



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



100 ACCOMPLISHED BLACK CANADIAN WOMEN

100ABCWomen Update #8

September 2019

AN EXHILARATING SYMPOSIUM



HOSTED BY 100ABC WOMEN, over one hundred and fifty people stepped away from their usual activities on Friday, September 27, 2019, to participate either by doing or listening to a programme mounted by the 100 Accomplished Black Canadian Women at its inaugural biennial symposium entitled **PATHWAYS TO EXCEPTIONAL LEADERSHIP**. The following organizations - The City of Toronto (CABR Unit), CIBC and UNIFOR were proud partners/sponsors in this venture. The specific goals to springboard this event were:

- ♦ To inspire and provide the know-how for Black Women to leave feeling empowered to become leaders and mentors
- ♦ To address critical issues that impact the community and daily lives
- ♦ To showcase the leadership skills of 100ABC Honourees

Crucial to a successful symposium was ensuring that there are interesting topics and knowledgeable speakers to cover the topics efficiently and effectively. Every outlet for news was explored for the most talked about topics that provided a list, which was “combed and discussed”. Based on the final list of topics, the profiles of the two hundred Honourees were accessed and the list was compared with the experiences in order to garner the most efficient panel of speakers. The process was very effective, in that, panels of speakers emerged from which moderators were selected. From this, a discussion took place around the day’s activities and an agenda was then developed, which included good food, entertainment (the Heritage Singers) and conversation (networking). A number of volunteers were on hand to help with making the event move smoothly as segments transitioned from one to the other.

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100 Accomplished Black Canadian Women — 2018



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/>

Quote of the Month

“Ensure worthiness of respect by maintaining dignity”

Nalda Callendar

100ABC Honourees!

2019 INAUGURAL SYMPOSIUM

"PATHWAYS TO EXCEPTIONAL LEADERSHIP"



"NEWS YOU SHOULD USE"

PARKS NAMED AFTER BLACK PEOPLE IN TORONTO

JEAN AUGUSTINE PARK, located at 2115 Lakeshore Blvd W, Toronto, ON, features a water fountain, multiple pathways. It was named in 2010 to honour Jean Augustine a community advocate, the first Black woman to be elected to Canada's Parliament and Ontario's first Fairness Commissioner. From the community's perspective one of her big achievement was receiving official recognition of February as Black History Month.

RITA COX PARK, located at 14 Machells Ave., Toronto East York, is a parkette near Dufferin and King St W, that features pathways leading to a children's playground and a splash pad. The park opened in 2008 and was named in honour of Dr. Rita Cox, prominent Librarian, renowned storyteller and literacy advocate. She was instrumental in getting the library services to buy books by Black writers.

VIOLA DESMOND PARK located at 85, Hupfield TRL., Scarborough and formerly known as Hupfield Park, was renamed in 2018. In 1946, Viola, a Black Canadian business challenged racial segregation at a theatre in Nova Scotia. This action inspired future generations of Black Canadians to advance the civil rights movement in Canada.

STANLEY G. GRIZZLE PARK, located at 21 Chisholm Ave., Toronto, East York, is next to a subway station and formerly known as Main St. Parkette. It was renamed in 2007, to honour Stanley G. Grizzle. He was a union organizer rights and a sleeping car porter on the railway. He was instrumental in starting the Brotherhood of Sleeping Car Porters, a union which pushed for better wages and rights for Black workers.

HUBBARD PARK, located at 550, Gerrard Street E. Toronto, ON., acts as the forefront to the stunning new Bridgepoint Active Healthcare and the newly restored heritage Don Jail. This Park honours William Peyton Hubbard (1842-1935) who was born in Toronto to parents who escaped slavery via the Underground Railroad. Hubbard was a successful baker. He invented and patented the Hubbard Portable Oven. He was also elected an Alderman that made him Toronto's first elected Black politician.



Contact Us

Check 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

thank
you!

**Editors: Dauna Jones-Simmonds
& 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

2022 Nomination Are Opens

<https://www.100abcwomen.ca/nomination-form-2022/>

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

SAVE THE DATE

2020 BOOK LAUNCH & GALA

SATURDAY, SEPTEMBER 26, 2020

WOODBINE BANQUET HALL

30 VICE REGENT BLVD

TORONTO

Tickets will go on sale in February 2020

Honourees will be notified in January, 2020

"100 ABCWOMEN -Pathways to Exceptional Leadership"

(BIENNIAL) SYMPOSIUM

Was a Hit!!!

100ABC Women Continue to Spread Their Wings!



Kamala-Jean Gopie, a 100ABC WOMEN 2016 Honouree is a retired elementary school teacher who taught in Toronto. She was also Education Officer at the Ontario Ministry of Education. After retirement from Education, she was appointed as a member of the Immigration and Refugee Board, where for eight years she made refugee determinations. For over forty years she has been a

volunteer working in various segments of social services, human rights and diversity and the Arts.

Kamala-Jean's current focus again is on education. She went to South Africa and while visiting an open-air market in Cape Town, she met a young man whose name is Chimwemwe (Happy) Mussa from Malawi. During a conversation with him, she learned that Happy's father was dead and that he was in South Africa working to support his family of six siblings, his mother and grandmother. Although he was not in school, his dream was to become a teacher. That information registered with Kamala-Jean. Quietly, she planned to help him. At the end of the discourse, she gave him \$10.00 US and her business card, telling him that she would try to help him go back to school to realize his dream. He displayed much appreciation for her offer.

Kamala-Jean made good on her promise after she returned to Canada. As a result of sharing her story with friends, she garnered financial support to help Happy and his Village. Happy returned to Malawi and to school. Between the two they were able to get a school built in his village near Malosa, Malawi in 2017. Pre-school children, women and young men now have the opportunity to get an education at the Gopie Community School. The women are learning to read and write in the two official languages of Malawi, as well as learning to sew; the young men who dropped out of school are upgrading their skills and operating a maize mill as a way to earn a living.

Work on the Malawi Project continues as Kamala-Jean raises funds to equip the school and provide the amenities necessary to improve the quality of life for the residents of the village. Kamala-Jean leaves for Malawi on September 26, to see the progress that has been made and then decide, with Happy's help, what the next steps could/should be.....

Love to Cook?

Norma's

Curried Squash and Apple Soup

INGREDIENTS

2 tbsp (25 mL) vegetable oil
1 cup (250 mL) chopped onions
1 tbsp (15 mL) grated ginger
2 tsp (10 mL) curry powder
2 cloves garlic, minced
4 cups (1 L) peeled, diced butternut squash
2 cups (500 mL) peeled chopped green apples
6 cups (1.5 L) chicken or vegetable stock
1/2 cup (125 mL) coconut milk
Salt and pepper

DIRECTIONS

1. Heat oil in soup pot on medium heat. Add onions and garlic; sauté until softened. Stir in ginger and curry powder. Sauté for 1 minute, add squash and apples; sauté until vegetables are coated with spices.
2. Add stock, bring to a boil and reduce heat to medium-low. Simmer gently for 20 minutes or until vegetables are softened. Purée soup in food processor or blender. Return to pot and add coconut milk. Bring to boil, then simmer for 5 minutes or until flavours are combined. Season with salt and pepper to taste.

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100ABC Women 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