

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

100 ACCOMPLISHED BLACK CANADIAN (ABC) WOMEN

100ABCWomen

November 2020

2020 Accomplishments

Marci Ien, a 2016 100 ABC Honouree was officially sworn in as Member of Parliament (MP) for Toronto Centre on November 25, 2020. She became the 100th woman in Parliament.

Previously, she joined CTV Network as a reporter in 1997 and subsequently co-hosted the daytime popular talk show "The Social" from 2017 until October 2020. She is a graduate from Ryerson University Radio and Television Arts (RTA) program.

Congratulations Honourable Marci Ien!



Special thanks to AfroGlobal Television for recognizing (left to right) Dr. Eugenia Duodu, Joan Pierre, Evelyn Myrie and Kamala Jean Kopie, on Saturday, November 2020



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- ⇒ Just Cooking—Delicious!!! SALT FISH (COD FISH) ACCRA by Joan Pierre
- ⇒ RBC Platinum Sponsor; CIBC Gold Sponsor - 2020 Book Launch and Gala—Thank You RBC & CIBC!!
- ⇒ Official Book Launch & Gala —95% of tickets are sold!!
- ⇒ Buy Your Tickets for the Book Launch & Gala
- ⇒ Other Sponsors—CIBC & GBKM
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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:

“Pursue life with the audacity of ambition, hope and love.”

- Diane Walter

Congratulations!



Halifax's 2018-2020 poet laureate and 2016-100 ABC Honouree, **Dr. Afua Cooper** was the recipient of the \$25,000 Portia White Prize presented during the virtual 2020 Creative Nova Scotia Awards Gala. \$7,000 from the prize will go to Cooper's chosen protégé, the Writer's Federation of Nova Scotia.

Dr. Afua Cooper is a multidisciplinary scholar and artist. Her contribution to society includes the literary arts, history, humanities, education and human and civil rights. Her twelve books range across such genres as history, poetry, fiction and children's literature. Dr. Cooper served as the Poet Laureate of Halifax Regional Municipality for the term 2018-2020.

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"Posthumously Speaking...."

The Rest of Her Story



Born in 1820, she was an enslaved African in Maryland. Her life was fraught with struggle and strife. Very early, her father was separated from the rest of the family. Three of her older sisters were then sold into slavery in the Deep South. At the age of six, she was separated from her mother, when she was rented out to take care of children and to work in the fields and the forest. Yet, despite this continuous separation, she managed to find ways to spend time with her family. At 13 years old, this young lady suffered a traumatic injury that almost killed her when a two-pound weight missed its intended target and hit her in the head. Though her mother was able to nurse her back to

health, she suffered from epilepsy for the rest of her life. Despite the pain and struggles she endured, she dedicated her life to compassion and equality, from freeing slaves to advocating for women's suffrage to caring for the elderly.

In 1844, she married a free Black man named John and changed her name. She lived in St. Catharines for several years. Many of her legendary Underground Railroad rescue missions started and ended in this Canadian town. She was well respected and an active member in the community. Her bravery and leadership earned her the reputation of "Moses of her people" and her successful work caught the attention of many politicians and abolitionists in the North. When asked about her Underground Railroad rescue missions and the final destination of the freedom seekers she guided to freedom, she said, "I wouldn't trust Uncle Sam with my people no longer. I brought them all clear off to Canada". *And now you know the rest of Her Story!*

Posthumously Speaking.....Harriet Araminta 'Minty' Ross' Tubman 1820-1913)



She was born on February 13, 1949, to Earl and Corinne (Travis). She was raised in the rural community of North Buxton, located south west of Chatham, Ontario. The community was established in 1849 for and by former African-American slaves who escaped to Canada via the Underground Railroad. She was a sixth-generation descendant of the early fugitive families who escaped for freedom and opportunity. She attended elementary school at the 1861 School in North Buxton followed by the Merlin District High School. The 1861 School welcomed all children, offering them a classical education. It was so successful that the segregated white school in the area eventually closed due to lack of enrollment. The original schoolhouse operated until 1968.

After graduating from high school, she advanced her education at the University of Windsor and obtained a bachelor's degree in social work in 1972. She then began her thirty-six-year career, of which twenty years were spent as a Family Service Caseworker with the Children's Aid Society in Windsor, Ontario. The time included multitasking at other jobs while remaining with the Children's Aid Society. She progressed in those roles in cities that included Halton and Toronto, and concluded that part of her career in Chatham-Kent. She subsequently transitioned to the Alzheimer's Society in Chatham-Kent. She spent thirteen years as Executive Director, which was her last position before retiring in 2008. *And now you know the rest of Her Story!*

Posthumously Speaking.....Cheryl Joyce King (1949-2013)

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

NEW DATE—SATURDAY, SEPTEMBER 18, 2021

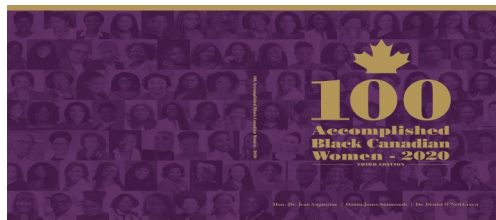
<https://www.100abcwomen.ca/product-category/2020-gala-tickets/>

Editors: Dauna Jones-Simmonds

thank you!

& Norma Wilson





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/>



The University of Windsor is a comprehensive, student-focused university with more than 16,000 students enrolled in a broad range of undergraduate and graduate programs including several professional schools such as: Law, Business, Engineering, Education, Nursing, Human Kinetics and Social Work. UWindsor has strong student-faculty relationships, exceptional award-winning faculty and innovative staff. With comparatively small class sizes and a comprehensive array of student services, clubs and associations, UWindsor provides students with a friendly and supportive learning environment. UWindsor's strategic plan has five priorities that directly impact its students: providing an exceptional undergraduate experience; pursuing strengths in research and graduate education; recruiting and retaining the best faculty and staff; engaging and building the community through partnerships; and promoting international engagement. The university overlooks the Detroit River on one of Canada's most beautiful waterfronts and is minutes away from North America's busiest international border crossing. This location speaks to UWindsor's strength as an internationally oriented, multi-disciplined institution that actively enables a broad diversity of students, faculty and staff to make a better world through education, scholarship, research and engagement. The following positions are available. Please click on the links below to apply for the positions:

Dean, Faculty of Law - <https://leadersinternational.com/opportunity-university-windsor-deanfacultyoflaw/>

Dean, Faculty of Human Kinetics - <https://leadersinternational.com/opportunity-university-windsor-deanfacultyofhumankinetics>

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



**Upcoming Events
Calendar**

**Fireside Chats with 100 ABC Honstarting
March 2021**

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.

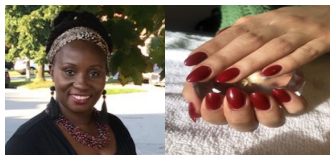
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Minding My Business Series



Kares Nail Care

<https://www.karesnailcare.com/>

(Support your Local Business)

As a salon Owner/Operator, doing nails and natural Hair Care are activities I especially enjoy. I love creating designs and delivering ideas that my customers request. Consequently, I have developed the ability to create designs and hair styles that satisfies each of my clients.

My clients aren't afraid to express their needs and interest during these interactions. They are usually quite excited about their appointments, and they leave happy and confident that they have spent valuable time and money on the best care and service.

Daily: I start my day at 6:30 am by expressing gratitude, reviewing my agenda for my daily appointments and I complete my personal daily routines. Travel time ranges from 45 minutes to 1 hour. During this time, I listen to podcasts or simply catch up with the news on Newstalk 1010.

Upon arrival at the salon, which is usually 30 minutes before my first appointment, I sanitize all touch points and surfaces, setup stations based on my appointments, such as manicures, pedicure, waxing, etc.

When my clients arrive, they each complete a routine screening questionnaire followed by a temperature check. After completing the screening process, I start each appointment with an evaluation on the client which consists of a detailed overview and conversation to determine the service needs. Each appointment may take between 30 min to 1.5 hours depending on the requested service, or in the case of braids or loc-maintenance, it can take 4 hours+.

After completing the service, I provide an aftercare plan with advice to help maintain and improve the client's nail or hair appearance, until their next appointment.

When the client leaves, I build at least 20 minutes between appointments so that I can perform a complete sanitization and sterilization of the tools and space.

For mobile services, it is necessary to make sure the client's needs are clear. Clean sterile tools are prepared prior to arrival at the client's residence and disposable items are important especially in this case.

Due to COVID-19 my daily interactions with clients have been reduced by 50% in order to maintain a safe and comfortable service space. This has a significant impact on my income, but I am staying positive and busy planning rather than sitting around bored or stressed. I am looking forward to reconnecting with my regular clients as well as my new supporters.

Interests: Building relationships with individuals that enjoy practising selfcare, while supporting businesses in the personal care service industry. I am interested in being innovative while helping individuals to feel better about their choices and confident about their appearances. I value intangible qualities such as being outgoing, kind, humorous and attentive and definitely, being creative!

Sincerely, Kares Clarke Glasgow

Let's Talk!

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

SALT FISH (COD FISH) ACCRA



INGREDIENTS

- ◆ 2lbs boneless Cod Fish
- ◆ Dry Ingredients
- ◆ 4 cups Flour
- ◆ 7 tsp. Baking powder
- ◆ 4 tbsp sugar
- ◆ 4 bunch of finely chopped scallion
- ◆ 1 medium size grated onion
- ◆ 6 cloves of grated garlic
- ◆ 3 sprigs of finely chopped thyme
- ◆ 2 tablespoon of Shado beni or Cilantro
- ◆ 2 ½ cups water
- ◆ 4 tbsp Hot pepper sauce (optional or less)
- ◆ Salt to taste

INSTRUCTIONS:

- ◆ Soak cod fish in water overnight, or for at least 3 hours, strain and strip in small pieces.
- ◆ Chop all seasonings in small pieces
- ◆ Mix flour, baking powder and seasonings together
- ◆ Add flaked fish to flour
- ◆ Mix all together
- ◆ Add water to make a soft batter, add salt if necessary, after frying the first one, taste.
- ◆ Stir mixture until smooth
- ◆ Dip the tablespoon in a bowl of water before dipping it in the batter
- ◆ Drop a tablespoon of the batter in very hot oil and fry until slightly golden about 3–5 minutes. Remove and drain on a paper towel.



Joan Pierre
Event Planning Executive

Quick and easy to prepare!
Cooking—Delicious!!