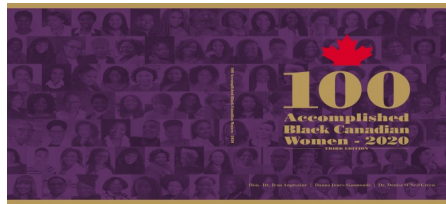




CO-AUTHORS: DR. DENISE O'NEIL GREEN, HON. DR. JEAN AUGUSTINE  
& DAUNA JONES-SIMMONDS (LEFT TO RIGHT)



## 100 ACCOMPLISHED BLACK CANADIAN (ABC) WOMEN

100ABCWomen—Special

#9

September 2021

**100 ABC Women would like to thank all of Our Sponsors for their generous support for the 2020 “Mental Health & Us” Symposium and Book Launch & Gala**

**A BIG THANK YOU!!**

### THANK YOU TO OUR SPONSORS



### In This Issue

- ⇒ Thank You to Our Sponsors
- ⇒ Buy your 2020 Book—Limited Quantity Available
- ⇒ A Look at the Book Launch & Gala & Symposium
- ⇒ 2020 Honourees
- ⇒ **2024 Nominations are Open!**
- ⇒ Quote of the month—Dr. Winsome Elizabeth Smith
- ⇒ Congrats to Rachel Décoste & Donna Wellington
- ⇒ Join our Fireside Chats and Inspirational Conversations Every Saturday @ 3 pm EST sponsored by BIPOC Executive Search!
- ⇒ Just Cooking—Delicious!!! Escoveitch Fish—Anonymous
- ⇒ A Special Thanks to the Production Team
- ⇒ Congratulations to the Gamification Winners!
- ⇒ Advertise with Us
- ⇒ How to Contact Us

**2024 Nominations are open—click here to nominate an accomplished Black Canadian Woman:** <https://www.100abcwomen.ca/nomination-form-2024/>

### 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.Amazon.ca)
- ⇒ <https://www.100abcwomen.ca/how-to-get-your-book/>

### Quote of the Month:

**“Ultimate Success is to ‘do what one loves and love what one does’, which leads to an extraordinarily successful and purposeful life”.**

*Dr. Winsome Elizabeth Smith*

**Based on the Survey Results—100% of our Audience was impressed with our 2020 Virtual Book Launch & Gala. Thank you!**



The 100 ABC Women Virtual 2020 Book Launch and Gala has come and gone but the buzz still rings in our ears. Sharon Stanley sums it up well.

**“To the brilliant organizers of this event... This is the follow-up to my committee advisor who invited me to this event!**

## **Feedback for invitation to 100 Accomplished Black (ABC) Women Gala.**

This was the first time attending this Gala and it was very well done; there was not a moment I was bored because the entertainment was great. The hosts were very, very good and the information that was delivered through all of the Honourees, was very inspiring.

The incredible part about all of the inspiring words was the level of empowerment it gave to young women and girls, which was absolutely phenomenal! Big congratulations to the folks who put this together because many young women need to be motivated, educated and empowered as to the beautiful and brilliant persons they are. Their abilities to achieve is not defined by anybody else, but by recognizing their self worth. Note to themselves, that there are resources and mentors available for guidance to success.

The showcasing of a young talent and her aspirations were also very welcoming....the messages to the government was very fitting for more involvement and subsidy to programs that elevate young black women to become the leaders they need to be in our communities. And lastly the recognition of all of the various countries these black women started out from before moving to Canada, made me feel a warm sense of inclusivity.

This is certainly an organization that should be supported by those honourees as well as those they mentor and others, so it can be an enshrined acknowledgement event for years to come. Wave this wand proudly, to spread the “Black Girl Magic” far and wide!

Grateful for the opportunity to attend.”

Thanks

(Shae) Sharon Stanley

Based on the Survey Results—100% of our Audience was impressed with our 2020 Virtual Symposium. Thank you!



## 100 ABC Women and TD Bank

Present “Mental Health & Us”

our Virtual Biennial Symposium

on Friday, September 17<sup>th</sup> from 8:30am – 12pm. EST

Register today @ [100abcwomen.ca/registration-symposium-2021](https://100abcwomen.ca/registration-symposium-2021)



### Keynote Speaker – How the Brain Works

Dr. Krissy Doyle-Thomas: Medical Neuroscientist and Professor on the Brain and Mental Health.



### Closing Remarks

Dr. Anna Jarvis, OOnt, MB, BS, FRCPC, FAAP  
Professor Emeritus, Department of Paediatrics, Temerty Faculty of Medicine, University of Toronto

### Identifying & Addressing Mental Health

Moderated by: Emily Mills – Founder - How She Hustles

Panelists:

- Rosanne Francis, MSW, RSW Social Worker, Psychotherapist
- Floyddeen Charles-Fridal-Huggins - Consultant

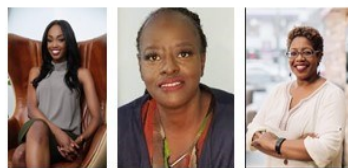


### Communication & Stigma of Mental Health

Moderated by: Emily Mills – Founder - How She Hustles

Panelists:

- Stacy-Ann Buchanan – Mental Health Advocate
- Alethia Cadore – Registered Psychotherapist
- Nicole Waldron – Mental Health Advocate



### Self-care & Support for Caregivers

Moderator: Dr. Denise O'Neil Green

Panelists

- Winsome Dewar – Registered Holistic Nutritionist
- Donna Alexander, MSW, RSW – Social Worker
- Dr. Donye Nnorum, MDC, CCFP, MPH, FRC | Family Physician & Public Health & Preventative Medicine Specialist



## “Mental Health & Us Symposium”

The presenters were not only knowledgeable, but they were passionate about the topic. They presented with great aplomb and left the audience, who had been hungry for this type of sound information, in awe.

The 100 ABC Women Virtual “Mental Health & Us” Symposium and Book Launch and Gala “were perfectly planned” says Norma Williams of Nova Scotia. Many of you, as well as our attendees, expressed similar sentiments. For us at 100 BC Women, this translates into being a huge success.

“I was very happy to hear the engagement and the topics discussed. I am familiar with these through other sources of research, studies, and documentaries, however we are not often represented in what I have seen.

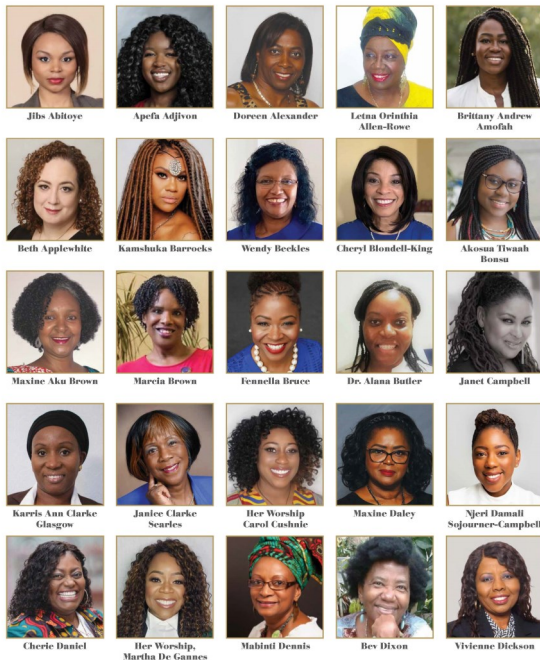
Thank so very much for highlighting this critical information and presenting it with our community as the central focus.”

**A Big Thank you to our amazing audience & Supporters! We appreciate you!**



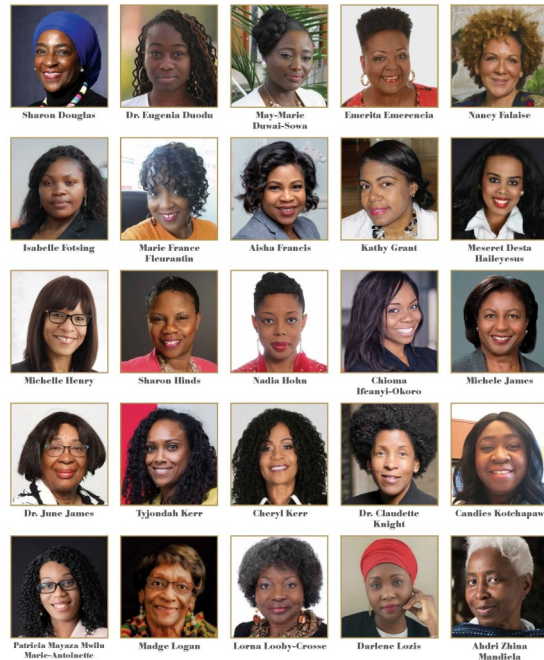
## 100 Accomplished Black Canadian Women - 2020

in Alphabetical Order



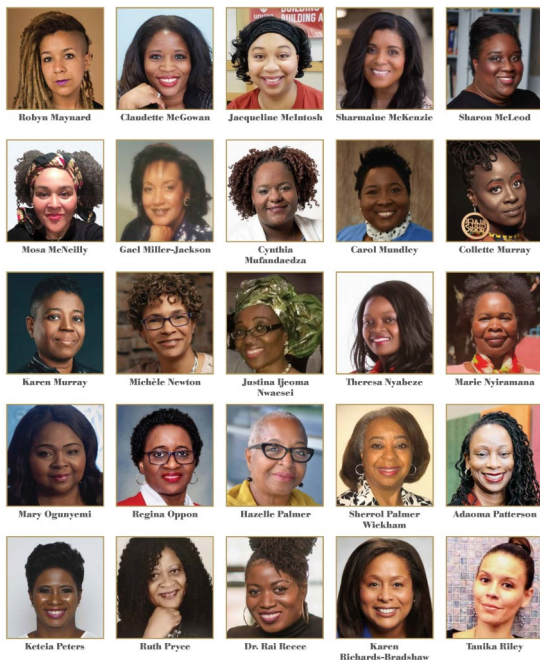
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in Alphabetical Order



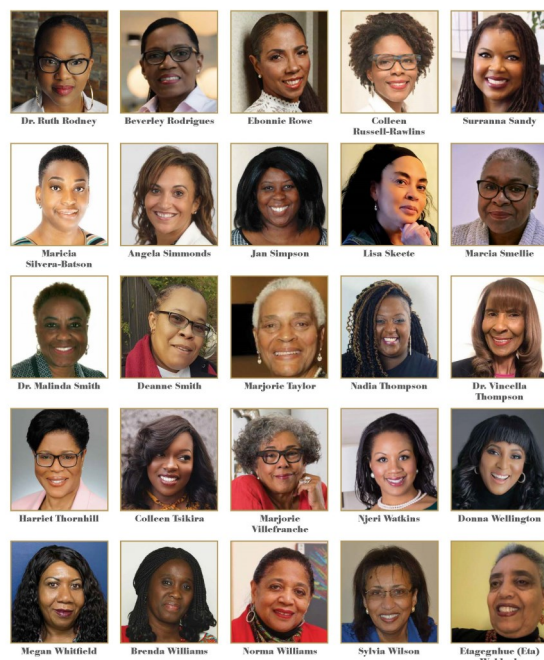
## 100 Accomplished Black Canadian Women - 2020

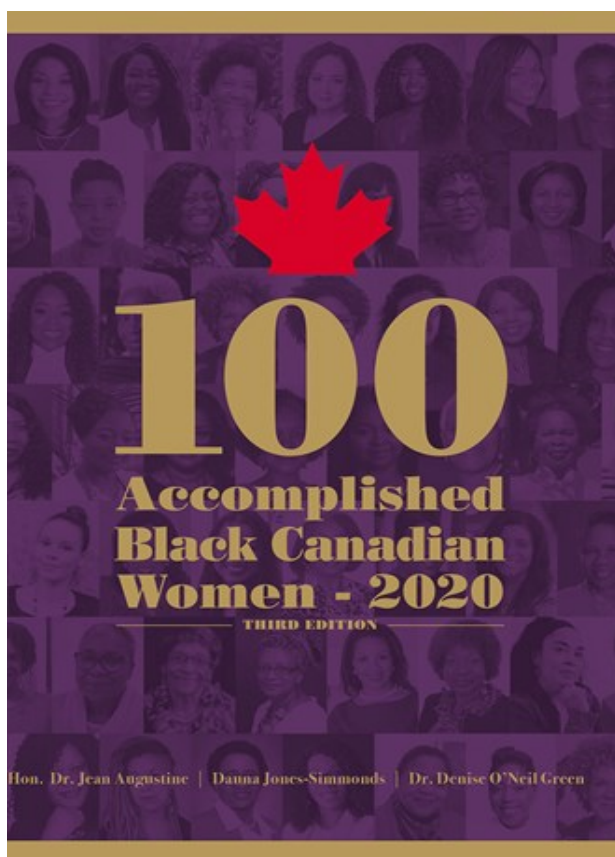
in Alphabetical Order



## 100 Accomplished Black Canadian Women - 2020

in Alphabetical Order





*“OMG ....Thank you so much—the book is beautiful”* Donna Wellington

**Videos** of 100 ABC Women 2020 Virtual “Mental Health & Us” Symposium and Book Launch & Gala will be available on September 30, 2021

- [www.100abcwomen.ca](http://www.100abcwomen.ca) and our
- YouTube Channel—100 Accomplished Black Canadian Women.

*100 ABC Women appreciates your support—*

*Please remember to purchase our books!*

***<https://www.100abcwomen.ca/product/100-accomplished-black-canadian-women-2020/>***



NEWLIFE PROJECT INC. PRESENTS

## THE IMPORTANCE OF LEARNING FRENCH



- Why is French important in our present society?
- How can we develop our French knowledge?

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OCT 3, 2021  
4:30PM - 5:30PM  
ZOOM

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613-699-7205 or email  
[info@newlifeprojectinc.org](mailto:info@newlifeprojectinc.org)

### Congratulations to Extra-ordinary Women



Hôtel-Dieu Grace Healthcare Board Member, Donna Wellington, appointed to Ontario Hospital Association's Board of Directors



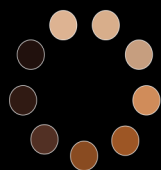
National Film Board of Canada (NFB) Chairperson Claude Joli-Coeur announced that Rachel Décoste has been appointed as Director, Diversity, Equity & Inclusion, a newly created position at the NFB, effective September 27, 2021.

**Contact Us**—Check out our website for more information:  
[www.100ABCWomen.ca](http://www.100ABCWomen.ca)

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

Email address: [100abcwomewen@gmail.com](mailto:100abcwomewen@gmail.com)

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



# 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

2024 Nomination Process is Open!

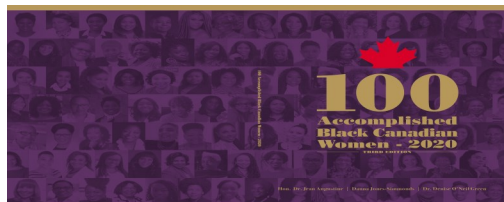
<https://www.100abcwomen.ca/nomination-form-2024/>

Editor: Dauna Jones-Simmonds

thank you!







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

**Symposium—Friday, September 16, 2022**

## **Book Launch & Gala and “Mental Health & Us”**

### **Symposium**

**Thanks to the Production  
Team**

**Hon. Dr. Jean Augustine (Co-Author/Co-founder)**  
**Malcolm E. Edwards (Chief Editor - Video Montage)**  
**Karen Clarke-Glasgow (Advisor)**  
**Ellaine French (Book Editor)**  
**Daniella Glasgow (Video Editor)**  
**Michelle Green (Communications & Social Media)**  
**Rose Hurst (Graphic Designer/Ads)**  
**Dr. Anna Jarvis (Consultant – Symposium)**

**Dauna Jones-Simmonds (Co-Author/Co-Founder & Project Architect/Lead)**  
**John Lloyd (Book Production)**  
**Dr. Denise O’Neil Green (Co-Author/Co-Founder)**  
**Philip Mammias (Graphic Designer)**  
**Dr. Delores Mullings (Communications)**  
**Sarah Onyango (Emcee & Voice Over)**  
**Joan Pierre (Event Planner – Book Launch & Gala)**

**Itah Sadu (Emcee)**  
**Sombo Saviye (Book Editor)**  
**Jennifer Singh (Communications & Researcher)**  
**Kit Truong (Technical Support & Website Management)**  
**Janet Tyrell (Book Editor)**  
**Nicole Waldron (Event Planner & Voice Over– Symposium)**  
**Geneva Williams (Voice Over)**  
**Norma Wilson (Chief Book Editor)**

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

### **Upcoming Events Calendar**

**Fireside Chats with 100 ABC Honourees every Saturday @ 3pm EST**

**2024 Nominations are Now Open**

**[https://www.100abcwomen.ca/  
nomination-form-2024/](https://www.100abcwomen.ca/nomination-form-2024/)**

**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](http://www.facebook.com/100abcwomen)**

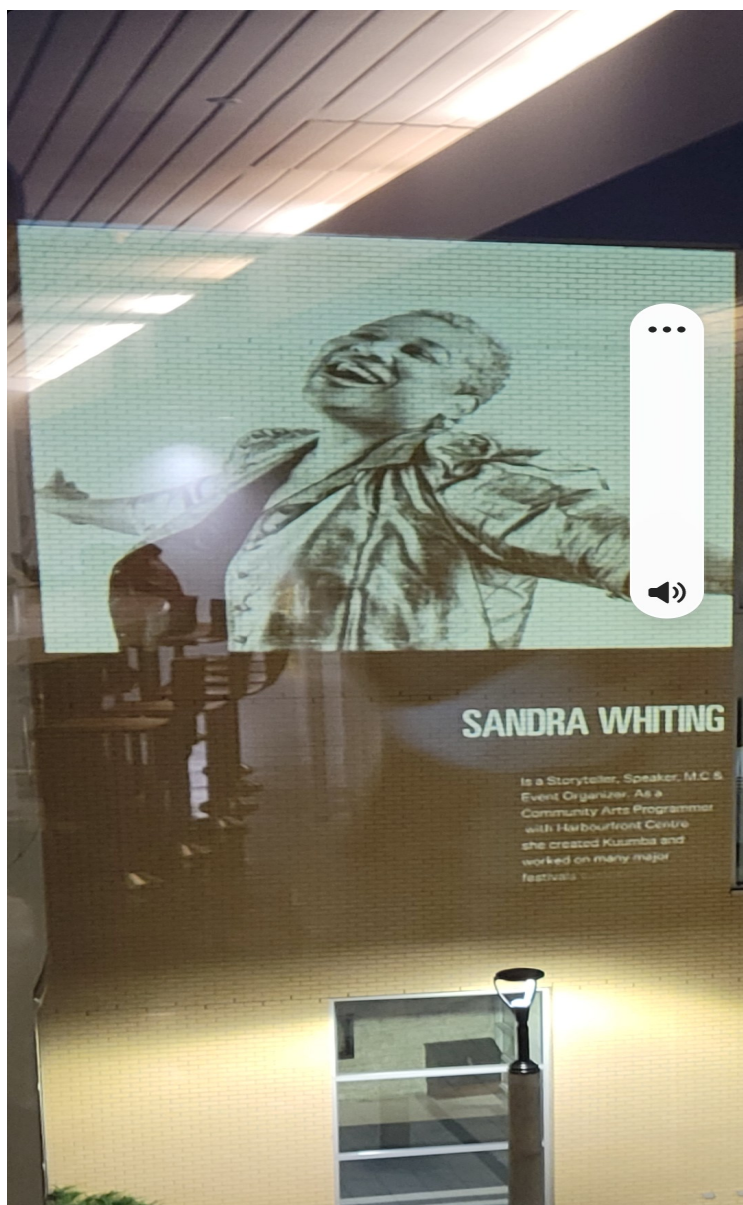
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**[www.instagram.com/100\\_abcwomen](http://www.instagram.com/100_abcwomen)**

**Twitter: @100abcwomen**  
**[www.twitter.com/100abcwomen](http://www.twitter.com/100abcwomen)**

**Subscribe to our YouTube Channel**  
**100 Accomplished Black Canadian Women**

***“OMG ....Thank you so much—the book is beautiful”***

**Donna Wellington**



**Congratulations to  
100 ABC Women Book Launch &  
Gala Gamification Winners!!!!**

**Carol Dixon, Patricia  
Marie Therese Kalokola**

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.

## Escoveitch Fish



### Ingredients

- Small fish or slices of king fish
- Oil
- 1 Cup Vinegar
- 2 Sliced Onions
- 2 Tbs Water
- 1 Chopped Hot Pepper
- A Pimento leaf and pinch of salt

### Instructions

- ♦ Fry fish in hot oil and set aside
- ♦ Mix remaining ingredients together and bring to a boil
- ♦ Simmer for 20 minutes
- ♦ Lay fish in a shallow dish.
- ♦ Cover with hot vinegar sauce and marinate for about 12 hours before serving

**Anonymous**

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



**Norma Wilson**