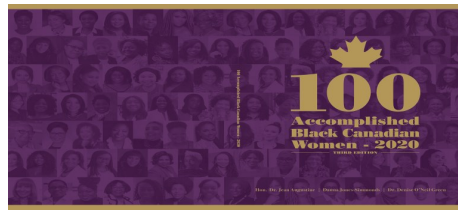




**CO-AUTHORS: DR. DENISE O'NEIL GREEN, HON. DR. JEAN AUGUSTINE
& DAUNA JONES-SIMMONDS (LEFT TO RIGHT)**



100 ACCOMPLISHED BLACK CANADIAN (ABC) WOMEN

100ABCWomen

#4 April 2021

**Starting June 12, 2021 -
Registration Required.**



TOPICS INCLUDE

CURRENT ISSUES
CONSULTING
CREATIVE ARTS
DIVERSITY
EDUCATION
ENGINEERING
ENTREPRENEURSHIP
FINANCE
GOVERNMENT
HEALTHCARE
LEGAL
MEDIA
NOT-FOR-PROFIT
SOCIAL JUSTICE
SPORTS
TRADE UNION
and more!

**2021-2022
VIRTUAL
FIRESIDE
INSPIRATIONAL
CHATS
WITH
100 ABC WOMEN**

**HONOREES
WEIGH IN ON
TOPICS THAT
MATTER**

EPISODES TO
BE RELEASED
ON



Coming soon

FOR MORE INFORMATION

EMAIL:
100ABCWomen@gmail.com

CALL:
416-505-6992

WEB:
www.100ABCWomen.ca

**HOSTED AND
MODERATED
BY
100 ABC
WOMEN**

FREE REGISTRATION

@100_abcwomen

@100abcwomen

@100abcwomen

100 ABC Women is incredibly proud to have the opportunity to spotlight our Accomplished Black Influencers and Changemakers! Can we count on your engagement?



In This Issue...

**2022 Nominations are open—
click here to nominate an accom-
plished Black Canadian Woman:**
<https://www.100abcwomen.ca/>

- ⇒ Starting June 12, 2021—Virtual Inspirational Fireside Chats with 100 ABC Honourees!
- ⇒ Quote of the month—Annie Kashamura Zawadi
- ⇒ University of Windsor Law Announces Scholarships in Honour of Pioneering Black Woman Lawyer Thora H. Espinet
- ⇒ It's Virtual—100 ABC Women Book Launch & Gala—Sat. Sept 18, 2021
- ⇒ Just Cooking—Curried Squash & Apple Soup—Delicious!!! By Norma Wilson
- ⇒ RBC & TD Bank—Platinum Sponsors; CIBC Gold Sponsor & GBKM - 2020 Book Launch & and Gala—Thank You!!
- ⇒ 2020 100 Accomplished Black Canadian Women publication—Table Top Size in full Colour—Available in July 2021 for only \$50 (includes shipping and Taxes). Pre-order your books now. <https://www.100abcwomen.ca/product/100-accomplished-black-canadian-women-2020/>
- ⇒ Nominations for 2022—Deadline—
- ⇒ Upcoming Events Calendar



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/>

2020 Book—<https://www.100abcwomen.ca/>

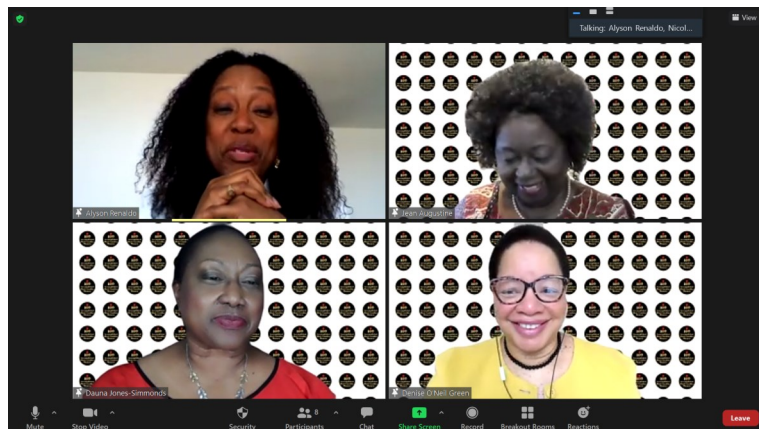
Quote of the Month:

“You are only limited by the limits you place on yourself. Be consistent, be persistent but most of all, be true to yourself.”

- Carlotta Weymouth

**A Peak Preview of the Upcoming "Inspirational Conversations"
Fireside Chat series with 100 ABC Honourees**

THE MAKING OF 100 ABC WOMEN



MENTAL HEALTH MATTERS



THE MEDA SPEAKS



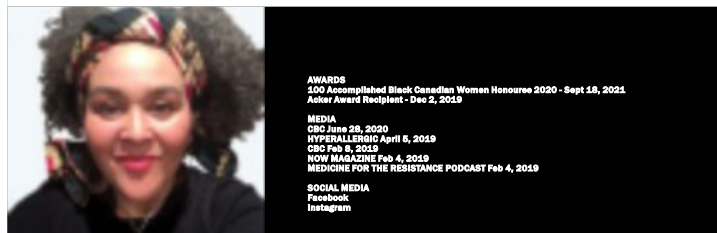
Contact Us—Check out our website for more information:
www.100ABCWomen.ca

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

Email address: 100abcwomen@gmail.com

**LET'S INTRODUCE YOU TO
MOSA MCNEILLEY?**

MOSA MCNEILLEY AOC, MES (SHE/HER)?
ARTIST | EDUCATOR | EDITOR | CULTURAL CONSULTANT | MENTOR
DAWA COLLECTIVE PROJECT COORDINATOR
COCO COLLECTIVE, INNER CITY ANGELS ARTIST EDUCATOR
MOSAMCNEILLEY.COM
INFO@MOSAMCNEILLEY.COM



Advertise with Us!

100 ABC Women

2022 Nomination Process is Open!

[https://www.100abcwomen.ca/
nomination-form-2022/](https://www.100abcwomen.ca/nomination-form-2022/)

To get your tickets for the Book Launch & Gala, please
click on the url link below:
**NEW DATE—SATURDAY, SEPTEMBER 18,
2021**

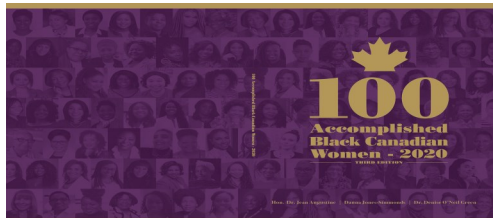
[https://www.100abcwomen.ca/product-
category/2020-gala-tickets/](https://www.100abcwomen.ca/product-category/2020-gala-tickets/)

Editors: Dauna Jones-Simmonds

**thank
you!**

& Norma Wilson





2020—3rd 100 ABCWomen Virtual Book Launch & Gala on Saturday, September 18, 2021. The event will be preceded by our Virtual Biennial Symposium on Friday, September 17, 2021—9:30 am to noon. Stay tuned for more details!



It is with mixed emotion that 100 ABC Women announces it's decision to have a **virtual Symposium and Book Launch & Gala** on Friday and Saturday, September 17 and 18th, 2021, respectively.

The decision was difficult because we fully understand that our Honourees value your in-person presence and the celebratory atmosphere that comes with it. However, everyone recognizes that the safety of everyone is our highest priority especially during a pandemic.

The Virtual Symposium, sponsored by TD Bank and focused on Mental Health within the Black Community, will present some powerful Panelists and occur from 9:30 until noon.

The Book Launch & Gala, also sponsored by TD Bank, RBC and CIBC, will occur from 6:00 pm until 8:30 pm.

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



**Upcoming Events
Calendar**

Fireside Chats with 100 ABC Honourees starting June 12, 2021 @ 6 pm

**IT'S A VIRTUAL
EVENT**

**2020 BOOK LAUNCH & GALA
SATURDAY, SEPTEMBER 18, 2021**

Event Link will be available early September
95% Tickets are already sold!

100 ABC Women made the important decision of rescheduling 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. More details to follow.

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 and follow us on:

Facebook: 100ABC Women
www.facebook.com/100abcwomen

Instagram: @100_abcwomen
www.instagram.com/100_abcwomen

Twitter: @100abcwomen
www.twitter.com/100abcwomen

Minding Our Business Series

University of Windsor Law Announces Scholarships in Honour of Pioneering Black Woman Lawyer Thora H. Espinet



TORONTO, Canada – The University of Windsor's Faculty of Law today announced details of scholarships in honour of pioneering law alumnus, Thora H. Espinet. Called to the bar in 1984, Thora H. Espinet (LL.B 1982) is a lawyer and family law mediator based in Toronto. Born in Clarendon, Jamaica, Espinet (nee Ellis) moved to London, England with her parents before moving to Toronto. After completing her undergraduate degree at York University, she graduated from Windsor Law to become one of the first Black women lawyers in Ontario.

About the Scholarships—Recognizing issues with anti-Black racism at the institution and a commitment to tackling ABR, University of Windsor Law has launched a series of initiatives, including a Black student scholarship initiative named in honour of Ellis-Espinet. 'We do not see money as a means of replacing the ABR work that needs to be done. We would like, however, to be able to provide direct financial assistance to Black-identifying students through scholarships to recognize the differential impacts of the pandemic on BIPOC communities and the burdens on our Black-identifying students from campus climate issues. In the Fall, we allocated \$100,000 in new financial support for Black students. \$50,000 in bursaries will be released this term for current students and \$50,000 in admissions scholarships have been established. These bursaries are named in honour Thora Ellis-Espinet (a 1982 grad and one of the first Black women lawyers in Ontario)'. Of the scholarships, Espinet commented, "We must create long term solutions to correcting the inequality and inequity created by systemic racism. This scholarship and the ensuing bursaries named in my honour, will annually assist and support capable, qualified students, who may otherwise be financially incapable of studying law. With Windsor making building of the trust fund an ongoing priority, over time, more and more Black students will be helped each year".

The Windsor Law scholarships will be awarded commencing in the Fall of 2021, and consist of 2 parts: an annual \$1500 scholarship, and a one-time \$50,000 endowment which will be allocated to as many students as meet the criteria. Both bursaries are funded by University of Windsor Law, with any additional public donations over and above the original offering added to the trust fund yearly, to create additional annual scholarships. Apply for Thora Ellis-Espinet Scholarship:

<https://www.uwindsor.ca/studentawards/381/uwinawardapplication>

Make a tax deductible contribution to this scholarship at:

bit.ly/EspinetScholarship

(Excerpt from Press Release)

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.

CURRIED SQUASH AND APPLE SOUP



Ingredients

1tbsp butter
1onion chopped
3 cloves garlic minced
2 tsp curry powder
1 medium butternut squash, peeled and chopped
2 apples peeled and chopped
2 cups chicken broth
2 cups warm milk
Salt and pepper to taste

Directions

In a large pot, melt butter over medium heat. Add onion and garlic;
Sauté for about 5 mins or until softened. Stir in curry powder, squash and apples.
Sauté for about 2 mins. Add chicken broth, cover and bring to a boil.
Reduce heat to medium low and simmer covered until apples and squash are soft.
Using an immersion blender, purée until smooth.
Stir in warm milk and reheat soup over medium heat, stirring until steaming. Do not boil.
Season to taste with salt and pepper.
For an extra cheese flavour, add old cheddar cheese or Gouda instead of cheddar.



Norma Wilson
Chief Editor