



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



## 100 Accomplished Black Canadian (ABC) Women©

**100ABCWomen**

**#2**

**February 2022**

You did it!  
*Congratulations*

**Patricia  
Kumbakisaka**



Patricia Kumbakisaka, one of our 2020 Accomplished Black Canadian women, was selected among 31 leaders from around the world, to be the Canadian Ambassador for the UN Youth Assembly scheduled to take place in New York City from August 12-14.

The Youth Assembly is a unique platform that cultivates a global network of young leaders and changemakers through exchange, education, action and impact. Patricia is forming a large Canadian delegation team and would like to encourage also young black Canadians ages 18-32, to apply and join her this August in New York City for the 27th Youth Assembly. They can contact Patricia via [linkedin](https://www.linkedin.com/in/pat-kumbakisaka/) or email [Pat.Kumbakisaka@gmail.com](mailto:Pat.Kumbakisaka@gmail.com) if you have any questions and would like to obtain her Ambassador discount code while registering. You can register now at [www.youthassembly.org](http://www.youthassembly.org) #YA27



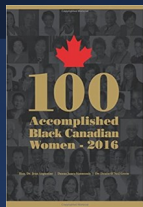
### In This Issue

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

- ⇒ Congrats to Patricia Kumbakisaka
- ⇒ Buy your 100 Accomplished Black Canadian Women book today! Get Ready for Women's International Month!
- ⇒ **2024 Nominations are Open!**
- ⇒ Quote of the month—**Sarah Onyango**
- ⇒ Meet 2022 Honourees
- ⇒ Join our March 2022 (Final Episodes) Fire-side Chats and Inspirational Conversations—On Saturdays @ 3 pm EST sponsored by BIPOC Executive Search Inc!
- ⇒ Just Good Old Fashion Cooking—Delicious!!! Crab Gumbo —Anonymous
- ⇒ Posthumously Speaking—The Rest of Her-Story
- ⇒ Upcoming Events
- ⇒ Advertise with Us
- ⇒ How to Contact Us
- Important Message—Support 100 ABC Activities –A Focus on Uplifting Accomplished Black Canadian Women©**

### Will you buy your Book Today?

(Note – These books are available in English only)



Can\$20



Can\$35



Can\$25 for Black History Month



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:

**“Self-confidence and self-knowledge are the best buffers against the many micro-aggressions you will face.”**

**- Sarah Onyango**

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

**Meet 2022  
100 Accomplished Black Canadian Women®**



**Meet 100ABC Honourees  
2022 – for more information,  
check our website  
[www.100abcwomen.ca](http://www.100abcwomen.ca)**



# Honouring Black Excellence during Black History Month & International Women's Day!



## 100 ABC Women Minds Its Own Business—

A Focus—To continue uplifting Black Canadian Women in 2022-2023

100ABCWomen© continues to identify the need to elevate and showcase the rich talent (who beat the odds) within the Black Community with a counter-narrative that challenges the perceptions of the Black community, in particular - Black women being unemployed, uneducated or undereducated and not leadership material due to their socio-economic circumstances. Our Honourees come from as far North as Northwest Territories; as far East as Newfoundland as far West as British Columbia, and as far South as Windsor, Ontario. These women have founded organizations, and their experiences range from unsung heroes to corporate executives who have led many significant initiatives within the country without being properly recognized.

According to Statistics Canada 2016 census, "close to 1.2 million people in Canada self-report as Black" and accounts for 3.5% of Canada's total population. Most Black Canadians live in urban areas with Toronto having the largest Black population in the country. Nonetheless, Black Canadians are present in all the provinces and territories.

Among visible minority women, Black women are the third largest group; however, when you look at the research about Black women and Black Canadian women in particular, they experience what is called double jeopardy. According to the Canadian Center for Policy Alternatives, "Black women face greater barriers to getting jobs, well-paid jobs in particular, compared to other racialized and white women. They are over-represented in precarious and part-time employment which typically pays less and provides fewer hours of work overall. They experience long and frequent periods of unemployment, slower career advancement, and more 'long term' entry-level jobs."

Andie Kramer, a Forbes magazine contributor, reported in January 2020 that the American Bar Association report titled "Visible Invisibility: Women of Color in Law Firms," found that Black women are often excluded from their firms' internal networks, seldom offered opportunities for client contact, and infrequently receive challenging assignments. Indeed, 66% of Black women were found to have been excluded from both formal and informal networking opportunities, but only six percent of white women had been. Black Women's experiences in other professions and business areas are no different from their experiences in law. Black Canadian Women have similar experiences.

100ABCWomen© looks forward to deliver its programs: The Book Launch & Gala and Symposium in September 2022 and Fireside Chats starting October 2022 to June 2023. These are our ways of amplifying the voices of such Influencers and talented leaders in our communities.

We invite Corporations, diverse organizations and government officials to attend our events so that they can witness firsthand the rich talent that exists within the Black Community. It's a means of breaking down barriers, negative stereotypes and systemic obstacles that Black women experience across sectors.

**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 0V | Email address: [100abcwow-en@gmail.com](mailto:100abcwow-en@gmail.com)

## 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?"

Born in Jamaica in 1940 to a well-to-do family of entrepreneurs, she blamed the evils of the pre-19th-century British slave trade for keeping her from knowing her African roots. At the same time, she credited the 'British Standards of Excellence' she grew up with, before colonial rule ended in 1962. She got married to a Scottish man, who was a teacher and sculptor. They moved to Canada, settling in Toronto in 1965 and opened a Hair Salon and Art Shop.

After her husband's death in the 1980s, she decided to make a change, and earned a Master's Degree in Education at the University of Toronto. It was there, where her pupils made rubbings from a tree trunk.

The principal, while supportive, headed her off with a warning about the parental outcry and legal liability that would flow from an accident. So, she sent permission slips home, awaited their return and took the children on a walk through the neighbourhood instead. "I learned to get around it," she said,

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..

*She remained as a public advocate especially during Black History Month until her passing on May 30, 2017*

*And now you know the Rest of HerStory—  
Phyllis Velona Broom-Walker*

thank  
you!

Editor: **Dauna Jones-Simmonds**, Co-Author |  
Co-Founder | The Architect of 100 ABC Women Project







**2022—4th Book**

**Launch & Gala will be held on Saturday,  
September 17, 2022!**

**Virtual Symposium—Saturday, September**

**24, 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*” are 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**  
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omen](http://www.instagram.com/100_abcwomen)

**Twitter: @100abcwomen**

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**Subscribe to our YouTube  
Channel**

[https://www.youtube.com/  
c/100abcwomen](https://www.youtube.com/c/100abcwomen)

## Upcoming Fireside Chats!! Join us On Saturdays @ 3 pm EST via our YouTube Channel –

<https://www.youtube.com/c/100abcwomen>

### Episode #32 – Coaching, Mentoring, Spirituality & Beyond

March 5, 2022

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



#### Educational Series

Panelists speak about the impact mentoring, having a coach and spirituality can have on one's career

Moderator – Gwyn Chapman – Community Leader

#### Panelists

- Sharon Joseph – Coach & Educator
- Marcia Brown – Executive Director -Trust 15
- Tanika Riley – Coach & Mentor



### Episode #33 – Entrepreneurship – Building the Business

March 12, 2022

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



#### Educational Series

How Black Women are continuing to build their own businesses

Moderator – Jacqueline Dixon

#### Panelists

- Dominique Dennerly – Consultant
- Frances Delsol – Consultant
- Cynthia Mufandaeza-Moyo – Business Owner



**Our Season One Fireside Chats will end on Saturday, March 12th. 100ABCWomen© would like to take this opportunity to thank our Honourees for spending their Saturday afternoons with us and generously sharing their knowledge and expertise. To quote one of our attendees "these conversations need to continue". Special thanks to our sponsor—BIPOC!**

**We are pleased to invite you to Season Two Fireside Chats which will commence on Sunday, October 16, 2022 at 3 pm.**

## Crab Gumbo

### Ingredients

- 6 crabs
- 3 large tomatoes
- 1 onion
- 1 to 2 blades chives
- 1/4 red pepper without seeds
- Piece of parsley or thyme
- 1 bay leaf
- 6 to 7 okras
- 2 Tbsp butter
- Salt to taste
- Water



### Instructions

Purge, scald and thoroughly wash the crabs. Remove claws and take body from shell discarding the gall, Cut body into four. Scald and skin tomatoes if liked. Wash and cut up seasonings and slice okras. Melt butter and brown crabs. Add seasonings and when brown put in okras. When all are well browned, add bay leaf and 2 cups of water to cover. Cover pot and simmer for 1 hr. When coked, mixture should be like thick soup. Serve hot with rice!

**Anonymous**



**Quick and easy to prepare!  
Delicious  
Good old fashion Cooking!!**

**Norma Wilson**

# Sponsor Me to the Mountains

by: Dr. Roz & the  
LEARN, EARN & RETURN  
OUTSIDERS

## 300KM HIKE in Vancouver, BC

April 17-  
May 14



**SISTAS  
CALLING**

Our hike across Vancouver will raise awareness about the prevalence and impact of gender-based violence and funds for Sistas Calling, a performing arts symposium/ conference that addresses anti-violence and anti-racism locally, nationally and globally. Support with a donation!

First Name	Surname	Address	Date	Donation		

Donate online at: <https://gofund.me/6598afcb>

**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.**