

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

100 ACCOMPLISHED BLACK CANADIAN (ABC) WOMEN

100ABCWomen

#6

June 2021



2020 Table-Top Size Publication of 100 Accomplished Black Canadian Women is now here for Can\$50 only (shipping + tax included)! Order your copy now and receive it by July 31, 2021

Click here to order:

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

Join us at our Virtual Book Launch & Gala on Saturday, September 18, 2021 @ 6:00pm.

Check out our **Website:** 100abcwomen.ca

Facebook: 100ABC Women

www.facebook.com/100abcwomen

Instagram: @100_abcwomen

www.instagram.com/100_abcwomen

Twitter: @100abcwomen

Special Thanks to Our Sponsors



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

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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:

“Build resiliency: Practice self-care, self-awareness, ask for help.

Be Curious: Open to try and learn new things.”

- Harriet Thornhill

Mindful ME! With Mabinti Dennis



Inspire your children to thrive with
Mindful ME!

June 5th - June 26th

Tulsi Mindfulness Pathway offers a 4-week mindfulness program for children 7 to 12 years.

Support and motivate your child through this difficult time of online learning and physical distancing.

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**breathing exercises,
relaxation,
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MABINTI DENNIS
MINDFULNESS FACILITATOR,
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\$50 enrolment fee | Saturdays 1pm to 2pm

tulsipathway.ca | 416-880.7567 | tulsi@tulsi.ca

Practice mindfulness. Work mindfully. Play mindfully.



**Congratulations to
Extra-ordinary Women**

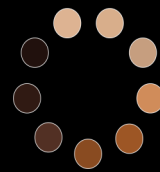
**Sarah Onyango – Radio & TV
Host – Community Builder
Awards-June 2021**

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: 100abcwomen@gmail.com

**100 ABC Women Fireside Chats—
Sponsored by BIPOC Executive**



**BIPOC
EXECUTIVE SEARCH**

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.

Advertise with Us!

100 ABC Women

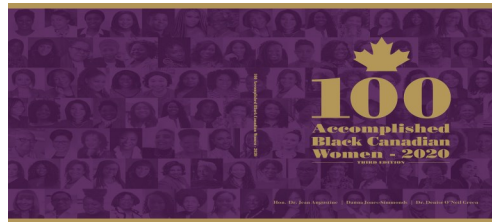
2022 Nomination Process is Open!

[https://www.100abcwomen.ca/
nomination-form-2022/](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!

Marjorie Taylor is being recognized among the 2019/2020 recipients of the Brampton Long-Term Service Award—

Congratulations Marjorie



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:

**Facebook: [100ABC Women](https://www.facebook.com/100abcwomen)
www.facebook.com/100abcwomen**

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

Twitter: [@100abcwomen](https://twitter.com/100abcwomen)

Minding Our Business Series



Colleen Russell-Rawlins, a veteran educator who spent 29 years at the Toronto District School Board before moving to become interim director of education at the embattled Peel public board last year, returns Aug. 5.

She is also a former student of the Toronto board, having attended Alexmuir public school and Albert Campbell Collegiate.

NUBIAN BOOK CLUB

Inspire And Be Inspired

DATES: Thursday July 8, 2021
Thursday July 22, 2021
Thursday Aug 5, 2021

TIME: 6:30 pm

FORMAT: Zoom link to be provided upon registration

BOOK: *We Want to do more than Survive*
by Bettina Love

FOCUS:
"TOWARDS
LIBERATION FOR
BLACK STUDENTS
& COMMUNITIES"

Book Club: Each year we have explored aspects of Blackness through reading and discussion. This summer we wish to explore how abolitionist teaching could aid in the quest for Black students to have educational freedom. Our conversations will work to support youth to identify and triumph over barriers while holding systems accountable for change.

Book Club Groups facilitated by:
Jeewan Chanicka *Dr. Carl James *Clayton Latouche *Dr. Camille Logan *Tisha Nelson *Cecil Roach
Dr. Vidya Shah *Darcie Sutherland *Dr. Kimberley Tavares

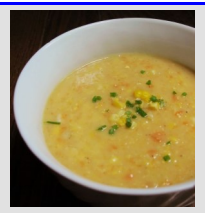
Building Bridges:
Nubian Book Club is a network of students, parents, educators and community members who are engaged in the academic and social well-being of students. The Nubian Book Club uses literacy as a tool for advancing student success, leadership skills and community engagement among youth, particularly those of African Caribbean heritage.

Hear words of wisdom from great mentors and enjoy friendship and networking.

NO purchase of books or pre-reading required. Excerpts of books will be provided during each

FOR MORE INFORMATION, PLEASE CALL Donna Cardoza at: 905-479-5821 TO REGISTER, GO TO: NBC 2021 REGISTRATION

"A Reading Nation, Is a Winning Nation"



TRINI STYLE CORN SOUP

Ingredients

- 6 Tbsp Margarine
- 2 Cup Split Peas
- 10 Cups Water
- 1 Medium Onion
- 4 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 Pieces)
- 2 Cup Pumpkin (Chopped in small pieces)
- 1 tsp Hot Pepper sauce (Optional)
- ½ cup Coconut Milk from the tin.
- ½ cup chicken stock (Optional)
- Salt (To Taste)

Instructions

Wash split peas, place it in the Dutch pot with 6 cups water, or soup pot to boil until is completely soft. (this can take three hours, bring to a boil and then on low heat for rest of the 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 sauté for 5 minutes. Add all to split peas, 1 cup carrots, 2 cups pumpkin, 4 cups of water and boil for 45 minutes.

Meanwhile, make the 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. Pour into a blender, 3 cups at a time and puree until smooth. (a hand blender can work as well)

Return soup puree to the pot and add the remaining 4 cups of water, coconut milk, corn, hot pepper and dumplings OR (potatoes) Simmer on medium-low heat for 45 minutes or until corn is cooked and place potatoes in last, if its too thick add some more water and salt to taste. Stir occasionally. Serve hot.



Quick and easy to prepare!
—Delicious Cooking!!

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.