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100 ACCOMPLISHED BLACK CANADIAN WOMEN

100ABCWomen Update #5

June 2019

Dr. Delores Mullings Encourages Students to Take Leadership



100 ABC recently caught up with 2018 Honouree Dr. Delores Mullings at a coffee house near her home. Delores took a break from working on the book she is co-editing to talk with us about what's happening in her professional world. The book analyses 'social work practise around the Black Canadian experience'. Dr. Mullings serves as a professor at Memorial University in St.

John's, Newfoundland. Beyond her responsibilities in the post-secondary classroom, Delores has recently realised a goal ("it was on my *bucket list*"). She completed a TED talk on *Decolonising and Transforming Post Secondary Education in the Classroom*. Motivated by providing solid spaces for optimal student success, she explains that, "Professors need to de-centre themselves and centre student needs and experiences." Part of her proposed upgrades to the classroom outlined in the talk include, "Encouraging students to take leadership and providing space [for them] to contribute to the curriculum. Providing what is specifically needed in order for them to be successful in which ever field they hope to work."

Dr. Mullings is partnering with leaders in the field of mental health to provide collaborative thought leadership on how issues of how mental health and spirituality intersect [this author would like to offer to buy this professor a tea, but isn't sure there's time for consuming tasty beverages amidst all this important work...maybe next time]. Additionally, the YWCA of Newfoundland and Labrador honoured her with the *Women of Distinction Award for Education and Mentorship*. Congratulations Dr. Mullings. Keep up the good work.

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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/>

Congratulations to the Toronto Raptors!

On June 13, 2019, The Toronto Raptors, won their first NBA championship against the Golden State Warriors in Oakland California!

Congratulations are in Order!

It's All About Progress! Well done

100ABC Honourees!

Hon. Dr. Jean Augustine has added another title to her long list of accolades. She received a Doctor of laws (Honoris Causa) on June 17, 2019, at the Faculty of Community Services, Ryerson University Convocation. She has also received Honorary Doctor of Law Degrees from six Universities. Dr. Augustine is the first African-Canadian to be elected to the House of Commons. She was elected in the riding of Etobicoke -Lakeshore in 1993 and sat in Parliament until 2006.

From 2007 to 2015, Dr. Augustine served as the Fairness Commissioner for the Province of Ontario, overseeing fairness and transparency among various professional regulatory bodies. It was the first public office of its kind in Canada. She also led the motion that created Black History Month in Canada and has been recognized by having the Jean Augustine Girls Leadership Academy, Jean Augustine Secondary School and the Jean Augustine Chair in Education at York University. She is a true Canadian Icon.

Arlene Duncan is ecstatic that DIGGSTOWN, CBC's TV legal drama series which was launched in March, 2019, has been renewed for a second season. Arlene plays the role of Velma Diggs in the series. Arlene is an award-winning singer and actress who has worked extensively in theatre, television, radio and film. She is perhaps best known for her role as the conservative and crotchety cafe owner, Fatima Dinssa in a situation comedy, "Little Mosque on the Prairie" (2007 to 2012). The series was a hit. Arlene is also known for her roles in "Don't Say A Word" (2001); "Get Rich or Die Trying" (2005) and "Chloe" (2009).

She also won the Dora Mavor Moore Award, (also known as the Dora Award), for Outstanding Performance by a female. The Award is presented annually by the Toronto Alliance for the Performing Arts, which honours theatre, dance and opera productions in Toronto.

Debbie Douglas & Kiki Ojo. Women's Health in Women's Hands Community Health Centre proudly announced the recipients of the 2019 Women of Resilience Awards on June 25, 2019.

Debbie Douglas, Executive Director, Ontario Council of Agencies Serving Immigrants (OCASI) and Kiki Ojo, Principal Consultant, Kojo Institute, were among the recipients. These two women were recognized for their selfless work which was done with little or no acknowledgement, to achieve justice, equality, inclusion and preservation of dignity for others at the local and global scale.

Contact Us

Check our website for more information:

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Hon. Dr. Jean Augustine

Arlene Duncan

Kike Ojo

Debbie Douglas

"NEWS YOU SHOULD USE"

CONFRONTING ANTI-BLACK RACISM (CABR) UNIT SUMMARY REPORT



CABR Unit managed by **Aina-Nia Ayo'dele** has now published its first annual report. It was discussed at the ECONOMIC AND COMMUNITY DEVELOPMENT COMMITTEE (ECDC) meeting on June 26, 2019 at City Hall and will be considered by City Council on July 16, 2019, subject to the actions of the ECDC. The report envelopes a thorough review of the work done over the past year. CABR is responsible for rolling out the Toronto Action Plan which is strategic, measurable, achievable, relevant, realistic and timely. What is most important about the report is, it responds to the priorities that were identified by Toronto's most diverse Black communities in the world.

The process to CABR started in December 2017 when City Council unanimously adopted the Toronto Plan to confront anti-Black racism, which contained 80 actions and 22 recommendations for City staff to address and implement anti-Black racism in Toronto. The plan is the result of a collaborative effort between the City of Toronto and Torontonians of African decent.

Deep Reflections of Life..... by Stacey Ann Berry



Stacey Ann Berry, Founder, and CEO of Bstellar Consulting Group, is an innovative entrepreneur, highly sought-after speaker and a published author. She recently wrote the book "**Deep Reflections of Life: Words to Inspire the Heart and Uplift the Soul**" - a compilation of faith-inspired poems and it was published by Amazon. The book took twenty years to be completed and it is a tribute to her late mother, Winifred Berry, whose life and legacy inspired everyone who knew her. In the book Stacey shares how her mother and older sister inspired her academic journey and overall success. Each poem takes readers on a journey of spiritual awakening and it's an ideal read for anyone who desires a more meaningful life rooted in faith. Of note, 10% of the annual sales will be dedicated to the Charity-Olive Branch of Hope. This is a great opportunity to purchase the book!

thank
you!

Editors: Dauna Jones-Simmonds, Alyson Renaldo & Norma Wilson



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

Opportunities at City of Toronto—Click on the link to learn more about positions.

<https://www.brainhunter.com/frontoffice/seekerViewJobDetailAction.do?sitecode=pl389&jobId=2323607&page=search&external>

Job Opportunities at Eli Lilly—Check them out at : www.lilly.ca

send resumes directly to Remat Majid at majid_remat@network.lilly.com .
Reference Dauna Jones-Simmonds

City of Toronto—Blacks on Board Project—Please apply—
www.toronto.ca/ServeYourCity—Lots of Board Opportunities available

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

100abcwomen@gmail.com.



2019

Upcoming Events

Calendar

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

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

SAVE THE DATE!!! Confirmed!!!

“100 ABCWOMEN - Pathways to Exceptional Leadership”

(BIENNIAL) SYMPOSIUM

Friday, September 27, 2019

7:30 am to 3:30 pm

Woodbine Banquet Hall

30 Vice Regent Blvd, Toronto—South Hall

This is an intergenerational event you cannot miss! Learn from our Exceptional Leaders!!! More details to come in a issue.

A Night To Remember - Pan Fantasy



A NIGHT OF FANTASY

The annual PANNIES Presentation and celebration took place on June 15, 2019. It was a night to remember.....filled with laughter, music and food. The event was well attended, in support of the PAN FANTASY STEELBAND. Those who had gaps in their knowledge about the band left with a history and up-to-date information which Captain, Wendy Jones readily imparted.

Pan Fantasy Steelband celebrates more than thirty-three years of Pan music under the Leadership of Wendy Jones. In 1986, a group of young people wanted to provide an opportunity for the youth in the Jane-Finch community. It was a community with a high proportion of West Indian youth, low-income families and public housing. Pan Fantasy was a subset of the North York Inter-Community Youth Group, who wanted to make a difference and a change in the community. The goal was and continues to be an inspiration to motivate the youth to learn leadership skills through the performing arts.

Over the years the band has grown from an intimate group to a collective of vibrant musicians. The focus and goal continue to be on the youth and the community, while preserving the culture. Hundreds of young people have had the opportunity to be involved in the Programme. Mature members play important roles as mentors. Pan Fantasy has been the Pan Alive Champion from 2011 to 2018 i.e., the Best Canadian Steelband. That was the essence of the information Wendy Jones provided about Pan Fantasy.

After the Presentations were over, the dinner plates etc. were removed and Pan Fantasy prepared to entertain the guests and that they did. The music was awesome and there was a variety to please every listener. People were dancing in the isle and those with disabilities "jigged" in their chairs. It was a wonderful evening to be remembered.

Norma's

CABBAGE and CHEESE CASSEROLE BAKE

INGREDIENTS

1 large head cabbage
1 small onion
2 gloves garlic, minced
2 tbsp olive oil
1/3 cup vegetable broth
1 tbsp flour dissolved in 1/4 cup milk
1/3 tsp kosher salt
1/3 cup grated cheese (fortina, gruyere or goat)
1/4 cup seasoned breadcrumbs
Pepper to taste (optional)

METHOD

- * Pre-heat oven to 350 F
- * Lightly grease a 9x12 casserole dish
- * Coarsely chop the cabbage
- * In a large skillet, heat the onion and garlic in olive oil for a few mins
- * Add cabbage and stir, cook for 2 mins to combine the ingredients
- * Add the vegetable broth and bring to a simmer
- * Add dissolved flour in milk and continue simmering.
- * Season with salt and pepper to taste and continue simmering until sauce thickens
- * Remove the skillet from heat and transfer the mixture to the casserole dish
- * Top with grated cheese
- * Cover and bake for 20 mins; remove cover, sprinkle breadcrumbs on top and continue to bake . 10 mins or more until liquid has mostly disappeared
- * Remove from heat and allow to cool a bit while the remaining liquid evaporate

This side dish serves 6 to 8.

Advertise with Us!

100ABCWomen is committed to recognizing and documenting the accomplishments of

Black Canadian Women. All Honourees are encouraged to share their accomplishments so that our readers can appreciate the difference they are making in their respective communities