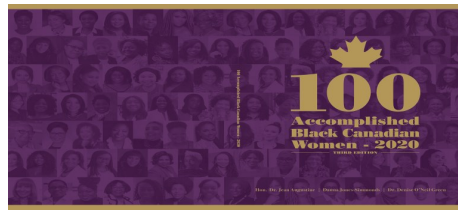




**CO-AUTHORS: DR. DENISE O'NEIL GREEN, HON. DR. JEAN AUGUSTINE  
& DAUNA JONES-SIMMONDS (LEFT TO RIGHT)**



## 100 ACCOMPLISHED BLACK CANADIAN (ABC) WOMEN

**100ABCWomen #4**

**April 2021**

**Starting June 12, 2021 -  
Registration Required.**



### TOPICS INCLUDE

CURRENT ISSUES  
CONSULTING  
CREATIVE ARTS  
DIVERSITY  
EDUCATION  
ENGINEERING  
ENTREPRENEURSHIP  
FINANCE  
GOVERNMENT  
HEALTHCARE  
LEGAL  
MEDIA  
NOT-FOR-PROFIT  
SOCIAL JUSTICE  
SPORTS  
TRADE UNION  
and more!

**2021-2022  
VIRTUAL  
FIRESIDE  
INSPIRATIONAL  
CHATS  
WITH  
100 ABC WOMEN**

**HONOREES  
WEIGH IN ON  
TOPICS THAT  
MATTER**

**EPISODES TO  
BE RELEASED  
ON**



Coming soon

### FOR MORE INFORMATION

**EMAIL:**  
100ABCWomen@gmail.com

**CALL:**  
416-505-6992

**WEB:**  
www.100ABCWomen.ca

**HOSTED AND  
MODERATED  
BY  
100 ABC  
WOMEN**

**FREE REGISTRATION**



**100 ABC Women is incredibly proud to have the opportunity to spotlight our Accomplished Black Influencers and Changemakers! Can we count on your engagement?**

### In This Issue...

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

- ⇒ Starting June 12, 2021—Virtual Inspirational Fireside Chats with 100 ABC Honourees!
- ⇒ Topics for “**Inspirational Conversations**”
- ⇒ Quote of the month—Carlotta Weymouth
- ⇒ University of Windsor Law Announces Scholarships in Honour of Pioneering Black Woman Lawyer Thora H. Espinet
- ⇒ It's Virtual—100 ABC Women Book Launch & Gala—Sat. Sept 18, 2021
- ⇒ Just Cooking—Curried Squash & Apple Soup—Delicious!!! By Norma Wilson
- ⇒ RBC & TD Bank—Platinum Sponsors; CIBC Gold Sponsor - 2020 Book Launch & and Gala—Thank You!!
- ⇒ 2020 100 Accomplished Black Canadian Women publication—Table Top Size in full Colour—Available in July 2021 for only \$50 (includes shipping and Taxes). Pre-order your books now. <https://www.100abcwomen.ca/product/100-accomplished-black-canadian-women-2020/>
- ⇒ Nominations for 2022—Deadline—August 31, 2021



### **100 Accomplished Black Canadian Women — 2018**

**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/>

**2020 Book—**<https://www.100abcwomen.ca/>

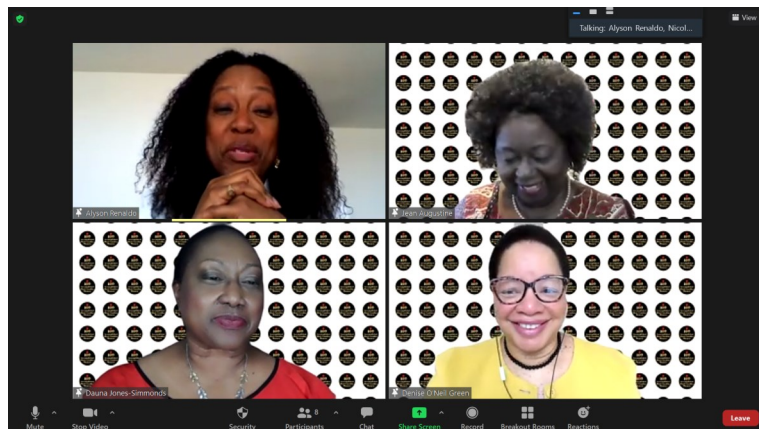
### Quote of the Month:

**“You are only limited by the limits you place on yourself. Be consistent, be persistent but most of all, be true to yourself.”**

**- Carlotta Weymouth**

A 'Sneak' Preview of the Upcoming "Inspirational Conversations"  
Fireside Chat series with 100 ABC Honourees

THE MAKING OF 100 ABC WOMEN



MENTAL HEALTH MATTERS



THE MEDIA SPEAKS



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



It is with mixed emotion that 100 ABC Women announces it's decision to have a **virtual Symposium and Book Launch & Gala** on Friday and Saturday, September 17 and 18<sup>th</sup>, 2021, respectively.

The decision was difficult because we fully understand that our Honourees value your in-person presence and the celebratory atmosphere that comes with it. However, everyone recognizes that the safety of everyone is our highest priority especially during a pandemic.

The Virtual Symposium, sponsored by TD Bank and focused on Mental Health within the Black Community, will present some powerful Panelists and occur from 9:30 until noon.

The Book Launch & Gala, also sponsored by TD Bank, RBC and CIBC, will occur from 6:00 pm until 8:30 pm.

Please accept our deepest appreciation for your continued support and understanding. For every ticket purchased, you will be reimbursed \$100 and your book(s) will be mailed to you.

**Advertise with Us!**



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

To get your tickets for the Book Launch & Gala, please click on the url link below:  
**NEW DATE—SATURDAY, SEPTEMBER 18, 2021**

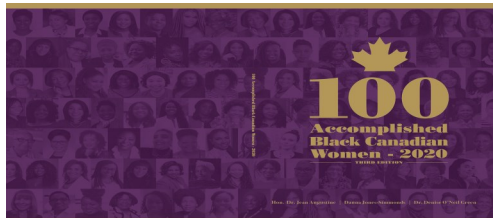
<https://www.100abcwomen.ca/product-category/2020-gala-tickets/>

Editors: Dauna Jones-Simmonds



& Norma Wilson





## Topics for Fireside Chat “Inspirational Conversations” with 100 ABC Honourees (Starting June 2021)

Kick Off - The Making of 100 ABC Women	Community Speaks	It's All About Engineering	STEM - What you need to know	Being Artistic	Building Your Career
Educating during COVID	Minding My Political Business	Coaches and Mentors - where are they?	Entertainment/Creative Arts	Black Canadian History	The World of Entertainment
Mental Health Matters within the Black Community	Technology Gurus	Former Athletes Speak	We Wrote The Book	Want to Hear A Story?	Trade Union of Every Kind
Diversity / Equity	Legal Speak	Advocating for the Seniors	Canadian Black Senators	Fighting Anti-Racism	The Professors
Why do we need Etiquette?	Entrepreneurship - Owning A Business	Advocating for the Youth	Integrating into the Canadian Culture - The New Canadian Experience	Building Financial Literacy	Beauty is in the Eyes of the Beholder
Media Works - You can't live without us	Building a strong Strategy for your Business	Entrepreneurship - Building the Business	Healthcare - Medicine	Developing Parenting Skills	Building Your Career

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



### Upcoming Events Calendar

**Fireside Chats with 100 ABC Honourees starting June 12, 2021 @ 6 pm**

## IT'S A VIRTUAL EVENT

2020 BOOK LAUNCH & GALA  
**SATURDAY, SEPTEMBER 18, 2021**

Event Link will be available early September

100 ABC Women made the important decision of re-scheduling 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 noon. 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](https://www.facebook.com/100abcwomen)

**Instagram: @100\_abcwomen**  
[www.instagram.com/100\\_abcwomen](https://www.instagram.com/100_abcwomen)

**Twitter: @100abcwomen**



## Minding Our Business Series

University of Windsor Law Announces Scholarships in Honour of Pioneering Black Woman Lawyer Thora H. Espinet



TORONTO, Canada – The University of Windsor's Faculty of Law today announced details of scholarships in honour of pioneering law alumnus, Thora H. Espinet. Called to the bar in 1984, Thora H. Espinet (LL.B 1982) is a lawyer and family law mediator based in Toronto. Born in Clarendon, Jamaica, Espinet (nee Ellis) moved to London, England with her parents before moving to Toronto. After completing her undergraduate degree at York University, she graduated from Windsor Law to become one of the first Black women lawyers in Ontario.

**About the Scholarships**—Recognizing issues with anti-Black racism at the institution and a commitment to tackling ABR, University of Windsor Law has launched a series of initiatives, including a Black student scholarship initiative named in honour of Ellis-Espinet. 'We do not see money as a means of replacing the ABR work that needs to be done. We would like, however, to be able to provide direct financial assistance to Black-identifying students through scholarships to recognize the differential impacts of the pandemic on BIPOC communities and the burdens on our Black-identifying students from campus climate issues. In the Fall, we allocated \$100,000 in new financial support for Black students. \$50,000 in bursaries will be released this term for current students and \$50,000 in admissions scholarships have been established. These bursaries are named in honour Thora Ellis-Espinet (a 1982 grad and one of the first Black women lawyers in Ontario)". Of the scholarships, Espinet commented, "We must create long term solutions to correcting the inequality and inequity created by systemic racism. This scholarship and the ensuing bursaries named in my honour, will annually assist and support capable, qualified students, who may otherwise be financially incapable of studying law. With Windsor making building of the trust fund an ongoing priority, over time, more and more Black students will be helped each year".

The Windsor Law scholarships will be awarded commencing in the Fall of 2021, and consist of 2 parts: an annual \$1500 scholarship, and a one-time \$50,000 endowment which will be allocated to as many students as meet the criteria. Both bursaries are funded by University of Windsor Law, with any additional public donations over and above the original offering added to the trust fund yearly, to create additional annual scholarships. Apply for Thora Ellis-Espinet Scholarship:

<https://www.uwindsor.ca/studentawards/381/uwinawardapplication>

Make a tax deductible contribution to this scholarship at:

[bit.ly/EspinetScholarship](https://bit.ly/EspinetScholarship) (Excerpt from Press Release)

**Story Telling Festival—Register Now!**

[https://torontostorytellingfestival.ca/2021/?mc\\_cid=88aee817af&mc\\_eid=f840c81621](https://torontostorytellingfestival.ca/2021/?mc_cid=88aee817af&mc_eid=f840c81621)

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.

## CURRIED SQUASH AND APPLE SOUP



### Ingredients

- 1tbsp butter
- 1onion chopped
- 3 cloves garlic minced
- 2 tsp curry powder
- 1 medium butternut squash, peeled and chopped
- 2 apples peeled and chopped
- 2 cups chicken broth
- 2 cups warm milk
- Salt and pepper to taste

### Directions

- In a large pot, melt butter over medium heat. Add onion and garlic;
- Sauté for about 5 mins or until softened. Stir in curry powder, squash and apples.
- Sauté for about 2 mins. Add chicken broth, cover and bring to a boil.
- Reduce heat to medium low and simmer covered until apples and squash are soft.
- Using an immersion blender, purée until smooth.
- Stir in warm milk and reheat soup over medium heat, stirring until steaming. Do not boil.
- Season to taste with salt and pepper.
- For an extra cheese flavour, add old cheddar cheese or Gouda instead of cheddar.



**Norma Wilson**  
Chief Editor