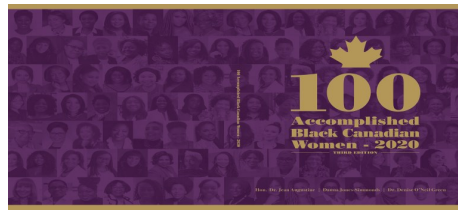




CO-AUTHORS: DR. DENISE O'NEIL GREEN, HON. DR. JEAN AUGUSTINE & DAUNA JONES-SIMMONDS (LEFT TO RIGHT)



# 100 ACCOMPLISHED BLACK CANADIAN (ABC) WOMEN

## 100ABCWomen

## #5

## May 2021

### Fireside Chats "Inspirational Conversations" Starts June 2021



#### 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

#### HONOUREES 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

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

#### In This Issue...

- ⇒ Virtual Inspirational Fireside Chats with 100 ABC Honourees!
- ⇒ Tulsi Mindfulness Pathways with Mabinti Dennis
- ⇒ Quote of the month—Marie Nyiramana
- ⇒ Posthumously Speaking ... The Rest of Her Story
- ⇒ Recognizing the Women Behind the 100 ABC Women Fireside Chats
- ⇒ New Date for 100 ABC Women Virtual Book Launch & Gala—Sat. Sept 18, 2021
- ⇒ Just Cooking—Delicious!!! Egg Bread by Joan Pierre
- ⇒ RBC Platinum Sponsors: TD Bank & RBC ; CIBC Gold Sponsor - 2020 Virtual Book Launch and Gala—Thank You!!
- ⇒ Pre-Order your 2020 Book—Limited Editions available
- ⇒ Upcoming Events Calendar
- ⇒ Advertise with Us
- ⇒ How to Contact Us

### 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/>



Left to Right—Amah Harris, Liberty Silver, Nadia Hohn, Letna Allen-Rowe, Emerita Emerencia—Fireside Chat / Conversations—

#### Entertainment & Creative Arts

Liberty Silver is the creator of the 100 ABC Women Theme Song

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

#### Quote of the Month:

“Work until you’ve achieved your goals and if you haven’t achieved your goals yet, keep working.”

- Marie Nyiramana



Inspire your children to thrive with **Mindful ME!**

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**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—HerStory**



She was born in 1715 in Guinea, West Africa. She was kidnapped as a teenager and at the age of 19, sold into enslavement in Louisbourg, Cape Breton Island, Nova Scotia, to Jean Chrysostome Loppinot, a French military officer who was posted in Louisbourg.

It was customary at the time, for slaves to be baptized and given a French name, in order to disguise their identity. She was given the name Marie Marguerite Rose and her past was literally erased. Her future focused around serving the Loppinot family which included 12 children. Slaves like Marie were a common sight across Canada, with more than 1,330 of them spending their days, fetching, scrubbing floors, mending, cooking and cleaning.

During this time, she became pregnant to an unknown father, later giving birth to a son, Jean-Francois. Since it was not known who the father was, the baby became a de facto slave. He was responsible for performing domestic duties in the Loppinot household alongside his mother. The Tavern proved to be very successful, although sadly, she lived for just two years after opening the doors. Before her death in 1757, she became part of the group of merchants in the capital of Cape Breton Island, which was an incredible accomplishment in itself.

Today, visitors can see a special display at the Fortress of Louisbourg that celebrates her life of Unlike the slaves in most colonies in New France, she was able to obtain manumission, marry a free man who was not part of her cultural community and become a successful merchant in Louisbourg. A selection of her inventory can be seen onsite at the Fortress of Louisbourg and serves as a reminder of her strength and determination.

In 2008, **Marie Marguerite Rose** was made a *Person of National Historic Significance* by the Government of Canada. **And now you know the rest of HerStory.**

**Advertise with Us!**

**100 ABC Women**

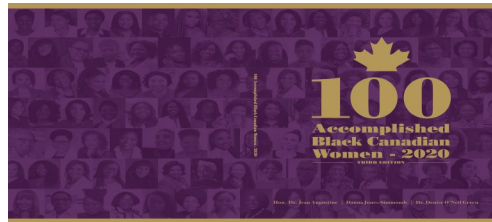
**2022 Nomination Process is Open!**

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

Editor: **Dauna Jones-Simmonds**

**thank you!**





**2020—3rd 100 ABCWomen Virtual 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!**

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



### Upcoming Events Calendar

**Fireside Chats with 100 ABC Honourees starting June 2021**

**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 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 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:**

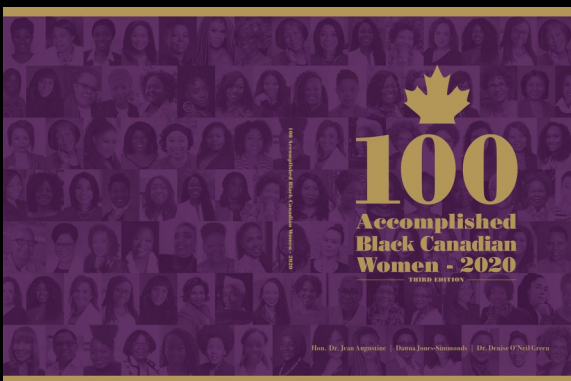
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**Pre-order your 2020 publication of 100 Accomplished Black Canadian Women for Can\$50 (tax and shipping included). Receive your copy by July / August 2021 - just in time for the Virtual Book Launch & Gala on Saturday, September 18, 2021 @ 6:00 pm**



Click here to pre-order your book

[www.100abcwomen.ca/how-to-get-your-book/](http://www.100abcwomen.ca/how-to-get-your-book/)

# Minding Our Business Series

## The Black Women Behind the 100 ABC Women Fireside Chats



Nicole Waldron



Jennifer Singh



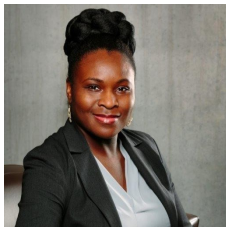
Alyson Renaldo



Sadilyn Foster



Sombo Saviye



Michelle Green



Norma Wilson



Daniella Glasgow

100 ABC Women has been building a series of Inspirational and educational Fireside Chats /Conversations that will be released early this summer. This bold initiative would not have come to fruition without the tremendous contributions, commitment and support from each of these talented women. According to the Moderators and Panelists, the sessions have been well organized; the topics are relatable and well-needed to help educate our communities.

Special thanks to Alyson Renaldo who is no longer with 100 ABC Women for her contributions towards the progress made over the past four years. We will miss her humour and commitment to the project.

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.

## EGG BREAD



### Ingredients

2 loaves (16 slices each)  
2 packages (1/4 ounce each) active dry yeast  
1/2 cup warm water (110° to 115°)  
1-1/2 cups warm whole milk (110° to 115°)  
3 large eggs, room temperature  
1/4 cup butter, softened  
1/4 cup sugar  
1 tablespoon salt  
7 to 7-1/2 cups all-purpose flour  
1 large egg yolk, room temperature  
2 tablespoons water  
Sesame seeds

### Instructions

In a large bowl, dissolve yeast in warm water. Add milk, eggs, butter, sugar, salt and 3 cups flour; beat on medium speed until smooth. Stir in enough remaining flour to form a soft dough.

Turn dough onto a floured surface; knead until smooth and elastic, 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, 1-1/2 to 2 hours.

Punch down dough. Turn onto a lightly floured surface; divide into 6 portions. Roll each portion into a 14-in. rope. For each loaf, braid 3 ropes together on a greased baking sheet; pinch ends to seal and tuck under. Cover with kitchen towels; let rise in a warm place until doubled, about 50 minutes.

**Preheat oven to 375°.**

Beat together egg yolk and water; brush over loaves. Sprinkle with sesame seeds. Bake until golden brown, 30-35 minutes. Remove from pans to wire racks to cool.

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



**Joan Pierre  
Event Planning Executive**