



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

100 ACCOMPLISHED BLACK CANADIAN (ABC) WOMEN

100ABCWomen Update #7

July 2020



2018 100 ABC Women Honouree Emily Mills—Startup & Slay Digital Series —Sponsored by CIBC & Rogers

“Thank you to 100ABC Women for creating a network of sisterhood – it means so much to know I can call another honouree for wisdom, support and to help open new doors. Being part of this book and community has made a huge difference to me personally, and to my work with How She Hustles.” Find How She Hustles on [Instagram](#), [Twitter](#) or join our [newsletter for updates](#).

Emily Mills didn't see many networks focused on young diverse women in Toronto back in 2010 so she moved energetically to give those women, especially women of colour, a platform, by launching a vibrant network called How She Hustles. Since launching 10 years ago, How She Hustles has grown into an online community with 18,000 digital followers.

The network is focused on creating safe spaces, spaces to grow, and spaces for exposure. How She Hustles is about helping these women to collaborate with each other, to find common ground and new opportunities. The women attend events, digital seminars and participate in special initiatives like Startup & Slay series that began with two sold-out events in 2018. The series encourages female entrepreneurs to highlight their experiences and share their business 'savvy'.

In 2019, Emily then took the Startup & Slay series online with support from CIBC, Futurpreneur and Ryerson University. She travelled with a team across Canada, from British Columbia to Nova Scotia, to film interviews with six diverse female entrepreneurs who spoke about their businesses. The women came to Toronto for speaking engagements and also met with business executives and key stakeholders.

This year, How She Hustles, with proud sponsor CIBC and new partner Rogers Sports & Media, is excited to produce the second annual Startup & Slay Digital Series, featuring Canada's diverse women entrepreneurs. The entrepreneurs profiled in this series will share inspiring stories about starting, sustaining and scaling their small businesses, despite uncertain economic times. Small business owners are invited to apply by July 31 for a chance to be featured in this series at [howshehustles.com](https://www.howshehustles.com). How She Hustles will then select a group of entrepreneurs to profile in live streamed video interviews and a publicity campaign during Small Business Month in October.

Emily is proud to work with remarkable publicist Fennella Bruce, another 100 ABCWOMEN HONOREE. Fennella worked on the 1st edition of Startup & Slay and earned buzz for How She Hustles 10th anniversary celebration – including a cover story in the business section in the Toronto Star. Emily is pleased to welcome Fennella back as publicist for this year's Startup & Slay, which has already earned TV, Radio and digital press coverage from coast to coast.

With help from Dauna Jones-Simmonds, co-author of 100 Accomplished Black Canadian Women., Emily also reconnected with Sharon Hinds of Rogers Sports & Media, who played a valuable role in bringing the company on board as the new media partner. Emily is very grateful for the help and proud to be an Honouree. Further, Emily has been working closely for years with fellow 100 ABC WOMEN Honourees Joan Pierre and Nicole Waldron, veterans behind the success of many [How She Hustles](#) signature events.

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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:

“You are the future of Canada and our Communities. Think of and implement ways to improve the inclusion of Blacks in Canadian Society. Be Proud of Who you are”. Dr. Amal Madibbo

Congratulations!



Dr. Rai Reece has a PhD in Sociology from York University and has been a Women's Prison Programme Coordinator for the Prisoners' HIV/AIDS Support Action Network (PASAN), which provides HIV/AIDS/HCV education sessions to incarcerated women. She is a Professor in the Community Justice Services programme in the Faculty of Social and Community Services at Humber College. Since 2005, she has been involved with anti-prison work with prisoners and ex-prisoners. In 2018, she received Humber College's Research Excellence Award for her research project entitled "One Seed at a Time: Evaluating the Impact of the Horticulture Technician Pre-Apprenticeship Program on the Lives of Incarcerated Women."

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In July 2020, Dr. Reece will begin a position as an Assistant Professor in the Department of Sociology at Ryerson University. She says: "Ryerson's commitment to outstanding research, teaching and community-based pedagogy has always been appealing to me. I am excited to be joining the Department of Sociology where areas of my research on anti-Black and anti-Indigenous racism cross-pollinates nicely with the rigorous work of Faculty members in this department. In addition, I am excited to have the opportunity to access research support that allows for student involvement as a learning pillar of social activism."

She was honoured as one of the 100 Accomplished Black Canadian Women in 2020. Congratulations to Dr. Reece on both achievements.

ARE YOU LOOKING FOR MEANINGFUL SPEAKING OPPORTUNITIES?

Join Our Volunteer Pool

AFRICAN, CARIBBEAN AND BLACK (ACB) WOMEN

We are looking for passionate women speakers in the areas of domestic violence, mental health, and wellness

Contact us - info@ccfwe.org
Visit - www.ccfwe.org



CANADIAN CENTER FOR WOMEN'S EMPOWERMENT

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

P.O. Box 31305 Bayview 16th Ave PO, Richmond Hill, Ont. L4C 0V7

"NEWS YOU SHOULD USE"

Newly appointed Peel Board's Permanent Interim Director of Education



Colleen Russell-Rawlings has been appointed as the Peel Board's permanent Interim Director of Education. She is currently Associate Director of Equity, Well-Being, Early Years and School Improvement with the Toronto District School Board (TDSB) and will assume her new role on August 5, 2020.

She states that she is honoured to be in this position

with the board at this pivotal point in its efforts to achieve racial equity and dismantle anti-Black racism. She looks forward to learning from and with the Peel Community in pursuit of these goals and improving all other aspects of education. Over Colleen's 29-year career, she has held a variety of roles in education, including teacher, principal, consultant and superintendent.

Recently, Colleen developed a proposal to establish The Centre of Excellence of Black Student Achievement in TDSB – the first of its kind in Canada. In 2018, she also served as President of the Ontario Supervisory Officers' Association and in 2020, she was recognized as one of the 100 Accomplished Black Canadian Women. Congratulations to Colleen for her exemplary work! Continue making us proud!

BLACK LIVES MATTER

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

NEW DATE—SATURDAY, SEPTEMBER 18, 2021

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

Editors: Dauna Jones-Simmonds &

Norma Wilson


thank you!



In the News!

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

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2020—3rd 100 ABCWomen Book Launch & Gala on Saturday, September 18, 2021 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



DATE CHANGE

2020 BOOK LAUNCH & GALA
SATURDAY, SEPTEMBER 18, 2021
WOODBINE BANQUET HALL
30 VICE REGENT BLVD
TORONTO

95% Tickets are already sold!

YOU ARE ENCOURAGED TO RETAIN YOUR SEATS

100 ABC Women has made the important decision of re-scheduling the 2020 Book Launch and Gala to Saturday, September 18, 2021—all details remain the same. The event will be preceded by a Symposium on Friday, September 17, 2021 from 8:30 am to 2:30 pm at the Woodbine Banquet Hall - 30 Vice Regent Blvd., Toronto

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.

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www.instagram.com/100_abcwomen

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www.twitter.com/100abcwomen

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Minding My Business Series



Daughter of Herb Carnegie & 100 ABC HON- OUREE shares historical information!

Bernice Carnegie is a Black Canadian – born and raised in Toronto. As a Professional Educational and Life Enrichment Speaker, she takes pride and also enjoys sharing good news especially when it is information about someone who is near and dear to her heart. She told the co-author of 100 Accomplished Black Canadian Women publication that recently, two educational entities profiled the compelling story of her father Herb Carnegie that includes a variety of additional learning links to other sites and this may also provide new information, articles and documentaries she may never have seen before.

- * Myseum (online museum) included an eight week project during April and May of Herb Carnegie along with large posters sprinkled throughout the Toronto subway system. The story link is still available and the poster is shown below. Myseum Herb Carnegie profile story link: April 2020
- * <http://www.myseumoftoronto.com/programming/herb-carnegie/>
- * York Region District School Board has featured Herb Carnegie in their online *Black Excellence* series May 2020. [YRDSB Carnegie Link](#)
- * Explore Further: Herb Carnegie's autobiography is available in print and audio

A Fly in a Pail of Milk: The Herb Carnegie Story

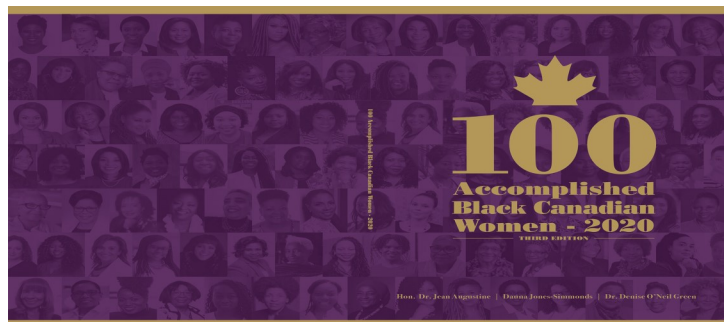
By Herb Carnegie with Bernice Carnegie (Part II Lessons Passed On from Father to Daughter) 320 pages. ECW Press, 2019.

A Fly in a Pail of Milk: The Herb Carnegie Story

www.audiobooks.com/ or [audible.com](https://www.audible.com/)

If you are looking for an entertaining, energetic, historical and positive life-styles message that is guaranteed to awaken your senses email bernice-carnegie@gmail.com

BOOKS GO ON SALE—SEPTEMBER 2021



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.



MEDITERRANEAN CHICKPEA SALAD

INGREDIENTS

(For The Salad)

- 2 (15 oz) can chickpeas, drained and rinsed
- 1 medium cucumber, chopped
- 1 red bell pepper, chopped
- 1/2 red onion, thinly sliced
- 1/2 cup chopped Kalamata olives
- 1/4 cup capers
- 1/2 cup crumbled feta
- 1 tbsp. toasted pine nuts
- Kosher salt
- Freshly ground pepper

(For The Lemon-Parsley Vinaigrette)

- 1/2 cup extra-virgin olive oil
- 1/4 cup white wine vinegar
- 1 tbsp. lemon juice
- 1tbsp. freshly chopped parsley
- 1/4 tsp. red pepper flakes
- Kosher salt
- Freshly ground pepper

DIRECTIONS

In a large bowl, toss together chickpeas, cucumber, red bell pepper, red onion, olives, feta, capers and toasted pine nuts. Season with salt and pepper.

In a jar fitted with a lid, combine olive oil, vinegar, lemon juice, parsley and red pepper flakes. Close the jar and shake until emulsified, the season with salt and pepper.

Dress salad with vinaigrette just before serving.

Norma's Cooking—Delicious!!