



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



# 100 ACCOMPLISHED BLACK CANADIAN (ABC) WOMEN

100ABCWomen

#1

January 2022

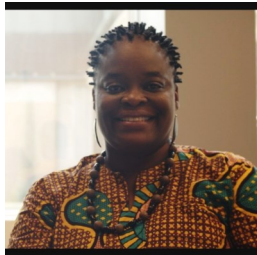
You did it!  
*Congratulations*



**Event Planner—Joan Pierre—takes on a New Position—Executive Office Manager at Amnesty Canada**



**Floydeen Charles-Fridal Huggins—Martin Luther King Dream Keeper Award 2022 Recipient**



**Dr. Roberta Timothy, Assistant Professor at University of Toronto's Dalla Lana School of Public Health - A 2022 Doris Anderson Award Recipient**

### 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 Joan Pierre, Floydeen Charles-Fridal Huggins & Dr. Roberta Timothy
- ⇒ Buy your 100 Accomplished Black Canadian Women book today! Get Ready for Black History Month
- ⇒ **2024 Nominations are Open!**
- ⇒ Quote of the month—Stacey Clarke
- ⇒ Minding our Business—A Focus on Black Women Who Fought for the recognition of Black History Month in Canada
- ⇒ Join our February 2022 Black History Month Fireside Chats and Inspirational Conversations On Saturdays @ 3 pm EST sponsored by BIPOC Executive Search Inc!
- ⇒ Just Good Old Fashion Cooking—Delicious!!! Johnny Cakes —Anonymous
- ⇒ Posthumously Speaking—The Rest of Her-Story
- ⇒ Upcoming Events
- ⇒ Advertise with Us
- ⇒ How to Contact Us
- ⇒ DYLOTT—"Straight Talk"



**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/>

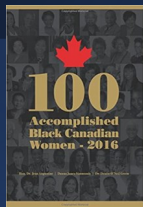
### Quote of the Month:

**“Remember always that your experiences will shape you but do not allow them to define you.”**

**Stacey Clarke**

### Will you buy your Book Today?

(Note - These books are available in English only)



Can\$20



Can\$35



Can\$25 for Black History Month



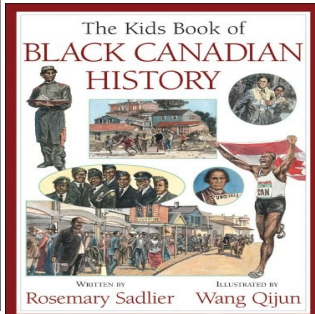
Go to [www.100abcwomen.ca](http://www.100abcwomen.ca) or Amazon.ca

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

**100 ABC Women Minds Its Own Business—  
A Focus on Women Who Fought for  
Black History Month**



During her time as MP, the Honourable Dr. Jean Augustine introduced the motion that allowed for the placement of the Famous Five statues on Parliament Hill as well as the motion that led to the creation of Black History Month in Canada, which was officially recognized in December 1995 by the House of Commons.



Rosemary Sadlier was the President of the Ontario Black History Society (OBHS) from 1993 to 2015. As president, she contributed to the recognition of Black history through education, research and outreach programs.

**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: [100abcwom-en@gmail.com](mailto:100abcwom-en@gmail.com)

**Posthumously Speaking -  
The Rest of HerStory**



She was born on July 6, 1914, and was one of ten children of James and Gwendolyn Davis, who were active in the Black community in Halifax, Nova Scotia, despite the fact that her mother was white and her father was black. Growing up she noted the absence of professional hair and skin-care prod-

ucts for Black women and set her sights on addressing the need. Being of African descent, she was not allowed to train to become a beautician in Halifax, so she left and received beautician training in Montreal, Atlantic City and New York. Upon completion, she returned to Halifax to start her own hair salon.

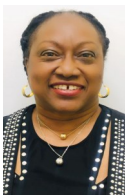
She was a Canadian businesswoman who challenged racial segregation at a cinema in New Glasgow, Nova Scotia in 1946. She refused to leave a whites-only area of the Roseland Theatre and was convicted of a minor tax violation for the one-cent tax difference between the seat she had paid for and the seat she used which was more expensive. Her case was one of the most publicized incidents of racial discrimination in Canadian history and helped start the modern civil rights movement in Canada.

After her trial, she and Jack divorced and eventually closed her business and moved to Montreal where she enrolled in a business college. She eventually settled in New York, U.S.A., where she died on February 7, 1965, at the age of 50. She was buried at Camp Hill Cemetery in Halifax, Nova Scotia.

*And now you know the Rest of HerStory—  
Viola Desmond.*



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*” 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**

# Johnny Cakes

## Ingredients

- 1/2 (2 cups) flour
- 1 oz (2 Tbsp) shortening
- 1 Tsp salt
- 2 Tsp sugar
- 2 Tsp baking powder or 1 tsp bi-carbonate of soda



## Instructions

Sift flour, salt and baking powder together.

Add the shortening and using finger tips or a fork, mix thoroughly until it resembles bread-crumbs. Dissolve the sugar in one-third cup of water and use this to mix the flour to a soft dough. Knead lightly, cut into pieces the size of a small egg and roll into balls. Flatten balls to 1/2 inch thick and fry in smoking hot oil until golden brown.

*Anonymous*

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



*Norma Wilson*

### Episode #28 – Black Canadian History

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

February 4, 2022



**Educational Series**  
Historians speak to history of those who came before us

Moderator – Sarah Onyango – Radio & TV Host

Panelists

- Kathy Grant – Black Historian
- Carolyn Wilson – Curator
- Linda McMurdy – Lawyer & Former Athlete



### Episode #29 – Fighting Anti-Racism

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

February 11, 2022



**Educational Series**  
Discuss the work that is being done to protect our youth against racism

Moderator – Ginelle Skerritt – Community Advocate

Panelists

- Valarie Steele - Advocate
- Aina-Nia Ayo'dele - Advocate



### Episode #30 – Diversity, Equity & Inclusion

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

February 18, 2022

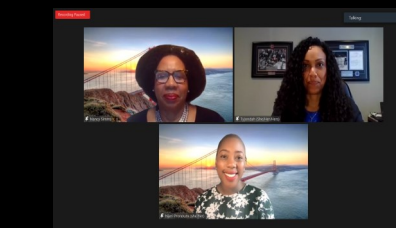


**Educational Series**  
Is discrimination alive and well?

Moderator – Nancy Simms - Diversity, Equity & Inclusion Expert

Panelists

- Njeri Damali Sojourner-Campbell – Lawyer
- Tyjonda Kerr – Diversity Advocate



### Episode #31 – Beauty is in the Eyes of the Beholder

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

February 25, 2022



**Educational Series**  
Women in the Beauty field share their beauty tips

Moderator – Kares Clarke-Glasgow

Panelists

- Lanre Tunji Ajayi – Beauty Expert
- Janet Campbell – Beauty Expert
- Brenda Williams – Beauty Expert



**dylott** PRESENTS:

**STRAIGHT TALK, NO CHASERS:  
ECONOMIC JUSTICE FOR BLACK  
WOMEN-LED NONPROFITS IN  
AND BEYOND THE DECADE FOR  
PEOPLE OF AFRICAN DESCENT**

**FEB 9TH, 2022** | **11 AM - 1PM**  
Event Location:  
Zoom

**MODERATOR**



**Tanya Hayles**  
(Founder of Black  
Moms Connection)

**PANELISTS**



**Candies Kotchapaw**  
(Founder and Executive  
Director of DYLOTT)



**Irene Duah-Kessie**  
(Founder of Rise in STEM)

Event Sponsor:  **Mercer**

**Registration link is: <https://www.eventbrite.ca/e/straight-talk-no-chasers-economic-justice-for-black-women-led-nonprofits-tickets-247930846837>**



**For black history month - join the Sudbury Afro Heritage Association as we have a conversation with some community leaders. Please register via the following Eventbrite link - Folks please promote**

<https://www.eventbrite.com/e/black-history-month-a-conversation-between-ladies-and-friends-tickets-258572757077>

**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.**