



# Up Next - Announcement of 2024 Honourees!



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

## 100 ACCOMPLISHED BLACK CANADIAN (ABC) WOMEN

100ABCWomen #9

September 2023

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

**Kemi Jacobs & Ginnelle Skerritt—recipients of the  
AfroGobal Black Excellence Award for 2024**



**Collette Murray**, a graduate program assistant in the Faculty of Graduate Studies and Critical Disability Studies in the Faculty of Health, was recognized for her efforts in cultural education, and amplifying Black arts and diasporic styles of African dance vernacular. Collette was named among six recipients of the 2022 Women Who Rock Awards and one of six changemakers for racial equity as the recipient of the 2022 Award for Racial Justice in Creative Arts presented by Urban Alliance on Race Relations.



Join Season 3 Fireside Chats starting January 2024—registration link is now available on our website—[www.100abcwomen.ca](http://www.100abcwomen.ca)

**2024 Honourees will be announced  
late**

**December 2023**

### In This Issue

- ⇒ Congrats to 100 ABC Honourees who are being recognized for their extra-ordinary brilliance Kemi Jacobs, Ginnelle Skerritt & Collette Murray.
- ⇒ **Upcoming Event**
  - ⇒ The 5th Annual Book Launch & Award Ceremony won Saturday, September 21, 2024
  - ⇒ Season Three Fireside Chats starting January to June 2024. The Schedule and Registration links are now available on our website [www.100abcwomen.ca](http://www.100abcwomen.ca)
- ⇒ Self Restoration on October 4, 2023—contact Aina Nia for more information
- ⇒ Special Thanks to our Symposium Sponsors and Collaborators
- ⇒ Quote of the Month: Candace Thomas
- ⇒ Love to Cook? Curried Breadnuts!
- ⇒ 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](http://www.Amazon.ca)  
<https://www.100abcwomen.ca/how-to-get-your-book/>

### Save the Date

100ABCWomen Presents 2024 Book Launch & Gala—Saturday, September 21, 2024  
**More details to come**

What a Successful Symposium 'Black Women in Technology' that was held in Vancouver on Wednesday, September 20, 2023—video soon to be available on our YouTube Channel



“Throughout the day, we heard from a range of speakers working in diverse tech fields, including Cybersecurity, Natural Language Processing, Cloud Computing, Tech Policy & Lobbying, Black Speculative Design, Academia, etc.”  
**Njoki Mbũrũ**



Thanks to Our Vancouver Symposium Speakers: (left to right) shelley Anne Vidal, Stacey Ann Berry, Rosie Bamigbade, Queen Kukoyi, Nico Taylor, Ndidi Cascade, Janelle Reid, Mariat Jibril, Lola Adeniyi, Kishawna Peck, Dr. Ife Adebara, Dr. Oluwakemi Ola, Dr. Debbie Motlawa, Hon. Dr. Jean Augustine, Deputy Mayor Lisa Dominato & Claudette McGowan. A YouTube video on this event will be available on 100ABCWomen YouTube Channel during the week of Oct 9th

**Contact Us**—Check out our website for more information:  
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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






**2024 Book Launch & Award Ceremony—Saturday, September 21, 2024.**

## Upcoming Events Calendar

**Fireside Chats with  
100 ABC Honourees**

**Season 3 starts January 7 2024**

**Announcement of 2024 Honourees—  
December 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](https://www.facebook.com/100abcwomen)

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

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

***“Work hard, seize every opportunity to attain your goals, always act with integrity and, importantly, lift as you climb.”***

***Candace Thomas***

AINA-NIA

SELF-RESTORATION & PRESERVATION SERIES  
FOR LEADERS OF AFRICAN DESCENT™



“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.”

Audre Lorde

WHEN

13th Sep 2023 6:30 pm EST	27th Sep 2023 6:30 pm EST
4th Oct 2023 6:30 pm EST	

DESCRIPTION

3-part healing circles grounded in African-centred knowledge systems

Virtual Online Experience

INTENDED AUDIENCE

Black leaders working within institutions driven by colonial systems

INVESTMENT

\$1,597 CDN per person, includes copy of SELF, An Inner Journey to Re-Membering Your Power and 1 private coaching session with Aina-Nia Ayo'dele

BENEFITS

- Examine and recognize the direct impacts of the African Slave Trade on Black leaders working within institutions of colonialism and anti-Black racism
- Explore African indigenous practices for SELF-restoration and ongoing preservation to inner-peace and JOY
- Access techniques that enable Black leaders to navigate the colonial systems for success without selling their soul
- Gain simple and practical tools to move beyond resilience to holistic wellness – mind, body, and spirit
- Explore the power of Balance, Boundaries & SELF-Love

RESERVE YOUR SPOT TODAY

BOOK NOW

## Upcoming Fireside Chats—January 2024 to June 2024— Registration is Required..

Episode #	Topic	Short Description/Teaser	Category	3:00 to 4:30 pm EST (includes Q&A's)	Moderator/Host
1	<b>A Day for Poets</b>	<i>Poets present and showcase their creative work</i>	Life Long Learning	Sunday, January 7, 2024	Sarah Onyango
2	<b>Black Authors - where do you begin. You want to write a book. Where do you start?</b>	<i>How to get started - where are the resources; how can we promote our books?</i>	Life Long Learning	Sunday, January 14, 2024	Denise O'Neil Green
3	<b>Poverty &amp; Homelessness</b>	<i>Making Ends Meet - Being Creative - poverty around the needs of our children</i>	Lifestyles	Sunday, January 21, 2024	Tanika Riley
4	<b>Acknowledging and Valuing Different Parenting Styles</b>	<i>Raising positive kids without harsh discipline</i>	Parenting & Discipline - Early Learning	Sunday, January 28, 2024	Yvette Blackburn
5	<b>Becoming indispensable to your school system</b>	<i>How can we add value to our school system?</i>	Parenting & Discipline - Early Learning	Sunday, February 4, 2024	Kathy McDonald
6	<b>A Day for Storytellers. How are you positively impacting the lives of others</b>	<i>Storytellers present their stories - an event intended to create laughter and joy</i>	Life Long Learning	Sunday, February 11, 2024	Tanika Riley
7	<b>Elder &amp; Spousal Abuse</b>	<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>	Seniors	Sunday, February 18, 2024	Ginelle Skerritt
8	<b>Managing human rights complaint at the Ontario Human Rights Tribunal: Considerations for Black Women</b>	<i>How to handle anti-racism and human rights complaints</i>	Advocacy	Sunday, February 25, 2024	Nancy Simms
9	<b>Difficult conversations are only problem-solving...use compassion, patience, and courage</b>	<i>How can we problem-solve although the conversations may be difficult - agreeing to disagree?</i>	Life Long Learning	Sunday, March 3, 2024	Niole Waldron
10	<b>Making Technology Work for your Business</b>	<i>Using Google Drive; Focus on the impact of AI - is it good? Is it bad?</i>	Technology	Sunday, March 10, 2024	Takiyah Wedderburn
11	<b>Remaining Active Post Retirement</b>	<i>Social Interactions, Continued Learning, Health &amp; Lifestyle</i>	Aging	Sunday, March 17, 2024	Yvette Blackburn
12	<b>Living Alone as a Senior - Aiding scams; Social Interactions</b>	<i>Avoiding scams Personal safety - lifelines, Power of Attorney Seeking help when needed</i>	Aging	Sunday, March 24, 2024	Marie Clarke-Walker
13	<b>Leadership Roles Boards &amp; Association</b>	<i>Boards &amp; Associations Volunteerism</i>	Careers	Sunday, April 7, 2024	Jacqueline Dixon
14	<b>Careers</b>	<i>The changing workplace Trades for Women Multiple Careers</i>	Careers	Sunday, April 14, 2024	Jacqueline Dixon
15	<b>Advocating within the Justice System</b>	<i>Preventative Strategies to decrease the overrepresentation of Black youth that are incarcerated &amp; Youth in the Criminal Justice System</i>	Children & Youth	Sunday, April 21, 2024	Marie Clarke-Walker
16	<b>Advocating within the Immigration System</b>	<i>Children and youth with precarious immigration (migrants, refugees and international students) status... where are they? Children with precarious immigration status are those whose parents brought them to Canada as youngsters, and they did not know they had no status. Some are mentally ill, some are lost at school and are unable to participate in school curricular activities or parents do not know these children can attend school, and others are homeless and do not know where to seek help. We could have as speakers reps. from organizations such as CLEO, a Trustee who is aware of the Child Welfare Act and a parent who received help for the child to become a landed immigrant</i>	Children & Youth	Sunday, April 28, 2024	Sarah Onyango
17	<b>Succeeding with Disabilities</b>	<i>Personal Stories (neurodivergent) Technology support Etiquette around disability</i>	Disabilities	Sunday, May 5, 2024	Nicole Waldron
18	<b>Advocacy &amp; Activism</b>	<i>The role of labour unions - becoming politically involved</i>	Education & Business & Careers	Sunday, May 19, 2024	Nancy Simms
19	<b>Understanding the education system - anti-racism lens</b>	<i>Pre-school, primary &amp; secondary school; &amp; post secondary training. Why do Black Children receive harsher discipline at school even if their behaviour is no different from that of white children</i>	Education	Sunday, May 26, 2024	Denise O'Neil Green
20	<b>Evolution of Language - What do They mean?</b>	<i>Microaggression, neurodiversion. wokism, gender pronouns</i>	Education	Sunday, May 19, 2024	Sarah Onyango

# Curried Breadnuts

Love to Cook?

## Ingredients

- ◆ 1 full (partly ripe) breadnut
- ◆ 2 dried coconuts
- ◆ 1 Tbsp curry
- ◆ 2 Tbsp butter
- ◆ 1 tsp salt (add other seasonings such as



onion, chive, thyme and tomato)

## Instructions

- ◆ Peel Breadnut and divide into natural divisions.
- ◆ Boil for 2 hrs then squeeze dry.
- ◆ Take out and peel seeds
- ◆ Prepare and lightly fry the seasons, add the curry powder, flesh and nuts from the body.
- ◆ Make and add about 2 cups of coconut milk, and stew until nuts are soft
- ◆ Serve on a hot dish with rice and the grated coconut.
- ◆ Decorate with pieces of fried salt fish

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



2023 Hybrid Symposium  
Black Women In Technology

### SPECIAL THANKS

Sponsors:



Collaborators:



Black Women's Business Bureau (BWBB)

Special Thanks to our sponsors and collaborators for helping to make our 2023 Symposium success! We couldn't do it without you!

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.