

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

100 ACCOMPLISHED BLACK CANADIAN (ABC) WOMEN

100ABCWomen

#10

October 2021

Another Amazing Fireside Chat - Technology Gurus with Rose Ann Bailey & Denise Herrera Jackson



Fireside Chat Resource Library: <https://www.100abcwomen.ca/advocating-for-the-seniors>

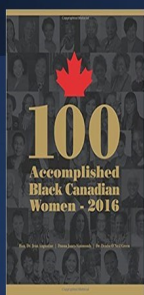
In This Issue

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

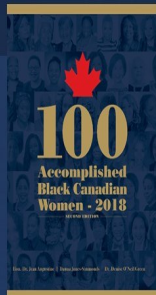
- ⇒ Oct 30 Fireside Chat—Technology Gurus with Rose Ann Bailey & Denise Herrera Jackson—An amazing conversation!
- ⇒ Fireside Chat Resources now available
- ⇒ Buy your 2020 100 Accomplished Black Canadian Women book today!
- ⇒ Just Released—Self by Aina-Nia Ayo'dele
- ⇒ **2024 Nominations are Open!**
- ⇒ Quote of the month—Apefa Adjivon
- ⇒ Congrats to Ginelle Skerritt & Honourable-Marci Ien
- ⇒ Join our Fireside Chats and Inspirational Conversations Every Saturday @ 3 pm EST sponsored by BIPOC Executive Search!
- ⇒ Just Cooking—Delicious!!! Coconut Biscuits—Anonymous
- ⇒ Posthumously Speaking—The Rest of Her Story
- ⇒ Upcoming Calendar
- ⇒ Advertise with Us
- ⇒ How to Contact Us

Will you buy your Book Today?

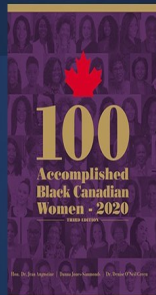
(Note – These books are available in English only)



Can\$20



Can\$35



Can\$50



Go to www.100abcwomen.ca
or Amazon.ca

100 Accomplished Black Canadian Women — 2020



WAYS TO GET YOUR BOOK NOW:

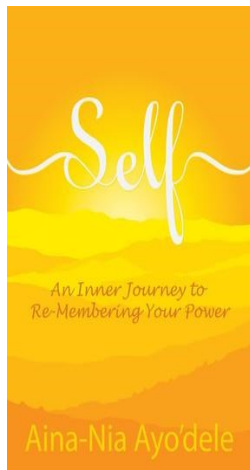
- ⇒ A Different Booklist— 779 Bathurst St., Toronto, Ontario
- ⇒ www.Amazon.ca
- ⇒ <https://www.100abcwomen.ca/how-to-get-your-book/>

Quote of the Month:

“You never know who may be listening and what doors can be opened from you being brave enough to share the dreams and projects that are closest to your heart”.

Apefa Adjivon

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



\$24.95

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Self: An Inner Journey to Re-Membering Your Power, by Aina-Nia Ayo'dele, is the first book - or, tablet - in a series of five of Ayo'dele's spiritual teachings. In addition to serving as a social justice and equity consultant in the Greater Toronto Area, Ayo'dele is a leadership coach and Spiritual Liberation Activist who has drawn from many traditional spiritual paths, including her own African spiritual practice, to design a process of life transformation intended to empower individuals across the globe.

At the heart of the author's philosophy is the conviction that self-empowerment can be achieved by the individual's unearthing of and reflection on the answers to these five questions, which speak to authentic living:

1. Who am I?

2. How did I come to be who I am?

3. Am I really who I think I am?

4. What is my purpose on this planet at this time?

5. Am I living my purpose?

Presented in a simple format conducive to the practice of meditation predicated on these basic questions which nurture positive self-relationship and attunement, Self: An Inner Journey consists of 31 short sections, each with an Affirming Thought (AT), Affirming Reflection (AR), and an Affirming Question (AQ), the latter of which invites the reader to actively engage with the AT and AR. The 31 sections, which guide individuals toward reflection on such topics as trust, forgiveness, self-knowledge, authentic living, and the present moment, are profoundly transformational and yet beautifully and simply crafted to be adapted for use over any month.

For over a decade, Ayo'dele has delivered her teachings through a variety of media and formats, including film and a series of Sacred Leadership Training lectures, but, for the first time, her wisdom radiates brilliantly in written form: Self: An Inner Journey to Re-Membering Your Power and the forthcoming tablets in the series, will lovingly guide readers, on an empowering journey of self-realization and toward peaceful, purposeful living.

Congratulations to Extra-ordinary Women

Ginelle Skerritt—First Black CEO of York Region Children's Aid Society



October 26th, 2021 Marci Ien became the Minister of Women and Gender Equality and Youth



Posthumously Speaking— The Rest of HerStory

She was a 91-year old Historian Educator. She passed away at the St. Catherine's General Hospital on April 23, 2020 after contracting COVID-19 virus. She played a pivotal role in helping to rescue the British Methodist Episcopal (BME) Nathaniel Memorial Chapel which was built in 1836. In 1991, she also played a role in the establishment of Norval Johnson Heritage Library.

She was a very powerful and influential woman. Born in London, Ontario on February 26, 1929, to Arthur and Mabel Miller, she was healthcare practitioner who worked for the Royal Canadian Navy.

In 2016, Ayo Adewumi produced and directed a feature length movie called "Wilma" which told the story of Black History in Niagara from Morrison's perspective. In 2011, she received the Order of Ontario, the highest official honour the Province of Ontario can bestow. And now you know, the rest of HerStory—[Wilma Morrison](#).

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100 ABC Women

2024 Nomination Process is Open!

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

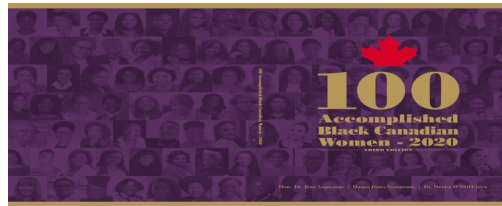
Contact Us—Check out our website for more information: www.100ABCWomen.ca

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

thank
you!

Editor: Dauna Jones-Simmonds





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

Symposium—Friday, September 16, 2022

**100 ABC Women Fireside Chats—
Sponsored By:**



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.

Upcoming Events Calendar

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

Register

<https://www.100abcwomen.ca/>

2024 Nominations are Now Open

<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.

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Subscribe to our YouTube Channel
100 Accomplished Black Canadian Women

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

THANK YOU TO OUR SPONSORS



Coconut Biscuits



Ingredients

- 1 small coconut grated
- Flour
- Nutmeg to taste
- Sugar to taste
- Speck of salt
- 1/4 teaspoon soda

Instructions

- ♦ Use sufficient sugar to sweeten grated coconut to taste.
- ♦ Add salt, nutmeg and soda
- ♦ Add sufficient flour to the dough—enough to roll out on a pastry board
- ♦ Sprinkle a little of the flour on the board
- ♦ Roll thin and cut small rounds with a cookie cutter
- ♦ Bake at 375 degrees F on an ungreased cookie sheet until biscuits are a golden brown and crisp.

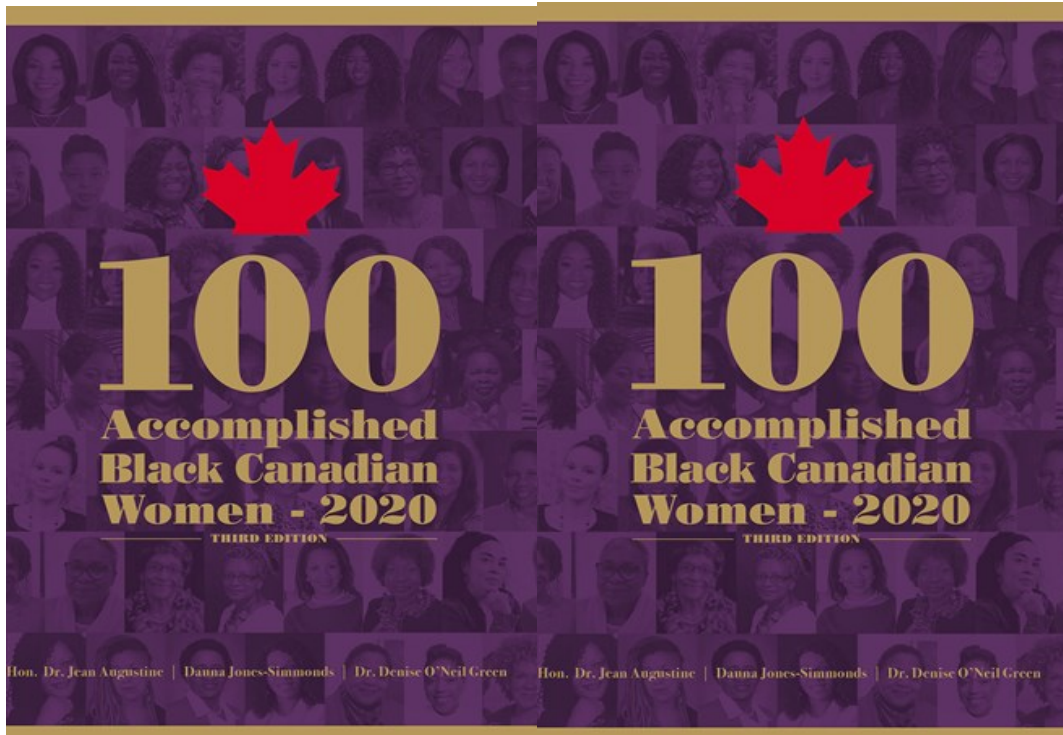
Anonymous

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



Norma Wilson

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.



Videos of 100 ABC Women 2020 Virtual “Mental Health & Us” Symposium and Book Launch & Gala are available

◆ 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/>