



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

100 ACCOMPLISHED BLACK CANADIAN WOMEN (ABC)

100ABCWomen Update #1

January 2020



NALDA CALLENDER CONTINUES TO BE A BUSY BEE: WITH PROGRESS

From 2016 to now, Nalda has worked on developing and delivering several Anti-Racism Programs in partnership with a number of Secondary Schools in Burnaby, Coquitlam and Surrey with the focus on grades 10-12 students. Nalda and the National Congress Black Women Foundation (NCBWF) will deliver several School Justice programs to different schools during the 2020 Black History Month on February 4, 12, 15 and March 4. It is felt that by promoting knowledge of people's cultures and inclusive attitudes, we can help prepare students for their roles and responsibilities. As global citizens they will have an appreciation of the inherent benefits of cultural, linguistic and religious diversity and find common strength through the celebration of our

differences.

Ms. Callender donates her time, energy and ability to build bridges, linking many diverse communities. She has initiated and helped to develop programs and projects to enhance the learning capacity of students at all levels. She uses community building as a process for societal change which means "change in the level at which people participate in the social, economic and political life of the society and also, change the ways they have access to societal resources. She is always on the prowl for new projects and ideas which she believes will benefit communities. She is tireless and unrelenting in pursuit for social and political justice for minority women and others who are disenfranchised by the system.

Nalda believes working together is essential in improving access to services for this growing proportion of any community. In British Columbia, there is a lack of a Black Community infrastructure and ethno-specific services. She says that in order to make changes, we must recognize that new and emerging communities are diverse in culture, language and spiritual beliefs. She believes, it is vital that services respond to the diversity and also ensure that aged care services for seniors are holistic and inclusive.

Nalda is quite excited about two events coming up:

She will be featured in a Canadian Educational series in a children's book for grades 1-3 in the Spring. This will be about her work for the NCBWF in the installation of the Black History Month Stamp which was launched across Canada in 2009; AND

For over 5 years the NCBWF has been inviting the Vancouver School Board to the table to discuss the delivery of a number of Black History Month Programs during February but there was never a response to the requests. Well, perseverance has paid off....last year the response was loud and clear.

One, they have hired an Equity individual to have a seat at the table with the NCBWF and two, this year they will host an Anti-Racism Symposium with other Black History Month events taking place in various schools. **THAT'S PROGRESS!!!**

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

Quote of the Month

Nothing ever changes unless you are prepared"

-Dr. Dorothy Anna Jarvis

CONGRATULATIONS TO 2020 HONOUREES

Let's unveil the names of the 2020 100
ABC Honourees
Check our Website, Newsletter and Social
Media
Click on this link!

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

About Black History Month

During Black History Month, Canadians celebrate the many achievements and contributions of Black Canadians who, throughout history, have done much to make Canada a diverse, compassionate and prosperous nation today.

People of African descent have been a part of shaping Canada's heritage and identity since the arrival of Mathieu Da Costa, a navigator and interpreter, whose presence in Canada dates back to the early 1600s.

The role of Blacks in Canada has not always been viewed as a key feature in Canada's historic landscape. There is little mention that some of the Loyalists who came here after the American Revolution and settled in the Maritimes were Blacks, or of the many sacrifices made in wartime by Black Canadian soldiers as far back as the War of 1812.

Black History Month is a time to learn more about many Canadian stories and other important contributions of Black Canadians to the settlement, growth and development of Canada and its diversity.

The commemoration of Black History Month dates back to 1926, when Harvard-educated African American historian Carter G. Woodson proposed setting aside a time devoted to honour the accomplishments of African Americans and to heighten awareness of Black history in the United States. This led to the establishment of Negro History Week in 1926. Celebrations of Black history began in Canada also shortly thereafter. During the early 1970s, the week became known as Black History Week. In 1976, it was expanded to Black History Month.

In December 1995, the House of Commons officially recognized February as Black History Month in Canada following a motion introduced by the first Black Canadian woman elected to Parliament, the **Hon. Dr. Jean Augustine**. The motion was carried unanimously by the House of Commons.

A special Edition on Black History Month will be produced in February 14, 2020.

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

"NEWS YOU SHOULD USE"

2016 100 ABC HONOREE IS STILL MAKING THINGS HAPPEN

One of Denise Siele's advice is, "Those who choose to pursue excellence relish the fact that each waking moment presents you with a brand new opportunity to strive to do better".



Denise not only gives advice, she 'walks the talk'. Here is a summary of Denise's activities in chronological order since she became an Honoree in 2016.

2016 August - Inducted as Director of the Algonquin College Foundation Board, fundraising for investments into educational infrastructure, innovation and entrepreneurship.

2016 October - Inducted as Director of the Telus Community Foundation Board, advocating and delivering essential grants to deserving community organizations.

2017 March - As National Director of Stakeholder Relations, Equal Voice, Denise took the lead in identifying, selecting and bringing 338 diverse young women

representing every political riding to take a seat in Canada's House of Commons.

2017 June - Denise elected as President of the historic Canadian Club of Ottawa, convening government, community, business and academic leaders to share experiences and ideas each month.

2018 Jan-Aug - As Principal of Hill Solutions, Denise became a regular political analyst and commentator on the nationally revised CBC Power & Politics program.

2018 August - Denise launched a spirited campaign for the Conservative Party of Canada nomination in the Nepean riding.

2019 February - Denise helped organize the African Canadian Association of Ottawa's African Day on The Hill event, which brought hundreds to Parliament Hill around African Diaspora culture and insights.

2019 April - Denise takes on a public affairs assignment with Tactix Government Relations, tackling a range of issues including agriculture, defense procurement and the automotive industry.

2019 May - Denise organized for 250 young people to see and hear Barack Obama.

2019 July - Denise became a weekly analyst and commentator on a power Ottawa-area commercial radio 1310 News, Ottawa **Today** program.

2019 Oct - Denise organized for 200 young people to see and hear Michelle Obama

2019 Nov - Denise became a regular political analyst on the nationally televised CTV Power Play program.

It is clear that Denise Siele is keeping her eyes on the ball and lending a hand up wherever and whenever she can. Keep on trucking Denise!

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 100 ABC Women

Nomination Process is Open!

<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>

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

To apply to the Summer Leadership Program, please click on the following link: <https://slp2020ple.infolib.ca/>

<https://www.gojobs.gov.on.ca/Preview.aspx?Language=English&JobID=145296>

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

100abcwomen@gmail.com.

February is Black History Month!



How Are You Celebrating Black History Month!

Thanks to RBC for its 2020 Sponsorship of the Book Launch and Gala—2020



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' Names will be unveiled on January 31, 2020

Advertise with Us!



The Iconic Legends Meet!

President Barack Obama & Hon. Dr. Jean Augustine meet at the 'Future of Work' at the Economic Club on Thursday, January 24th.

See Special Edition for Black History Month for more information.



HUMBER COLLEGE INTERNATIONAL WOMEN'S DAY FORUM

SATURDAY, MARCH 7, 2020
8:30 AM TO 1:00 PM
LIGHT BREAKFAST AT 8:00 AM



Keynote Speaker
Joyce Shabazz

Address:
Barrett Centre for
Technology Innovation
205 Humber College Boulevard
Toronto, Ontario M9W 5L7

To register:
HumberIWDForum.eventbrite.ca

Women & Leadership: Equity as an Imperative

FIRESIDE CHATS WITH:

Dr. Laurie Rancourt; Njeri Damali Sojourner-Campbell, JD, MEd;
Dr. Haesun Moon; Rita Kohli, MA, MEd

FORUM DETAILS:

- There is no charge for this event.
- Registration is required: HumberIWDForum.eventbrite.ca
- Light breakfast & lunch provided
- Childcare available: Ages 3 - 12 years from 8:00 am to 1:30 pm.
MUST PROVIDE DETAILS WHEN REGISTERING
- Free parking in Lot 3 and the Parking Garage



hrs.humber.ca/diversity

This document is available in an alternate format upon request

GOAT CHEESE AND HERB STUFFED CHICKEN BREASTS

Norma's Cooking—Delicious!!



INGREDIENTS

4 boneless chicken breasts
Salt and freshly ground pepper
Egg white from 1 large egg
8 oz. goat cheese
2 tbsp. finely minced parsley
2 tbsp. chopped fresh tarragon
1 tbsp. finely minced shallots
1 tbsp. Dijon mustard
Zest of 2 lemons
2 tbsp. canola/vegetable oil
2 tbsp. butter
2 cloves garlic crushed
2 sprigs fresh thyme

DIRECTIONS

Preheat oven to 375°F

Using a paring knife make an incision in the side of each chicken breast, passing the knife through horizontally to make a slit but not cutting through to the other side. Without removing the knife, rotate it in order to create a pocket in the breast. Season each pocketed breast inside and outside with salt and pepper.

Lightly beat egg white in a bowl, add goat cheese, parsley, tarragon, shallots, mustard and lemon zest and mix until blended. Transfer the mixture to a resealable plastic bag (or piping bag). Snip off the corner of the bag and squeeze the mixture equally into each breast.

Heat the oil in a large ovenproof sauté pan over medium heat until hot. Add the chicken breasts, cook until brown. Add the butter, garlic and thyme; transfer the pan to the oven; cook until the internal temperature reaches 160°F (about 10 mins.). Allow the chicken to rest about 5 minutes before slicing and serving.

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

Check Out our Special Black History Month Special in February 2020—Great Stories to Share!!!!