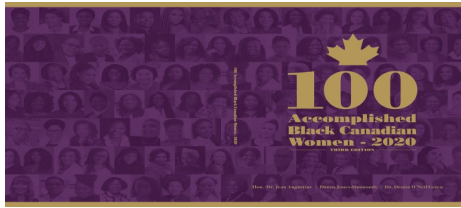




CO-AUTHORS: DR. DENISE O'NEIL GREEN, HON. DR. JEAN AUGUSTINE & DAUNA JONES-SIMMONDS (LEFT TO RIGHT)



Reminder—FEBRUARY is



100 ACCOM-

100ABCWomen

#1

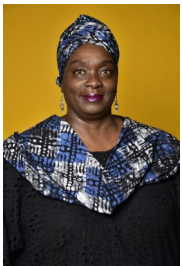
Congratulations to Extra-ordinary Women



A well-deserved promotion for Toronto Police Service Superintendent Stacy Clarke on being promoted to the rank of Superintendent! The first Black woman to achieve this rank in the history of Toronto Police.



Black History Ottawa, honored **Brenda Williams** with a 2021 Community Builder award for her leadership and community engagement: specifically, for her role in creating and running the NewLife Project Inc., which inspires, educates and empowers women locally, offers training and mentorship to local youth, and supports vulnerable women and children in West Africa, as well as my work making and distributing free masks during the pandemic.'



2021 Black Leadership & Recognition Event present **Floydeen Charles-Fridal Huggins** with the Leadership Award. The theme, Youth Success & Empowerment – was a conversation about resiliency and strategies that are being used to support the Black Community as we recover from Covid-19.



Marcia Browne was honoured and humbled to receive the “Nation Builder of the Year Award 2020” from the Empire Club of Canada on behalf of Trust 15 and community efforts. The Empire Club of Canada held a virtual award ceremony to honour Canada’s front line workers and Trust 15.

2022 Nominations are open—
click here to nominate an accomplished Black Canadian Woman: <https://www.100abcwomen.ca/>

In This Issue...

- ⇒ Congratulations—100 ABC Honouree—Hon. Dr. Jean Augustine
- ⇒ Quote of the month—Yvette Yende-Ashiri
- ⇒ Posthumously Speaking ... The Rest of Her Story
- ⇒ Hear from the Expert—Drs. Anna Jarvis & Karline Wilson-Mitchell
- ⇒ Job Opportunities at University of Windsor
- ⇒ New Date for 100 ABCWomen Book Launch & Gala—Sat. Sept 18, 2021
- ⇒ Just Cooking—Delicious!!! Corn Soup by Joan Pierre
- ⇒ RBC Platinum Sponsor; CIBC Gold Sponsor & GBKM - 2020 Book Launch



100 Accomplished Black Canadian Women — 2018

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:

“Act Today to Impact Tomorrow! (My motto). Dare to act and believe in yourself always, because change begins with you”.

Yvette Yende-Ashiri

Should There Be A Virtual Symposium & Book Launch Gala?



Is it still feasible for 100 ABCWOMEN to hold the SYMPOSIUM and the 2020 BOOK LAUNCH AND GALA as planned on September 2021?

The first Symposium was held in September 2019 and as a biennial event, the next one was planned for September 2021. The Book Launch & Gala was originally scheduled for September 2020, but due to the pandemic, was rescheduled for September 2021. This information serves as the baseline for what comes next.

The daily reports in Toronto regarding the status of COVID-19 in Ontario, reflect a "two year effect" on the numbers we see and the next they are down. The restrictions at Women's College Hospital have notified that although Black Canadians make up only 10% of the entire Canadian population (and we recognize Ontario as a big chunk of that), they have a 25% percentage rate for COVID-19. It has been stated that many other countries with predominantly Black populations, the death rate from COVID has been lower than in 'developed' countries.

100 ABC Women has been monitoring the various information being presented globally on the status of COVID-19 and definitely more leaning on the Canadian facts with razor focus on Ontario. Two of our Honouraries with medical expertise have been assisting us with assessing the situation in order to make informed decisions.

In addition to the measures (masks, gloves, washing hands, social/physical distancing) which have been in place since the onset of COVID-19 became on the scene, there has been a shaky roll out of two or three vaccines. Given the announcement of some delay in shipments of promised vaccines, it is difficult for 100 ABC Women to make final arrangements for the September event. In the time, we have been able to report the latest medical and new events at the event site. We have added to the link, which makes planning even more very challenging. It is hoped that by our April Newsletter, we will have a firm announcement about our scheduled events. Being cautious is our motto over the next few months.

Thanks to the contributions of Dr. Kaline Wilson-Mitchell & Dr. Anna Jarvis (shown here - left to right)



Ottawa, ON. -- Black history enthusiast and "Accomplished Black Canadian Woman 2018" Rachel Décoste has published an audio book detailing her epic odyssey to Africa. Like most descendants of enslaved Africans, Ms. Décoste could not pinpoint her origins until technology evolved. Guided by a DNA test, she visited 5 countries in as many months – each country held a piece of her ancestry. In her own voice, Ms. Décoste recounts her journey with vivid imagery and humor. Her pan-African trek is peppered with unexpected twists and delightful discoveries. "Year of Return: a Black Woman's African Homecoming" audiobook is released online, just in time for Black History Month.

Listen to the teaser: **CBC interviews in [French](#) / [English](#)**
Link to buy the book: www.YearOfReturnBook.com

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

Email address: 100abcwomew@gmail.com

Posthumously Speaking....
The Rest of Her Story



the performing arts. She studied at the Ontario Conservatory of Music in Toronto and at the Ottawa College of Music.

In 1942, during the Second World War, she worked at the Dominion Bureau of Statistics in Ottawa where she met and married her husband George. It was in Ottawa where she began her career as a radio host with "The Kathleen Livingstone Show". She later moved to Toronto where she continued this career hosting programs on several stations including the Canadian Broadcasting Corporation (CBC). She also became a leading amateur and professional actress.

In 1950, she joined a women's social club known as the Dilettantes. She quickly changed the name to the Canadian Negro Women's Association (CANAWA). This organization was the forerunner of the First National Congress of Black Women.

In the last years of her life, Ms. Livingstone worked as a consultant to the Privy Council of Canada, travelling the country in preparation for a conference on 'visible minorities' in Canada (a term which she is credited with coining). She met Carrie Best on these travels. Ms. Best was influenced by her and upon Ms. Kate Livingstone's death in 1975, she formed the Kay Livingstone Visible Minority Women's Society in her honour - an organization which continues to provide educational funding for deserving youth. Today the Kay Livingstone Award is presented to Black women in Canada. The mandate is to improve the lives of other women of colour and their families. **And now you know the rest of Her Story**

Coming SOON



To get your tickets for the Book Launch & Gala, please click on the url link below:

NEW DATE—SATURDAY, SEPTEMBER 18, 2021

<https://www.100abcwomen.ca/product-category/2020-gala-tickets/>

Editors: **Dauna Jones-Simmonds**

thank you!

& **Norma Wilson**





NEWS FLASH! 2020—3rd 100 ABCWomen Book Launch & Gala on Saturday, September 18, 2021. The event will be preceded by our Biennial Symposium on Friday, September 17, 2021—9:30 am to 2 :30 pm. Stay tuned for more details!

100 ABC Women

2022 Nomination Process is Open!

<https://www.100abcwomen.ca/nomination-form-2022/>

Thanks to Our Sponsors
2020 Sponsorship of the Book Launch and Gala



Upcoming Events Calendar

Fireside Chats with 100 ABC Honourees starting March 2021

DATE CHANGE

2020 BOOK LAUNCH & GALA
SATURDAY, SEPTEMBER 18, 2021

WOODBINE BANQUET HALL
30 VICE REGENT BLVD
TORONTO

95% Tickets are already sold!

YOU ARE ENCOURAGED TO RETAIN YOUR SEATS

100 ABC Women made the important decision of rescheduling the 2020 Book Launch and Gala to Saturday, September 18, 2021—all details remain the same. The event will be preceded by a Symposium on Friday, September 17, 2021 from 8:30 am to 2:30 pm. More details to follow.

Learn More About 2020 Honourees

<https://www.100abcwomen.ca/2020-honourees/> 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

Instagram: @100_abcwomen
www.instagram.com/100_abcwomen

PAN ARTS NETWORK & TORONTO ARTS COUNCIL presents ...
... "POWER TO TEACH" (pt. 1)
Virtual Webinar Steel PAN-DEMIG
When: Friday January 29, 2021
Time: 7:00 pm
Where: Streaming LIVE on Pan Arts Network YouTube and Facebook Channels.
Link: <https://www.youtube.com/watch?v=sp0u97paAb4Y>

Our Panel:
Sheil Ramnath, Tareen Clarke, Joe Cullen, Gareth Burgess, Al Porter & Andre Bause
Panel Discussion: Join our panel of steelpan educators as we discuss how to successfully navigate virtual learning and more!
Hosts: Wendy Jones & Earl La Pierre Jr. (Exec. Directors of Pan Arts Network)
Sponsored by the Toronto Arts Council

Celebrations and Revelations 2021

Free online concert in celebration of Black History Month

Four talented young Black Canadian musicians continue the quest to introduce audiences everywhere to little-known Black classical composers from 17th to 21st century.



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2021 PROGRAM COHORT BEGINS IN MARCH

PROGRAM OVERVIEW

- ✓ Prepare participants to interface with regional, national and global policy issues ranging from climate change management to future of work in the digital age.
- ✓ Program delivery by [Young Diplomats of Canada](#), [Global Diplomatic Forum](#), [Global Affairs Canada](#) and other nationally and internationally recognized training bodies.
- ✓ Career exposure and Internship opportunities.

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'TRINI' CORN SOUP

Ingredients

- 6 Tbsp Margarine
- 1 1/2 Cups Split Peas
- 10 Cups Water
- 1 Medium Onion
- 3 Garlic Cloves
- 1 Chive Stalk
- 1 Celery Stalk
- 2 Pimento Peppers (Chopped) substitute 1 sweet pepper
- 1 Cup Carrots (Chopped into small pieces)
- 3 Ears of Corn (Cut into 1/4 inch Pieces)
- 2 Cup Pumpkin (Chopped in small pieces)
- 1 tsp Hot Pepper sauce (Optional)
- 1/2 cup Coconut Milk from the tin.
- Salt (To Taste)
- Dumplings - 1cup flour, 1/2 corn meal, 1/4 tsp salt, 1 tbs sugar, 1tbsp margarine and water to make a soft dough.

Directions

Wash split peas and soak overnight for faster prep. Alternatively, you can pressure cook the split peas for 15 minutes or place it in the dutch pot or soup pot to boil until is completely soft. (this can take three hours, so put it on low heat for that time, do not cover pot completely)

In a large, deep soup pot over medium high heat, melt 6 tablespoons of margarine. Add garlic, onion, pimentos (sweet peppers) and chive and saute for 5 minutes. Add all split peas, 1 cup carrots, 2 cups pumpkin, 4 cups of water and boil for 45 minutes.

Meanwhile, prepare dumplings. Knead cornmeal, flour, salt, sugar, margarine and water into a soft dough. Roll out into long strips and cut into 1/2 inch pieces. Set aside. (if you can't make dumplings, just add some quartered potatoes at the end.

After 15 minutes, remove soup base from the stove and allow to cool slightly, blend and puree until smooth, taste for salt. Return soup puree to the stove and add the remaining 6 cups of water, coconut milk and hot pepper and dumplings or (potatoes) Simmer on medium-low heat for 45 minutes or until corn is cooked and place potatoes in last. Stir occasionally. Serve hot.



Humber College International Women's Day 2021

Virtual Forum

Saturday, March 6, 2021
10:00 am to 11:30 am

Theme: Lessons on Groundbreaking Leadership from Black Women

- ✦ **Event Host: Dr. Gina Antonacci PhD**
Associate Vice President Academic, Humber College
- ✦ **Moderator: Sylvia Sweeney CM**
Associate Dean, Film, Acting & Media Production, Faculty of Media and Creative Arts, Humber College
- ✦ **Keynote: Dr. Njoki Wane PhD**
Professor at the University of Toronto. She is currently serving as Chair in the Department of Social Justice Education at the Ontario Institute for Studies in Education (OISE).
- ✦ **Panelists:**
- ✦ **Senator Wanda Thomas Bernard PhD**
First African Nova Scotian woman to be appointed to the Senate of Canada
- ✦ **Celina Caesar-Chavannes MBA**
Equity, Diversity and Inclusion (EDI) Senior Advisor, Queens University
- ✦ **Dr. Kathy Hogarth PhD**
Associate Professor, University of Waterloo

Please register by visiting:
<https://HumberIW2021.eventbrite.ca>

This document is available in an alternate format upon request

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.



Joan Pierre
Event Planning Executive

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