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100 ACCOMPLISHED BLACK CANADIAN (ABC) WOMEN

100ABCWomen

September 2020

A Look Back at 2018 Book Launch & Gala
Click on this link to see more photos —
What Could have Been on September 26, 2020
<https://photos.app.goo.gl/v8sZhHhB1GQifswAA>

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- ⇒ RBC Platinum Sponsor; CIBC Gold Sponsor - 2020 Book Launch and Gala—**Thank You RBC & CIBC!!**



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:

I would pray more and ask for guidance from the Almighty before making major decisions.

—*Eleanor Wiltshire Rodney*

Leadership By Design



You are a parent of a Grade 10 child who identifies as Black, African-Caribbean or African-Canadian. You've always wished for an individual or organization to step in and add to your efforts to make your child successful. You believe your child's prospects for future success would be enhanced by the learning of leadership skills, an effective career development program and the provision of opportunities which amplify their talents and optimize their ambitions.

We agree!

The **Leadership by Design (LBD)** program provides Saturday learning sessions at university sites (now virtual due to the pandemic), career exploration, mentoring, skills-focused workshops, social and cultural engagement and more. We also fully engage parents. The LBD program is a community of students, of parents and volunteers...all committed to the success of our students...your child. We only ask that students commit to learning and to seizing the opportunities we provide over some seven years.

The LBD program is free and includes:

- Leadership skills
- Mentorship
- Skill-building workshops
- Conferences/ Seminars/ Webinars
- Cultural events
- Civic Engagement
- Scholarships
- Career exploration

Student options

- STEM course by UoT
- Coding classes
- 1:1 Tutoring service by Ryerson U.
- Entrepreneurship classes by Ryerson U.

Applications are now invited from Black students who are currently enrolled in Grade10 academic courses.

The early-application deadline is Wednesday, October 7, 2020.
Space is limited. Apply early.



**Lifelong
Leadership
Institute**

We are the Lifelong Leadership Institute and we inspire leadership and develop leaders.
Honorary Patron: Archbishop Desmond Tutu; Directors: Dr. Avis Glaze; Dr. Upton Allen; Dr. Wendy Cukier; Trevor Massey; Dr. Pamela Appelt; Joe Halstead; David Taylor; Linda Massey; Dr. Carl James; Nadine Spencer; Tika Pinnock; Delford Blythe. Contact: admissions@lileaders.com

Congratulations!



On August 6, 2020, Jamaica's Independence Day, His Excellency, The Governor-General conferred the honour of the Order of Distinction in the rank of Officer (OD) upon **Mrs. Letna Allen-Rowe**, for her outstanding service to the Jamaican Diaspora in Canada.

Congratulations Letna! Well deserved!

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

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

"Posthumously Speaking...." The Rest of Her Story

The year—1991. On a rainy day, she was sent out to train on a wet practice field that was unfamiliar to the horse she was riding. It was while she was training for the ride that she was thrown from her horse and suffered a serious injury to her spine. She returned to Barbados, where she assumed desk duties, but the injury had made it impossible for her to perform her regular duties. After a brief return to work, she was unable to continue. To her credit, her trail-blazing accomplishments saw the number of African Canadian females in the Force increase to over a dozen in 2004.

Finally, she took action against the Force. Her brother Bill stated that she felt her gender and the colour of her skin played a part in the way she was treated while trying out for the ride. She settled for a medical discharge from the Force and subsequently accepted a position with Sprint Canada in Toronto. Sadly, in May 2003, she died at her home at the tender age of 39. It marked the end of the life of Canada's first Black female RCMP Constable. And now you know the rest of Her Story!

Posthumously Speaking.....Andrea Lawrence (1964-2003)

Born on December 26, 1913 in Nevis, West Indies - a small island with a population of 13,000 people. Her lineage comprises of father Cornelius Wells a sea captain and mother, Mara Archibald, a domestic worker. She was known on the island of Nevis as "Nurse Wells" having trained as a midwife at the Alexandra Hospital, in Nevis. As a midwife, she assured the safe delivery of each baby, travelling to homes on horseback and she never lost a baby. Despite this prosperous career, her mother, Mara, believed that Canada would afford her daughter greater opportunities. Mara, a woman of lust, travelled several islands and in 1947, eventually sailed on the Lady Nelson cruise ship to St. John, New Brunswick, and proceeded by train to Montreal where she settled. This Posthumous Hero left her young son Nelson with her mother, but maintained financial support by sending money back home for his upkeep. In 1947 she proceeded by train to Montreal eventually settling in Toronto.

She was one of the first black women in the nursing field. Despite institutional and everyday racism, she persevered and was eventually recognized for her skills. She became recognized within the nursing community because of her attentiveness and compassion for her patients. Her gift of helping extended outside of the hospital as she would help new Canadians acclimatize to Canadian culture. When the first group of young ladies arrived in Toronto from St. Kitts and Nevis in the 1960's as part of the West Indian Domestic scheme, there were few West Indians around. She and her husband continued the tradition of being surrogate parents to all who came from her homeland. This also started the Hood-Jones-Weekes Annual Family Picnic which has grown to more than 200 people. And now you know the rest of Her Story!

Posthumously Speaking.....Rudolph Hood (1913-2005)

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

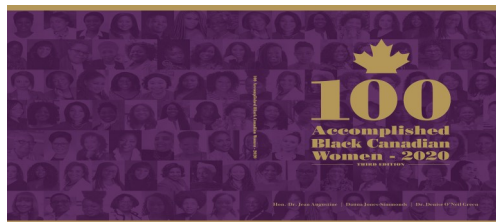
NEW DATE—SATURDAY, SEPTEMBER 18, 2021

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

thank
you!

Editors: Dauna Jones-Simmonds

& Sombo Saviye



In the News!

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



**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/>

Hear from the Experts



Whether employed or unemployed, from my perspective and experience in the international relation field, this pandemic has had worldwide economic, social, political and geopolitical consequences. It is important to be aware of what is happening locally and globally, and we should all make sure that we are as educated and prepared as possible.

As a proud Canadian, I believe that it is my civic duty to follow the advice of local and healthcare officials. I now have an even deeper appreciation for our frontline workers (including my older sister), as I can really see how they are risking their lives to keep us all safe, sound and healthy.

Being born and raised in the Balkans (Romania and Greece) with my family originating from the Democratic Republic of Congo, and being a political/foreign policy/news junkie, I keep abreast of what is happening in those three countries and various other parts of the world. This pandemic has affected friends and relatives of mine; luckily none of them have been affected by the virus but they were hit hard economically and socially, to the extent that they were either laid off from their work or businesses.

It is a very difficult time which can be mentally stressful. Right now, the best advice I can provide is to:

*Try your hardest to stay optimistic (positive) and healthy! According to the Thrive global magazine, numerous studies and research projects have shown a correlation between overall health and optimism. Skeptics of these studies argue that it's likely someone's good health that's making them positive and optimistic and not the optimism and positivity that are causing their good health.

*Slow down, stay in touch with family and friends via facetime, zoom or other video chats, have faith in humanity; your health care heroes; collaborate with good in people; keep positive; stay away from negative online arguments; watch legitimate news; keep social distancing and wash those hands! Let's fight the pandemic and work together to end it! **Patricia Kumbakisaka**

— 2020 Honouree

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



**Upcoming Events
Calendar**

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 rescheduling the 2020 Book Launch and Gala to Saturday, September 17, 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.

Like us and follow us on:

Facebook: 100ABC Women
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Instagram: @100_abcwomen
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Twitter: @100abcwomen
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Minding My Business Series



Nancy Falaise is Founder, Owner and Teacher at Salon et Academie Nancy Falaise. She has been a stylist for over 20 years and has worked and taught in New York, Switzerland, Montreal and London Ontario, Canada. Nancy teaches professionals all aspects of hair care, from washing, colouring, cutting and styling curly hair. Nancy also does speaking engagements, sharing her knowledge and experience. She is involved with some of the Montreal School Boards, giving seminars and workshops. For more information, please contact Nancy at info@nancyfalaise.com; 438-501-AFRO(2376)

100 ABC Honouree—Eleanor Wiltshire Rodney Passes on Thursday, September 16, 2020



The seventh child and first girl born to Aurora and Joseph, Eleanor grew up shy, introspective, and quiet. After moving from Trinidad to Hamilton in 1966, she would soon find her voice, launching a stellar 27 year teaching career with the HWCDSB, impacting generations of students. Compelled by her Christian faith, Eleanor worked relentlessly to give back to her community and help others, particularly black youth within the GTHA. For over thirty years she spearheaded numerous causes which are now embedded within the Hamilton community, perhaps most notably the African Caribbean Cultural Potpourri Inc., which started as a variety show and to this day continues running as an annual youth scholarship awards banquet.

Eleanor's honours include being named as one of 100 Accomplished Black Canadian Women; the Ontario Ministry of Citizenship and Culture Award for Outstanding Achievement; Mayor's Hamilton-Wentworth Award for Excellence in Race Relations in Education; Hamilton Spectator: Citizens of Influence – 100 Portraits of Success; Hamilton Status of Women, Woman of the Year Award – Public Affairs; the Black History Committee Award – John Holland Award for Community Service; and the Trinidad and Tobago Consul General's Diaspora Award.

Eleanor peacefully passed away on Thursday, September 16, 2020. May this true Canadian Hero "Rest In Peace". Eleanor's Funeral was held on Tuesday, September 22, 2020. Playback the livestreamed event by Logging into:

<https://vimeo.com/event/203055>

Password: baygardens

100ABCWomen is committed to recognizing and documenting the accomplishments of Black Canadian Women. All Honourees are encouraged to share their accomplishments and stories so that our readers can appreciate the difference they are making in their respective communities.

Trinidadian Stewed Chicken—Ingredients



- 1 4-5lb chicken, jointed
- 1 lime; 1 tsp salt
- 1 tsp pepper
- 1 tbs Angostura Bitters
- ½ cup green seasoning (chadon beni, chives, thyme)
- 2-3 cloves garlic, crushed' 3 tbs brown sugar
- 2 tbs cooking oil;
- 2 tbs margarine
- 4 tbs tomato ketchup;
- 1 tbs soy sauce
- 2 onions, medium sized, sliced
- 1 tomato chopped
- 1 bouillon cube (chicken or vegetable)
- 3 pimento peppers
- ½ cup dry sherry or cooking wine (red or white)
- 1 scotch bonnet pepper, left whole
- 1 chive, for garnish

Instructions

1. Clean chicken pieces with lime juice
2. Season with salt and pepper
3. Toss with green seasoning and bitters for 2 hours to overnight.
4. Remove chicken from the marinade (reserve the marinade)
5. Heat oil over medium heat in oven-proof dutch oven or large skillet
6. Add sugar and brown to deep reddish brown (see above)
7. Add chicken, turning to coat all sides.
8. Add margarine
9. Cook chicken for 12 minutes, turning about every 3 minutes or so, to ensure even caramelization on all sides.
10. Preheat oven to 350F.
11. Add reserved marinade, bouillon cube, onions, garlic, tomato, ketchup, pimentos, sherry/wine and scotch bonnet pepper.
12. Simmer for 5 minutes
13. Remove scotch bonnet pepper
14. Spoon liquid over chicken
15. Cover skillet or dutch oven and place in oven for 30 minutes
16. Garnish with chopped chives and serve.

**Author—Sarina
Cooking—Delicious!!**