ABCWomen

#7

July 2024

Book Launch & Award Ceremony Tickets on Sale:

Click on this link to purchase your
tickets now:

[https://www.100abcwomen.ca/
product-category/2024-gala-
tickets/](https://www.100abcwomen.ca/product-category/2024-gala-tickets/)

Have you bought your tickets for
the 2024 Book Launch & Award
Ceremony?
Click on this link to make your
purchase quickly



Contact Us—Check out our website for more information:
www.100ABCWomen.ca

P.O. Box 31305 Bayview 16th Ave PO, Richmond Hill, Ont. L4C
0V7 | Email address: 100abcwomen@gmail.com

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

- ⇒ 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
 - ◆ 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 from 6 until 11:30 pm EST—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: Aina Nia Ayo'dele
- ⇒ Love to Cook? Bread and Butter Pudding!
- ⇒ How to Contact Us!

100 Accomplished Black Canadian Women

WAYS TO GET YOUR BOOK NOW: *A Different Booklist*— 779 Bathurst St., Toronto, Ontario

⇒ www.Amazon.ca
[https://www.100abcwomen.ca/how-to-get-your-
book/](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

Our 2024 Honourees are finally Unveiled!!



Her Worship, Sharon Patricia Agatha Floyd
Justice of the Peace - Ontario

"Dig deep inside yourself to find your voice and when you do, don't be afraid to speak."



Birth Country - England



Shauna Bookal
President/CEO - Inclusion in Canadian Sports Network (ICSN) / Manager of Ed & Student Experience - Ontario University Athletics (OUA) - Ontario

"If plan A does not work, keep going there are 25 other letters."



Birth Country - Canada



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

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



Birth Country - Canada



Dr. Shelley Ann Morgan-Bair
CEO - Ontario

"Believe in yourself and take that first step. Also, don't worry if you have to take that "first" step several more times until you hit your stride."



Birth Country - Canada



Sylvia Viola Parris-Drummond
CEO-DBDLI President SVPARRIS CONSULTING - Nova Scotia

"Recognize the wisdom of those who have gone before and celebrate your brilliance."



Birth Country - Canada



Takiyah Wedderburn
Founder of Natural Kids Movement - Ontario

"never apologize for who you are, never dim your light for others and live your life to the fullest with no regrets."



Birth Country - Canada



Tanya Mullings
Artist - Ontario

"Stay focused, never underestimate the power you have to take your life in any direction your heart desires it's in you, it's in all of us"



Birth Country - Canada



Tiki Mercury-Clarke
Kabandwa - Ontario

"Carve out time for silence every day. Turn off the phone, computer, TV, and recorded music. Listen to you and begin to hear the small voice within. Gradually increase the time. It is key to all."



Birth Country - Canada



Trish Masenda-Mandewo
City Councillor | UBCEM President | CEO - British Columbia

"Challenge yourself to not only be a follower but to step into leadership by influencing discussions, challenging norms, shaping policies."



Birth Country - Zimbabwe



Vera Harlock
Ordained Elder (Retired Nurse) - Ontario

"To be an eagle, you must fly with eagles. The choice you make today will make or break you tomorrow."



Birth Country - St. Kitts-Nevis



Vivienne May Campbell
Child & Youth Counsellor/Business Owner - Ontario

"Oh to be humble"



Birth Country - Jamaica



Dr. Yabome Gilpin-Jackson
Vice-President, People, Equity and Inclusion, Simon Fraser University - Vancouver

"Live without regrets! Make the most of ever opportunity and seek out new experiences."



Birth Country - Germany



Yvonne Merle Sam
Chair, Rights & Freedom Committee, Black Community Resource Centre - Quebec

"The flame remains all, the baton is being passed to you, blaze the trail with progress anew."



Birth Country - Guyana



Zoey S. Williams
First Officer Boeing 777 - Ontario

"For those who want to pursue a career in aviation, focus on cultivating a support system."



Birth Country - Canada

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>



Bread & Butter Pudding

Love to Cook?

Ingredients

3-4 slices bread and butter
1-2 Tbsp currants and sul-
tanans
1 Tbsp sugar
Nutmeg or vanilla essence
1 glass milk

Instructions

Wash currants
Prepare bread and butter
Arrange bread, currants and
sugar in layers in a greased
pie-dish—begin and end
with bread
Lightly beat eggs
Add milk and flavourings and
pour over bread
Leave to soak for 30 minutes
Bake in a moderate oven until
it's brown on top
Bake for 40 minutes
Enjoy!



Delicious Cooking!!
Quick and easy
to prepare
Norma Wilson

**Special thanks to our 2024
Book Launch & Award
Ceremony Platinum
Sponsor**



**Toronto Community
Benefits Network**

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 11:30 pm EST at Woodbine Banquet Hall—30 Vice Regal Blvd., Etobicoke, Ontario (10 minutes away from Pearson International Airport) - Tickets are on sale—

Free in-person Symposium—'Building A Black History Education Curriculum' on Friday, September 27, 2024 from 6 until 9 pm EST—Woodbine Banquet Hall—30 Vice Regent Blvd., Toronto

Click on this link to register now:

<https://www.100abcwomen.ca/registration-symposium-2024/>



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

Upcoming Events Calendar

www.100abcwomen.ca

Friday, September 27, 2024 from 6 until 9 pm EST—Free in-person Symposium

Saturday, September 28, 2024 EST—Book Launch & Award Ceremony—tickets are going fast!

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

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

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.

Subscribe to our YouTube Channel

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

Quote of the Month:

"Far more can be realized quicker by listening instead of speaking"

—Aina Nia Ayo'dele