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## 100 ACCOMPLISHED BLACK CANADIAN WOMEN

### 100ABCWomen Update #3

April 2019

#### Daughters of the Vote event in Ottawa— Wednesday, April 10, 2019



The Daughters of the Vote event, organized by Equal Voice Canada, brought 338 young women between the ages of 18 and 23 (one from each of the federal ridings) to Ottawa on April 10th to take part in 'Daughters of the Vote'. The event supports a program Equal Voice created to promote the participation of women in politics and government presenting every riding across Canada to take a seat in the House of Commons. Seen here are the young women with Hon. Dr. Jean Augustine.



#### Gone but Not Forgotten— Daphne Clarke 2016 100ABC Honouree

Mrs. Daphne Veronica Clarke of Windsor, Ontario passed away on Friday, April 5, 2019 at Windsor Regional Hospital, Metropolitan Campus, at the age of 86. Daphne-

was the founder of Windsor Women With Immigrant Women (W5) and Past President and Board Member of Women's Enterprise Skills Training of Windsor (WEST) Inc.

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#### 100 Accomplished Black Canadian Women — 2018



#### WAYS TO GET YOUR BOOK NOW:

- ◇ A Different Booklist— 779 Bathurst St.,  
Toronto, Ontario
- ◇ Amazon .ca

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

#### **\*\*Quote for this edition\*\***

*"If I didn't define myself for myself, I would be crunched into other people's fantasies for me and eaten alive."* **Audrey Lord**

## Congratulations are in Order!

**It's All About Progress! Well done 100ABC Honourees!**

### **2019 Harry Jerome Award Recipients**

**Alpha Award Winner at Afro Global Excellence Award—Itah Sadu** has created youth programs that serve as models for job placement opportunities, skill development and leaders-in-training programming. Featured on the African Canadian History 2012 Poster, Sadu has contributed to the legacy of African Canadians with the naming of Toronto sites in honour of their contributions.

**Dr. Linda Maxwell** is the President and CEO of the Canadian Women's Foundation, and is recognized as one of the most respected and vocal women leaders in the country. She has devoted her career to empowering women and girls to overcome barriers and reach their full potential.

**Denise A.Cole** pursues an exciting time in her career as she joins the Ministry of Attorney General (MAG) as the Assistant Deputy Attorney General, Strategic Initiatives



**Karen Burke**



**Paulette Senior**

**Denise Cole**



**By Michael Van Cooten Publisher/Editor TORONTO, Ontario April 4, 2019** – Described, honestly, as an “unforgettable theatre experience”, *Virgin*, a riveting play, in which one exceptionally-gifted, versatile actress vividly brought 29 characters to life during a six-day run in Toronto. Written, performed, co-produced and co-directed by Canadian artist, Alyson Renaldo, *Virgin* — a production about a woman searching for truth, courage and love...only to realise that she actually already has them — premiered in Los Angeles in 2014 and then did a tour in Toronto. The play actually chronicles a woman's abrupt growth and maturity, when she examines her relationship to God, sex, purity and love. When she experiences a number of unwelcome, challenging situations that, apparently, happen in exactly the same way, she continually concludes that her life is missing something — that is, until one strange moment changes everything. *Virgin*. was performed at the Aki Studio in Toronto and mesmerized the crowd that attended. It sparked rave reviews.

## Contact Us

Check our website for more information:

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

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thank  
you!

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## In the News!

<https://www.100abcwomen.ca/in-the-news/>



**2020—3rd edition of 100 ABCWomen Book Launch & Gala on Saturday, September 26, 2020 at Woodbine Banquet Hall, Toronto**

### 2020 Nomination Are Opens

<https://www.100abcwomen.ca/nomination-form-2020/>

**Deadline—August 31, 2019**

## Career Opportunities

Bursaries and Scholarship opportunities:

<https://worldscholarshipforum.com/>

Job Opportunities at Eli Lilly—Check them out at :

[www.lilly.ca](http://www.lilly.ca)

City of Toronto—Blacks on Board Project—Please apply—[www.toronto.ca/ServeYourCity](http://www.toronto.ca/ServeYourCity)—Lots of Board Opportunities available

Need Board Governance Training? Learn more at [www.onboardcanada.ca](http://www.onboardcanada.ca)

Please send your career opportunities that you want posted on our website to:

[100abcwomen@gmail.com](mailto:100abcwomen@gmail.com).



**2019**

### Upcoming Events Calendar

<https://www.100abcwomen.ca/events/2019-02/>

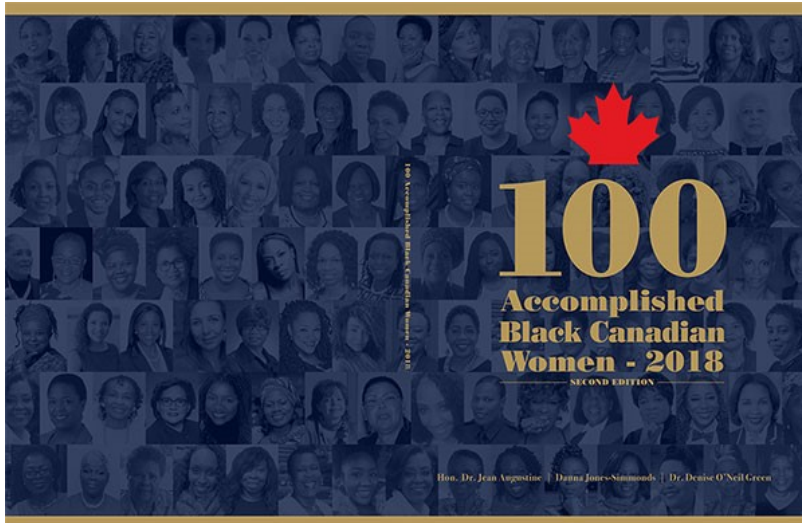
- ◆ 100ABCWomen—Project Launch — May 2019
- ◆ 100ABCWomen Nominations are open—click on the link to nominate an Accomplished Black Canadian Woman - <https://www.100abcwomen.ca/nomination-form-2020> - Deadline August 31, 2019.



Check 100ABC Calendar of events to purchase your tickets.

# History in the Making

**Great Reads—Toronto Public Library Selects  
100 Accomplished Black Canadian Women 2018 as  
one of the great reads for 2018!**



## **2018 100ABC HON- OREE FORGES AHEAD ON AN IM- PORTANT QUEST**

**ANNIE KASHAMURA  
ZAWADI** is on a quest to  
reduce violence against  
women and girls. She has  
developed a video to enlight-  
en and educate everyone on

the deadly hazards of gender based violence (GBV). Here is the  
link for the video:

<https://www.youtube.com/watch?v=LUBcdgy5lfg>

She is also searching for speaking and training opportunities relevant to gender quality issues and success strategies for individuals and Corporations. Annie says “in this sexually charged and rampant discrimination against women and girls era, I am on a mission to make the corporate world safer for women and for all, by assessing workplaces’ gender equality and developing the relevant tools and training”. Annie is a Gender Specialist - Woman’s Rights Advocate, Writer, Speaker, Coach and Panelist, with over 18 years of global experience in the fields of gender based violence, women’s political participation and representation and girl’s leadership. During this time, she has contributed to bringing tangible change in ending violence against women and girls.

## **Norma’s SWEET POTATO PUDDING**

1 1/2 sweet potato  
2 oz yellow yam  
3 cups coconut milk  
1 tsp cinnamon  
1/2 tsp ground ginger  
1 tsp mixed spice  
1 tsp grated nutmeg  
1 1/2 tsp vanilla essence  
1 1/2 tsp salt  
1 cup brown sugar  
4 tbsp raisins  
2 tbsp currants  
1/2 cup flour  
2 tbsp rum or sherry (optional)  
1oz butter

- ⇒ Turn on oven to 350° F
- ⇒ Dice the potato and yam. Purée with coconut milk in blender.
- ⇒ Pour well blended mixture into a bowl. Add all the other ingredients except butter. Mix well.
- ⇒ Pour into a well-greased 8 inch tin or Pyrex dish Dot with butter. Bake on centre shelf for 1-1 1/2 hours or until a knife comes out clean when the centre of the pudding is checked.
- ⇒ Remove from the oven and serve
- ⇒ hot or cold with whipped cream.
- ⇒ Serves 8.

**TIP:** The mixture may be used as filling for a pie crust to make a Sweet Potato Pie

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Us!**

**100ABCWomen is committed to recognizing and documenting the accomplishments of  
Black Canadian Women**