



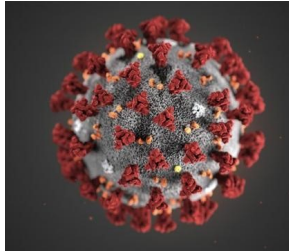
CO-AUTHORS: DR. DENISE O'NEIL GREEN, HON. DR. JEAN AUGUSTINE & DAUNA JONES-SIMMONDS

100 ACCOMPLISHED BLACK CANADIAN WOMEN (ABC)

100ABCWomen Update #3

March 2020

Dear 100ABC Honourees, Family, Friends & Supporters:



100ABCWomen is keenly aware of the distress and concerns many of you are experiencing as the Coronavirus as a pandemic grows. We want you to be know that we are thinking of you and are quite concerned for our communities. We also want to thank many of you who contacted us to make sure that we are all okay.

While September 26th is still six months away, we are almost certain that you are beginning to wonder if our celebration event will be impacted. At this particular point in time, we are monitoring and

heeding the advice of the officials. However, we are in the process of negotiating a contingency date in the unlikely event this unprecedented virus still surrounds us.

We will make every effort to keep you up-to-date as we continue to monitor the situation and negotiate a 'back-up-plan' as appropriate. In the meantime, like us, please continue to practise social distancing and keep current with the various news-feeds, so that you are well informed on everything necessary to keep you and your family safe. As you are aware, any safety measures you follow will assist in helping your community and hopefully eliminate this novel virus sooner rather than later.

Sincerely, 100ABCWomen Co-Authors.

Jenny Gumbs—Her Active Career Continues



Jenny Gumbs, a 2016 100ABC Honouree, continues to combine an active career with a passion for volunteerism by her involvement in various community organizations and also her role as member of Ryerson University's Department of Political and Public Administration's Advisory Council.

Since 2016, she has joined the board of The Sickle Cell Disease Association of Canada, the national voice of patients and families affected by Sickle Cell Disease, as Chair and also became a director of Tarragon Theatre.

She was also appointed to the City of Toronto Administrative Penalty Tribunal in 2019.

As Special Advisor to the Caribbean for Brock University, she worked closely with the team in facilitating and coordinating the initial engagement of the partnering institutions and is thrilled with the recent Launch of the Canada-Caribbean institute and inaugural Symposium. "Brock University is excited to be working in collaboration with the University of the West Indies on this important initiative that will be beneficial to both Canada and the Caribbean as well as other partnering institutions", states Dr. Gervan Fearon, President of Brock University.

Jenny continues to be impactful in her career and also in service as a volunteer with organizations - with mandates to support, uplift and inspire the community.

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- ⇒ Official Book Launch & Gala —93% of tickets are sold!!
- ⇒ Buy Your Tickets for the Book Launch & Gala
- ⇒ Norma's Cooking!!
- ⇒ Other Sponsors—CIBC & GBKM

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

"ALWAYS IMPROVE YOUR SKILLS, FURTHER YOUR EDUCATION AND BE READY WHEN OPPORTUNITIES PRESENT THEMSELVES."

-Penelope Hodge (Anderson)

CONGRATULATIONS TO 2020 HONOUREES

DILESHA STELMACH—A STRONG ADVOCATE FOR SCIENCE, TECHNOLOGY, ENGINEERING AND MATHEMATICS (STEM)



Dilesha was one of the 100 ABC WOMEN HONOREE IN 2018. At that time she said that her goal in life was to blaze a trail for all those who came after her, while honouring all those who came before. She continues her commitment to that goal. She is Founder/CEO of OUI STEM Academy, which has

established two bursaries in the amount of \$500 each with Ryerson University (Toronto) and Ontario Tech University (Durham). The awards are designed to support female students with a STEM related program who demonstrate how they overcome obstacles in order to pursue a post-secondary education.

Oui STEM Academy was the recipient of the 2018 United Nations Sustainable Development Goals (SDG) Leadership Award. This Award is Canada's premier Awarding event for recognizing organizations and businesses that are doing exceptional work.

Dilesha has sat on several panels which included the Metamorphosis Girls STEM Conference. She also facilitated over ten STEM-based workshops. Dilesha received the Women of Colour (WOC) Rising Tech Stars Award. She was invited to the United Nations in New York to discuss the state of Blockchain Technology. It is quite obvious that this Honouree is very passionate about meeting her goals. Onwards and Upwards Dilesha!

Contact Us—Check our website for more information:
www.100ABCWomen.ca

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"NEWS YOU SHOULD USE"



CONGRATULATIONS to the [Hon. Dr. Jean Augustine](#) for receiving the Order of Ontario on Wednesday March 11th at Queen's Park in Toronto! The Investiture Ceremony took place on the Grand Staircase in the main lobby of the Legislature Building.

The Order of Ontario is the province's highest honour. "Established in 1986, the Province honours Ontarians who exemplify the highest qualities of achievement and excellence and whose contributions enrich the lives of their fellow citizens of the Province, in Canada and the world"

Enveloped by British tradition, formality, pomp and circumstance, the procession of the Vice Regal Party followed by the entrance of Her Honour the Honorable Elizabeth Dowdsell, Lieutenant Governor of Ontario took the stage, presented greetings and invested the Order of Ontario to 23 well deserving Honourees.

Hon. Dr. Jean Augustine is beyond deserving of this achievement as she adds the Order of Ontario to her long list of awards and accolades including the Order of Canada, the Queen's Diamond Jubilee Medal and the appointment as Commander of the Order of the British Empire for her service to [#education](#) and [#politics](#). *Written By Valerie Augustine*

To get your tickets, please click on the url link below:

<https://www.100abcwomen.ca/product-category/2020-gala-tickets/>

Only a limited amount of tickets are available.

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.



Thanks to Our Sponsors
2020 Sponsorship of the
Book Launch and Gala



Upcoming Events Calendar

SAVE THE DATE
2020 BOOK LAUNCH & GALA
SATURDAY, SEPTEMBER 26, 2020
WOODBINE BANQUET HALL
30 VICE REGENT BLVD
TORONTO
93% Tickets are already sold!

Learn More About 2020 Honourees

[https://
www.100abcwomen.ca/2020-honourees/](https://www.100abcwomen.ca/2020-honourees/)

We encourage our friends and supporters to follow/share/like/comment on our posts across our social media platforms.

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<https://www.100abcwomen.ca/product-category/2020-gala-tickets/>

Looking to send congratulatory messages to 2020 Honourees or advertise in our Program Booklet?

Click on this link to get more information.

<https://www.100abcwomen.ca/ads-congrats/>

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

GARLIC SPAGHETTI SQUASH with PARMIGIANO-REGGIANO CHEESE



INGREDIENTS

1 medium spaghetti squash (2 to 3 lbs)
1/2 cup grated Parmigiano-Reggiano Cheese
1/2 stick butter
1/4 cup vegetable broth
2 cloves garlic minced
2 tbs. olive oil
Salt & pepper to taste

DIRECTIONS

- Preheat oven to 375°F or 190°C . Lightly oil a baking sheet
- Cut the squash in half length-wise from stem to tail and scrape out the seeds
- Drizzle with olive oil and season with salt and pepper to taste
- Place squash cut side down on to the prepared baking sheet and place in the oven
- Roast until tender, 35-40 mins.
- Remove from oven and let rest until cool enough to handle
- Using a fork, scrape out the flesh
- Melt 1/4 stick butter in a large skillet over medium heat. Add garlic and cook while stirring frequently for about 1 min
- Stir in vegetable broth; bring to a boil; reduce heat and simmer for about 1 to 2 mins until reduced by half. Stir in remaining butter a little at a time, until melted and smooth.
- Stir in spaghetti squash and gently toss to combine until heated through, about 2 mins
- Serve immediately top with cheese and garnish with parsley.

Norma's Cooking—Delicious!!