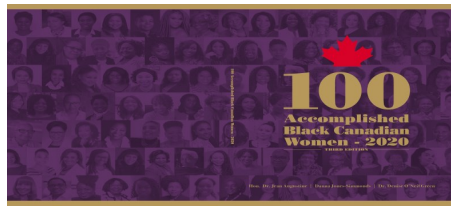




**CO-AUTHORS: DR. DENISE O'NEIL GREEN, HON. DR. JEAN AUGUSTINE & DAUNA JONES-SIMMONDS (LEFT TO RIGHT)**



## 100 ACCOMPLISHED BLACK CANADIAN (ABC) WOMEN

100ABCWomen

#11

November 2021

Upcoming Fireside Chat - "Community Speaks" !!! Join us On Saturday,

December 4th at 3 pm EST

Episode #20 – Community Speaks

**FIRESIDE**  
INSPIRATIONAL  
**CHATS**  
WITH  
**100 ABC WOMEN**



**Educational Series**  
The Black Community pulls together to support and uplift Black work



Moderator – Candies Kotchapaw – Executive Director – Non-Profit – DYLOTT

Panelists

- Bernice Carnegie – Speaker & Author
- Nadia Thompson – Homecare Nurse
- Marjorie Taylor – Community Advocate



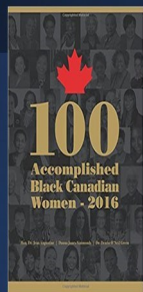
**In This Issue**

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

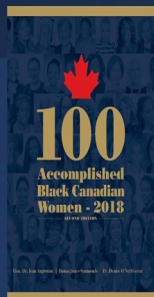
- ⇒ December 4 - Fireside Chat— "Community Speaks" with Candies Kotchapaw, Bernice Carnegie, Nadia Thompson & Marjorie Taylor—An amazing conversation!
- ⇒ Buy your 2020 100 Accomplished Black Canadian Women book today! A Great Holiday Gift
- ⇒ **2024 Nominations are Open!**
- ⇒ Quote of the month—Stacy Clarke
- ⇒ Congrats to 2020 Cohort of 100 Accomplished Black Canadian Women!
- ⇒ Join our Fireside Chats and Inspirational Conversations Every Saturday @ 3 pm EST sponsored by BIPOC Executive Search!
- ⇒ Just Cooking—Delicious!!! Christmas Sorrell—Anonymous
- ⇒ Posthumously Speaking—The Rest of Her Story
- ⇒ Upcoming Calendar
- ⇒ Advertise with Us
- ⇒ How to Contact Us

**Will you buy your Book Today?**

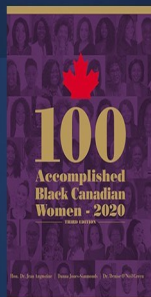
(Note – These books are available in English only)



Can\$20



Can\$35



Can\$50



Go to [www.100abcwomen.ca](http://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](http://www.Amazon.ca)
- ⇒ <https://www.100abcwomen.ca/how-to-get-your-book/>

**Quote of the Month:**

**"Remember always that your experiences will shape you but do not allow them to define you."** *Stacy Clarke*

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

## Congratulations to Extra-ordinary Women

Special Congratulations to our 2022 Cohort of 100 Accomplished Black Canadian Women.

One hundred phenomenal women's credentials have been assessed by the 100 ABC Women Evaluation and Selection Committee, who spent several weeks on this process before coming to the conclusion that we have 100 Black Women who are well accomplished and deserve to be recognized in 2022. We are pleased that these women are now being notified. The process should be completed by December 10, 2021 after which, we will begin documenting them into the fourth edition of the publication, starting in the New Year.

The celebration of these 100 women's accomplishments will occur on Saturday, September 17, 2022. For now, we are planning an in-person Book Launch & Gala. However, should the pandemic circumstances change, we will abide by its protocols and pivot to a virtual or hybrid event. We feel that we have proven to have the capability and capacity to deliver both types (in-person and virtual) of events flawlessly.

As a reminder, Honourees are selected based on their:

- *Support of Black women and girls*
- *Support of activities within organizations and groups working for the advancement of Black women and girls*
- *Demonstrated leadership through role modelling and/or volunteer activities*
- *Three major verifiable accomplishments or achievements over the past ten years.*
- *Their Canadian residency*

This program relies heavily on sponsorships from our supporters and the support of volunteers.

**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

## Posthumously Speaking— The Rest of HerStory



She was a Canadian educator, storyteller, enameling artist, former radio host and an actor on Treehouse Television. "I was very nervous," she said, recalling the day she launched her teaching career at a School in Toronto. "I felt, how am I ever going to get these children to line up?"

Fifteen years in the system left her with bigger concerns than corralling her pupils, and she was pretty sure they couldn't be resolved with a raised hand and closed lips. She said when she retired she planned to raise her voice against a curriculum that she said was failing too many of Toronto's youngest pupils, especially immigrants and the poor. She also said that education served middle-class children very well, but it failed the children of poverty, through too many subjects in the primary grades, overemphasis on test scores and lack of consideration for children's varied backgrounds.

When Black history was taken away and consolidated at four other sites, she gave up half her lunch break and served as host to a black-history club to keep serving her school. The biggest challenge she said was an overloaded curriculum in the earliest grades. She said she saw very little wisdom in teaching science and technology to a child still struggling to learn English, while the course load leaves little time for one-on-one contact with those same children. She was a member of the Storytellers of Canada Radio. **And now you know, the rest of HerStory—Phyllis Velona Broom-Walker, who passed away on May 30, 2017.**

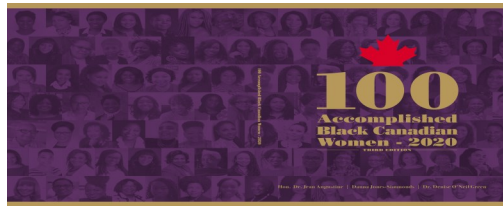
100 ABC Women

2024 Nomination Process is  
Open!

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—**



**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.**

**Like and follow us on:**

**Facebook: 100ABC Women**  
[www.facebook.com/100abcwomen](http://www.facebook.com/100abcwomen)

**Instagram: @100\_abcwomen**  
[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**

**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**



**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.**

**Christmas Sorrel**

**Ingredients**

- ◆ 8cups sorrel sepals
- ◆ 10 cups cold water
- ◆ 1 tsp Rice
- ◆ 4 tbsp Freshly grated ginger
- ◆ 10 Pimento berries
- ◆ 8 Whole cloves
- ◆ 2 Cups granulated sugar
- ◆ 2 oz Aged Jamaican gold rum



**Instructions**

Place water, ice, grated ginger and pimento berries in a large reactive cooking pot. Bring to a rolling boil and drop in washed sorrel sepals. Turn off the heat, cover and let stand to steep for 24 hours. Strain off liquid into another container, add sugar and rum (add more as desired). Stir frequently until all sugar is dissolved. Decant into quart bottles and refrigerate to ripen for at least 3 days before using, longer if possible as it improves with age.

**And**

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



**Norma**

ell

er root

um

, cloves  
ge non-  
to a roll-  
d sorrel  
ver and  
. Strain  
ner, add  
(desired).  
is dis-  
tles and  
st three  
ossible,

onymous

are!  
!!

a Wilson

Looking for  
a Holiday  
Gift?

Look no  
further  
—Order  
a historic  
book online.



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

◆ [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/>