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100 ACCOMPLISHED BLACK CANADIAN WOMEN (ABC)

100ABCWomen Update #5

May 2020



The Jean Augustine Centre for Young Women's Empowerment was founded in June 2014 in the Mimico region of Etobicoke, Ontario. Its mission is to build self-esteem and self-worth of young women and girls by guiding their outlook on life with inspirational ideas, broadening their horizons and helping them to build a positive future. In order to satisfy this mission, there has to be a vision which enables enrichment of the lives of girls between the ages of 7 to 17 through mentorship and empowerment and entrepreneurship programmes.

In a recent conversation with the *Hon. Dr. Jean Augustine*, one of the co-authors of 100 Accomplished Black Canadian Women, she indicated that the centre provides a variety of off-line, on-line, workshops and summer camps. The whole idea is to ensure that these young girls spend their out-of-school time fruitfully. It has been proven that ages 7 through 17 are the most vulnerable ages, hence the reason for seizing the opportunity to guide and mold this group to be functional and useful citizens. Many of the on-line programmes focus on academics, arts, leadership, mentorship, life skills and creativity. Some of the workshops that are offered year round, cover many subjects especially science, technology, engineering and mathematics (STEM) and also include business, sports and the arts.

March Break and summer camp programmes are comprised of activities like sports, arts, free play and personal development workshops with topics covering self-esteem, human rights, financial literacy and entrepreneurship. The Centre is an integral part of Toronto's South Etobicoke community. It is a charitable organization and requires funding/sponsorships to support all the programmes and activities that over 200 girls depend on. COVID-19 has impacted many organizations, many like this very valuable Centre. After six years of support, the major donor has had to significantly reduce the funding to the Centre. A [GoFundMe](#) account (click on the link to make a donation) has been established with a goal of \$100,000, to assist in maintaining the organization. Random donations and/or sponsorships are also accepted.

PLEASE SHOW THAT YOU CARE THROUGH YOUR WALLET
Contact: Emma Asiedu-Akrofi

Executive Director

Jean Augustine Centre for Young Women's Empowerment

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Charitable No. 768621492RR0001

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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:

"Believe in yourself, never let someone use the excuse of not having enough experience or knowledge as a barrier. If you believe in yourself and your abilities, the sky is the limit. You must have a seat at the table, take a decision; you not only must have a voice, it needs to be heard. Your elders have paved the way for you to progress and succeed."

-Megan Whitfield a 2020 Honouree who passed away on May 24, 2020. May she rest in eternal peace.

The Passing of a 2020 100 ABC Honouree— Megan Whitfield—May 24, 2020

On behalf of the 100 Accomplished Black Canadian Women project we would like to extend our deepest condolences to the family, friends and colleagues of Megan Whitfield. Megan is one of our esteemed 100 Accomplished Black Canadian Women 2020 Honourees and her sudden passing is a devastating loss to her personal and professional communities. 100 ABC Women is proud to have had the opportunity to commemorate Megan's many contributions.



Spotlight

Megan Whitfield

Born in Jamaica, Megan Whitfield and her family immigrated to Canada when she was at a very young age. She wholly thanks her mother, Joan Gooden, who gave her the back bone and inspiration. She would not be the woman she is today if it were not for her encouragement and motivation.

She has been a trailblazer since graduating from Humber College. She was the first woman hired in the security department at the Regal Constellation Hotel. While there, she encountered injustice in the workplace. She organized and assisted in unionizing the department. She then became a mother of three lovely boys (now men) and returned to school at George Brown College.

In 1998, Megan was hired as a temporary worker at Canada Post. Once she became a part-time postal clerk, she immediately became a Shop Steward and a Health and Safety Representative. She also sat on the Local Union's Women's Committee and Human Rights Committee. Megan is also a Human Rights investigator. Additionally, she was elected to several committees at the National Level.

We join all who knew and admired her in mourning her loss, but we shall all continue to celebrate her life.



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

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"NEWS YOU SHOULD USE"

PRELIMINARY ONTARIO ROAD-MAP FOR RE-OPENING THE ECONOMY



Drs. Karline Wilson-Mitchell & Anna Jarvis, 100 ABC Women Committee members and medical advisors with respect to COVID-19, recently provided an update to the project team.

Here are some very valid insights that they shared:

There are no timelines only guidelines for a staged-re-opening, which are quite important. A three-staged approach with assessments at two-to-four intervals to determine whether it is safe to continue with that plan or reverse.

In order to launch any road-map to restart the economy, the following challenges have to be met:

- ♦ the number of new COVID-19 cases daily must consistently decrease over a 2 to 4 week period
- ♦ other meaningful statistics must show a decline
- ♦ effective measures must be in place to address issues, in the event there is a resurgence or spike

OPENING STAGES:

- ♦ **Stage 1** - could see some non-essential businesses reopen if the "public health guidance is met"
- ♦ **Stage 2** - could see more services re-open e.g. more retail and office jobs after risk assessment
- ♦ **Stage 3** - all workplaces and other stores re-open following prescribed physical distancing guidelines

Ad hoc openings may be the "norm" until treatment becomes widely available.

Thanks to both members (Dr. Karline Wilson-Mitchell and Dr. Anna Jarvis) for this valuable information as we try to plan for the days ahead.

To get your tickets for the Book Launch & Gala, please
click on the url link below:

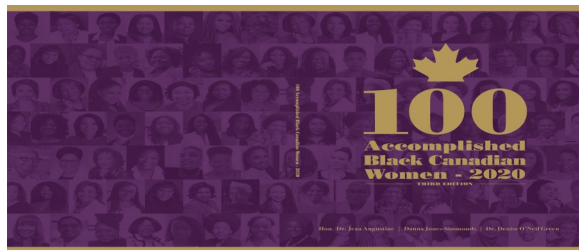
<https://www.100abcwomen.ca/product-category/2020-gala-tickets/>

Only a limited amount of tickets are available.



Editors: Dauna Jones-Simmonds &

Norma Wilson



In the News!

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



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

100 ABC Women

2022 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=232367&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

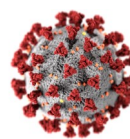
Thanks to Our Sponsors
2020 Sponsorship of the Book Launch and Gala



Upcoming Events Calendar

SAVE THE DATE
2020 BOOK LAUNCH & GALA
SATURDAY, SEPTEMBER 26, 2020
WOODBINE BANQUET HALL
30 VICE REGENT BLVD
TORONTO
95% Tickets are already sold!

**Will the Book Launch & Gala still occur in
September 2020 amidst COVID-19?**



Answer: 100 ABC Women is continuing to monitor and adhere to the recommendations of the government officials and medical experts. If there needs to be adjustments, then we will be looking at September 2021. We will be making a decision in June 2020. For now, we are on for September 26, 2020!!!

Learn More About 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.

Like us and follow us on:

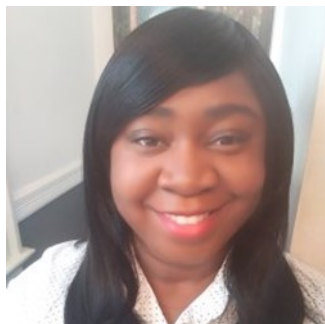
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Minding My Business Series



My name is **Candies Kotchapaw**, and I am the Founder and Executive Director of DYLOTT – Developing Young Leaders of Tomorrow, Today. DYLOTT is a career focused leadership incubation organization that is specifically geared towards changing the socio-economic trajectory of Black youth and young professionals. I started the work to create DYLOTT in 2016 after graduating from

York University's Master of Social Work program.

DYLOTT's core mandate is to address barriers to employment in sought after career industries such as STEAM, law, public affairs, structural social work, and business administration. These industries do not systematically and systemically contribute to precarious work and the perpetuation of the cycle of poverty; however, these industries historically and statistically present barriers to entry for Black communities in Canada. This is why we utilize the UN Decade for People of African Descent's themes of "Recognition, Justice and Development" to create programs that address socio-economic marginalization for Black youth. In that same vein, we have sought to use the United Nations Sustainable Development Goals to address future of work challenges facing the Black community that is especially related to digitization and automation.

As an organization, DYLOTT began to make tremendous gains in moving the dial for Black youth in 2018. We were funded by Laidlaw Foundation to deliver a one-year project called "Mentoring for Major Impact." Through this project, among many other success stories, we were able to see our impact in the lives of four young women who represented Canada at the Future We Want Model United Nations Professional Certificate training at the United Nations Headquarters in New York City in August 2019. As a registered non-profit organization, the work we do at DYLOTT continues to be centred around capacity building and contributing to a legacy of excellence within Black communities here at home and within Black communities internationally.

We are very proud of the foundation we have laid in our vision to challenge the cycle of economic poverty and negative forecasting for our social determinants of health. Therefore, building on the successes of "Mentoring for Major Impact," we are excited to launch several key career trajectory impact projects in 2020 and beyond.

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.

PASTA WITH BEANS, OLIVES AND FETA CHEESE



INGREDIENTS

1 cup pasta, (cooked)
 1 cup (tomatoes)
 1 clove garlic (chopped)
 1 cup cucumber (cut in half lengthwise, then sliced into 1/4 inch pieces)
 1/2 cup red pepper (roasted & chopped)
 1 (6 oz) jar marinated artichoke hearts (drained & chopped)
 2 tbs. black olives (chopped)
 1 (15.5 oz.) can cannellini beans (drained & rinsed)
 1 lemon (juiced)
 3 tbs. olive oil
 1/4 cup feta cheese (crumbled) and parmesan cheese
 Salt to taste
 Pepper to taste

DIRECTIONS

In a large bowl, combine tomatoes, garlic cucumbers, red pepper, artichoke, olives and cooked pasta. Add beans and gently mix.

Add lemon juice and olive oil. Adjust seasoning with salt and pepper. If time permits, let it stand / sit for 1 hour.

Sprinkle with feta cheese and parmesan cheese

Norma's Cooking—Delicious!!

"Strong Women Aren't simply born. They are made by the storms they walk through." Anonymous

Words of Wisdom shared by Her Worship—Tessa Benn-Ireland.