

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

## 100 ACCOMPLISHED BLACK CANADIAN (ABC) WOMEN

100ABCWomen

#12

December 2021

You did it!  
*Congratulations*



**Mav Ashbourne-Palmer is the recipient of the Saskatchewan Order of Merit, which is the highest honour bestowed by the Government of Saskatchewan to her citizens.**



**Stachen Lett-Frederick is the recipient of the prestigious 2021 Community Development Award from the Afroglobal Television Excellence Awards program**

### In This Issue

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

- ⇒ Congrats to Mavis Ashbourne-Palmer & Stachen Lett Frederick
- ⇒ Buy your 100 Accomplished Black Canadian Women book today! Get Ready for Black History Month
- ⇒ **2024 Nominations are Open!**
- ⇒ Quote of the month—Tracey-Acadia Thomas
- ⇒ As the Year Comes to a Close We Did Well!
- ⇒ Join our January 2022 Fireside Chats and Inspirational Conversations On Saturday @ 3 pm EST sponsored by BIPOC Executive Search Inc!
- ⇒ Just Cooking—Delicious!!! Coconut Pie — Anonymous
- ⇒ Posthumously Speaking—The Rest of Her Story
- ⇒ Upcoming Events
- ⇒ Advertise with Us
- ⇒ How to Contact Us
- ⇒ List of 2022 100 Accomplished Black Canadian Women



**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:

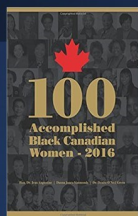
**“Never allow your circumstances to dictate your place in life.”**

**Tracey-Acadia Thomas.**

**Tracey peacefully passed away on December 29, 2021**

### Will you buy your Book Today?

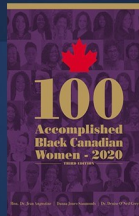
(Note – These books are available in English only)



Can\$20



Can\$35



Can\$50



Go to [www.100abcwomen.ca](http://www.100abcwomen.ca) or Amazon.ca

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

## As the Year Comes to A Close... Happy New Year

As 2021 comes to a close, 100 ABC Women would like to take this opportunity to reflect on some lessons we have learned along the way especially during a pandemic. The year was challenging yet educational. So what did we learn?

- Building Fireside Chats to keep the interest of Accomplished Black Canadian Women alive, was a great idea. Inspirational topics and discussions.
- Pivoting from an 'In-person' Book Launch and Gala was the safe and right thing to do. The interest level remained the same.
- 100 ABC Women is very capable of delivering 'in-person' and 'virtual' Book Launch and Galas. They were delivered flawlessly!
- There are a significant amount of Black Accomplished Women in our communities—many remain hidden gems! We had well over 150 nominations for 2022!
- When we work together, we can and will make a phenomenal team!

So as we look forward to 2022, let's take this opportunity to wish you and your loved ones a very positive, safe and healthy 2022. Look at the Glass as if it's half-full! That will help for positive thinking! Sincerely, *Dauna Jones-Simmonds*

**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: [100abcwomew@gmail.com](mailto:100abcwomew@gmail.com)

## Posthumously Speaking - The Rest of HerStory

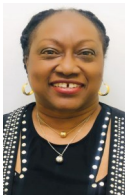


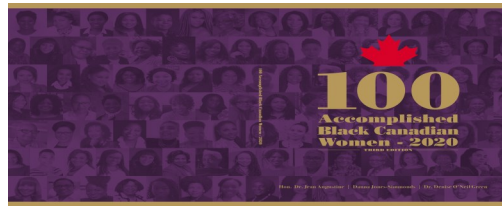
She spent thirteen years as Executive Director, which was her last position before retiring in 2008. The Alzheimer's Society of Chatham-Kent was started by a group in 1983 who were affected by Alzheimer's disease. It was identified that there was a lack of resources and support services. In November 1986, the Society received its charitable registration number and achieved full chapter status.

After her retirement, she worked as a part-time trainer for Chatham-Kent Children's Services (CKCS). This organization is an accredited multi-service agency that responds to the unique dynamic needs of families. It supports the well-being and safety of children and their families, through evidence-based practices and collaboration with community partners. Together, the CKCS employees strive to foster an environment that encourages positive growth, professional development and progressive change. Cheryl was passionate about her community. This was evident through her involvement with various organizations such as Chatham Rotary Club, Community Living Chatham-Kent, Tilbury Health Team, Chatham-Kent Consumer Family Network, Buxton National Historic Site & Museum, North Buxton Community Club, Family Services Kent, African-Canadian Association of Chatham-Kent, the Camera Club and the Schizophrenia Society of Ontario. She was always wearing a sunny smile, had an infectious laugh and was an angel who touched the heart and lives of many. She passed away peacefully at home on April 3, 2018. *And now you know the Rest of HerStory—Andria Christine (Ekua Akala) Walcott.*

thank you!

Editor: **Dauna Jones-Simmonds**, Co-Author/  
Co-Founder / The Architect of 100 ABC Women Project & 2021 Lifetime Achievement Recipient— Afroglobal Excellence Award





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

**Instagram: @100\_abcwomen**  
[www.instagram.com/100\\_abcw  
omen](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 Ca-  
nadian Women**



**Upcoming Fireside Chats!! Join us On Saturdays @ 3 pm EST via our YouTube Channel – 100 Accomplished Black Canadian Women**

**Episode #23 – Trade Union of Every Kind**

January 1, 2022



**Educational Series**  
Women speak about their roles in the Union environment



Moderator – Jacqueline Dixon

Panelists

- Jan Simpson - Advocate
- Lisa Skeete - Advocate
- Dr. Gloria Small - Advocate

**Episode #24 – Building Financial Literacy**

January 8, 2022



**Educational Series**  
Building your financial strength from a very young age - the potential impact is real



Moderator – Harriet Thornhill – VP - Banking

Panelists

- Patricia Glouden – Trader
- Kares Clarke-Glasgow – Former Banker
- Gemma Raeburn-Baynes – Retired Auditor
- Christine Williams – Former VP - Banking

**Episode #25 – Healthcare / Medicine**

January 15, 2022



**Educational Series**  
Black Women in the Medical field share their Experiences



Moderator – Jacqueline Dixon – Radio & TV Host

Panelists

- Dr. Juliet Daniel – Cancer/Biologist
- Dr. Evelyn Linda Maxwell – Surgeon/Professor
- Dr. Josephine Etowa – Health Expert

**Episode #26 – Building Your Career**

January 22, 2022



**Educational Series**  
Honourees discuss how they built their careers – they discuss how they have overcome their barriers



Moderator – Deborah Cherenfant – TD Bank

Panelists

- Karen Murray - Advocate
- Beverley Rodrigues - Advocate
- May-Marie Duwai Sowa - Advocate

**Coconut Pie**

**Ingredients**

- ◆ 6 oz short crust pastry
- ◆ 1 1/2 cups flour
- ◆ 1-2 eggs
- ◆ 1/4 to 1/2 cup sugar
- ◆ Pinch of Salt
- ◆ 1 cup milk
- ◆ 1/2 cup freshly grated coconut



**Instructions**

Make pastry, roll out and line in a pie dish or deep plate.

Prick the bottom and set on ice till required

Grate coconut. Boil milk. Lightly beat eggs (it need not be frothy), add sugar and salt and stir in hot milk and coconut.

Pour filling into pastry case, bake at once in fairly hot oven (400 degree F). Reduce heat after first 10 min., otherwise custard mixture will boil and curdle. Cook until pastry is golden brown and mixture set—about 30-40 min. Serves 3-4.

*Anonymous*



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

*Norma Wilson*

# Congratulations to Extra-ordinary Women - 2022 Honourees

Nimo Abdulkadir	Denise Anne Cummings-Luckie	Asha Lapps	Renee Phipps
Ehi Ade-Mabo	Patrice de Peiza	Rita Ngarambe Laurence	Jennie R. Powell
Ejibola .F. Adetokunbo-Taiwo	Paula De Ronde	Elaine Lloyd-Robinson	Patricia Powell-Bennett
Ikram Ahmed	La Toya Dennie	Lee-Anne Lyon-Bartley	Suzan Richards
Dr. Janét Aizenstros	Violette Djiokap Kouatchou	Yolanda T. Marshall	Dr. Roz Roach
Miriam Alcendor	Danielle Dowdy	Kathy McDonald	Joanne Robinson
Donna Alexander	Dr. Krissy Doyle-Thomas	Faye E. McWatt	Vivene Salmon
Clarissa Arthur	Camille Dundas	Christelle Mekoh	Kimberlee Shelley
Simone Atungo	Benedicte Etienne	Sally Meseret	Dionne Sinclair
Monifa Ayinde	Cheryl Ann Ewan	Marlye Monsfiston	Leisha Strachan
Andria Babbington	Keishia Facey	Jennifer Monteith	Darcie Sutherland
Elaine Bennett	Cathy Antoinette K. R. Ferreira	Irene Moore Davis	Rhonda Thompson-Wilson
Stephanie Bernard	Ida Fogo	Michelle Munroe	Roberta K. Timothy
Mary Boudreau	Hope Franklin	Charis Newton	Nnenna Uboma
Rhonelle Bruder	Maureen Fraser	Rose Nixon	Nicolle 'Coco' Veira
Siobhan Calderbank	Gemma Grey-Hall	Dr. Onyenyechukwu Nnorom	Andrée Vernon
Jessica Carter	Abigail Hamilton	Jenny Okonkwo	Veronica Vernon
Mikaella Celestin	Elise Harding-Davis	Brenda Okorogba	Suzette Vidale
Germaine Chazou-Essindi	Dr. Annette Henry	Dr. Adeola Olubaniji	Dr. Cranla Warren
Déborah Cherenfant	Dr. Innes M. Howe	Rita Orji	Camille Wharton-Litt
Florence Chumpuka	Oyindamola Isaac	Naki Osutei	Nadine Williams
Nikki Clarke	Rochelle Ivri	Michele Pearson Clarke	Camille Williams-Taylor
Caroline Cole Power	Michelle Jacques	Dr. Veda Roodal Persad	Patricia Wilson
Carol Commissiong	Carmen James-Henry	Marie Oubline Philippe-Remy	Janette Wright
Juliet Creary	Shelly Jarrett	Cheryl Phillips	Jamea Zuberi

**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.**