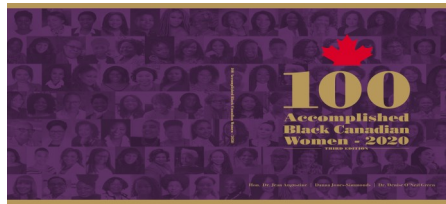




CO-AUTHORS: DR. DENISE O'NEIL GREEN, HON. DR. JEAN AUGUSTINE
& DAUNA JONES-SIMMONDS (LEFT TO RIGHT)



100 ACCOMPLISHED BLACK CANADIAN (ABC) WOMEN

100ABCWomen

#8

August 2021

Join us for our Virtual Book Launch & Gala

Link to the Virtual Event will be sent to all Registrants during the week of September 8, 2021

In This
Issue...

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

- ⇒ 2020 100 Accomplished Black Canadian Women publication—Just Released!
- ⇒ 2022 Nominations are Open!
- ⇒ Quote of the month—Alda Arthur
- ⇒ Congrats to Karen Brown Campbell & Angela Simmonds
- ⇒ About 100 ABC Women Fireside Chats sponsored by BIPOC Executive Search!
- ⇒ New Date for 100 ABC Women Virtual Book Launch & Gala—Sat. Sept 18, 2021
- ⇒ Just Cooking—Delicious!!! Coconut Loaf Cake—Anonymous
- ⇒ Platinum Sponsors: TD Bank, BIPOC & RBC; Gold Sponsors: CIBC & Unifor; Silver—CUPE; Bronze—OLG & CUPW - 2020 Virtual Book Launch and Gala—Thank You!!
- ⇒ Buy your 2020 Book—Limited Quantity Available
- ⇒ Upcoming Virtual Events
- ⇒ Advertise with Us
- ⇒ How to Contact Us



100 ACCOMPLISHED BLACK CANADIAN WOMEN
IS PLEASED TO PRESENT

100 ABC Women Virtual Biennial Book Launch & Gala

SEPTEMBER 18, 2021
AT 6:00 PM EST

Register for the event @

100abcwomen.ca/registration-2020-book-launch-gala

Recognizing and celebrating Black Excellence of
trailblazing and highly accomplished
Black Canadian Women.

~ Making the Invisible, Visible

Sponsored by



CUPE-SCFP Canadian Union of Public Employees
Syndicat canadien de la fonction publique



100 Accomplished Black
Canadian Women — 2020

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:

“Remember the past. Press forward with hope and determination to make a difference”.

— Alda Arthur



Upcoming Virtual Events

- Every Saturday @ 3-4 pm EST, join our Fireside Chats Check our YouTube Channel – register to participate
<https://www.100abcwomen.ca/registration-fireside-chats-inspirational-conversations/>
- Friday, September 17, 2021 @ 8:30 am to 12 noon EST – Symposium “Mental Health & US”
Register: <https://www.100abcwomen.ca/registration-symposium-2021/>
- Saturday, September 18, 2021 @ 6 pm EST – Book Launch & Gala –
Register: <https://www.100abcwomen.ca/registration-2020-book-launch-gala/>



Congratulations to Karen Brown Campbell (Educator) on being elected EFTO President.



Congratulations to Angela Simmonds (lawyer) on being elected Member of the Legislative Assembly.

Congratulations to Extra-ordinary Women

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

**100 ABC Women Fireside Chats—
Sponsored by BIPOC Executive
Search**



100 Accomplished Black Canadian Women, founded by

Co-Authors Hon. Dr. Jean Augustine, Dauna Jones-Simmonds & Dr. Denise O'Neil Green, is a not-for-profit fledgling organization, whose mission is to spotlight, celebrate and archive the professional accomplishments of trailblazing Black women from all across Canada. The goal is to create an ever-expanding database available to current and future generations.

Our Fireside Chats “Inspirational Conversations” is intended to educate and uplift our communities, with positive and actionable messages that would inspire our current and future generation, educate our communities and continually support each other. Today, we need each other more than ever. These recorded videos will be archived on the 100ABCWomen YouTube Channel – available to schools, organizations and everyone interested in learning about or connecting with Accomplished Black Canadian Women.

Advertise with Us!

100 ABC Women

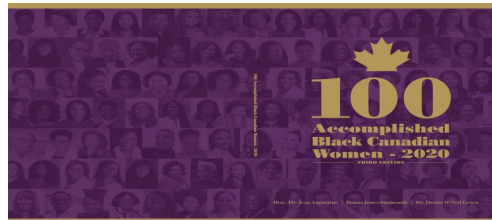
2022 Nomination Process is Open!

<https://www.100abcwomen.ca/nomination-form-2022/>

Editor: Dauna Jones-Simmonds

thank
you!





2022—4th Book Launch & Gala will be held on Saturday, September 17, 2022!

Symposium—Friday, September 16,

Thanks to Our Sponsors For supporting the 2020 Book Launch and Gala & Symposium

Upcoming Events Calendar

Fireside Chats with 100 ABC Honourees starting June 2021

**IT'S A VIRTUAL EVENT
2020 BOOK LAUNCH & GALA
SATURDAY, SEPTEMBER 18, 2021
Event Link will be available early September**

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 noon. **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

Subscribe to our YouTube Channel
100 Accomplished Black Canadian Women


**2020 Table-Top Size
Publication of
100 Accomplished Black
Canadian Women
is now here**

ONLY \$50CAD!
(shipping + tax included)

Buy the Book now at
100abcwomen.ca

Sponsored by:

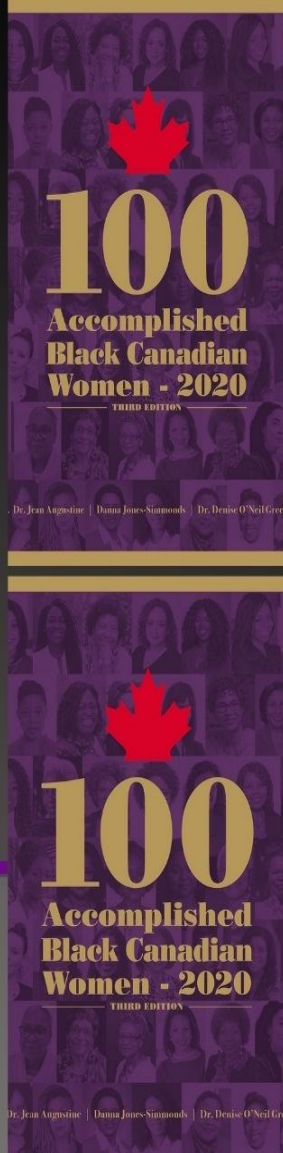


**Speak Up
for Inclusion™**



BIPOC
EXECUTIVE SEARCH

CUPE·SCFP | Canadian Union of Public Employees
Syndicat canadien de la fonction publique



"OMGThank you so much—the book is beautiful"

Donna Wellington



100 ACCOMPLISHED BLACK CANADIAN WOMEN
IS PLEASED TO PRESENT

100 ABC Women Virtual Symposium Mental Health & Us

FRIDAY, SEPTEMBER 17, 2021
8:30 AM TO 12:00 PM EST

Register for the event @

www.100abcwomen.ca/registration-symposium-2021

Mental health experts will cover:

- ~ How the brain works
- ~ How to identify and address mental health issues
- ~ The socio-economic impact on families
- ~ Support for caregivers
- ~ Available resources to address mental health issues

This virtual event is sponsored by



**LOOKING FOR WAYS TO
SUPPORT 100 ABC WOMEN
BOOK LAUNCH & GALA?**

Become a Sponsor: email: 100abcwomen@gmail.com

or Send us An Ad

<https://www.100abcwomen.ca/ads-congrats/>

or Purchase a Book

<https://www.100abcwomen.ca/product/100-accomplished-black-canadian-women-2020/> - . You will make a difference!! Thank you for your support.

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.

Coconut Loaf Cake



Ingredients

- 1/2 Cup flour
- 1 1/2 cups sugar
- 2 + 2/3 cups flour
- 3/4 cup milk
- 2 eggs
- 4 teaspoons baking powder
- 1 cup grated coconut
- 1 teaspoon vanilla

Instructions

Cream butter and 1/2 of sugar

Beat eggs with rest of sugar and combine the mixture

Mix in flour and baking power, adding milk alternately with the dryingredients.

Add coconut and vanilla.

Bake for 1 hour in a 350 degree oven.

Anonymous

**Quick and easy to prepare!
—Delicious Cooking!!**



Norma Wilson