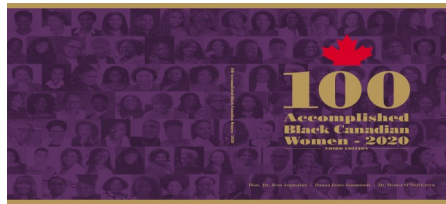




CO-AUTHORS: DR. DENISE O'NEIL GREEN, HON. DR. JEAN AUGUSTINE & DAUNA JONES-SIMMONDS (LEFT TO RIGHT)



## 100 ACCOMPLISHED BLACK CANADIAN (ABC) WOMEN

100ABCWomen

#7

July 2021

### About Emancipation in Canada—August 1st

On March 24, 2021, the House of Commons voted unanimously to officially designate August 1 Emancipation Day. It marks the actual day in 1834 that the *Slavery Abolition Act* of 1833 came into effect across the British Empire.

Canadians are not always aware that Black and Indigenous Peoples were once enslaved on the land that is now Canada. Those who fought enslavement were pivotal in shaping our society to be as diverse as it is today.

Therefore, each August 1, Canadians are invited to reflect, educate and engage in the ongoing fight against anti-Black racism and discrimination.

Emancipation Day celebrates the strength and perseverance of Black communities in Canada.

Taken from: <https://www.canada.ca/en/canadian-heritage/campaigns/emancipation-day.html>

#### In This Issue...

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

- ⇒ 2020 100 Accomplished Black Canadian Women publication—Just Released!
- ⇒ 2022 Nominations are Open!
- ⇒ About Emancipation in Canada
- ⇒ Quote of the month—Rosemary Sadlier
- ⇒ Posthumously Speaking ... The Rest of HerStory
- ⇒ Congrats to Dr. Afua Cooper
- ⇒ About 100 ABC Women Fireside Chats sponsored by BIPOC Executive Search!
- ⇒ New Date for 100 ABC Women Virtual Book Launch & Gala—Sat. Sept 18, 2021
- ⇒ Just Cooking—Delicious!!! Stuffed Breadfruit—Anonymous
- ⇒ RBC Platinum Sponsors: TD Bank & RBC ; BIPOC; CIBC Gold Sponsor - 2020 Virtual Book Launch and Gala—Thank You!!
- ⇒ Buy your 2020 Book—Limited Quantity Available
- ⇒ Upcoming Virtual Events
- ⇒ Advertise with 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/>

#### Quote of the Month:

**“Do what you can to make a positive differences in the lives of people, beginning with yourself”.**

*- Rosemary Sadlier*

## Upcoming Virtual Events

- Every Saturday @ 3-4 pm EST, join our Fireside Chats Check our YouTube Channel – register to participate  
<https://www.100abcwomen.ca/registration-fireside-chats-inspirational-conversations/>
- Friday, September 17, 2021 @ 8:30 am to 12 noon EST – Symposium “Mental Health & US”  
Register: <https://www.100abcwomen.ca/registration-symposium-2021/>
- Saturday, September 18, 2021 @ 6 pm EST – Book Launch & Gala – Register:  
<https://www.100abcwomen.ca/registration-2020-book-launch-gala/>

**Congratulations to an Extra-ordinary Woman**



**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)

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

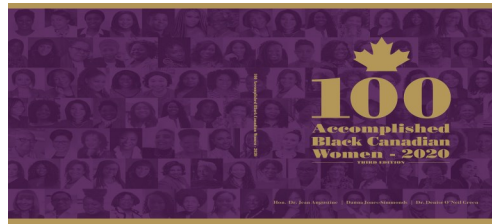
**2022 Nomination Process is Open!**

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

**Editor: Dauna Jones-Simmonds**

**thank  
you!**





**2022—4th Book Launch & Gala will be held on Saturday, September 17, 2022!**

**Symposium—Friday, September 16, 2022**

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:**

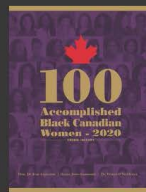
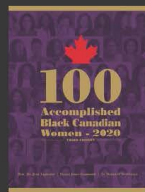
**Facebook: 100ABC Women**  
[www.facebook.com/100abcwomen](http://www.facebook.com/100abcwomen)

**Instagram: @100\_abcwomen**  
[www.instagram.com/100\\_abcwomen](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 Canadian Women

*Just Released*



Just Released

2020 TABLE-TOP SIZE PUBLICATION  
OF 100 ACCOMPLISHED BLACK  
CANADIAN WOMEN IS NOW HERE

ONLY \$50CAN  
(SHIPPING + TAX INCLUDED)!

**BUY YOUR BOOK NOW**



JOIN US AT OUR VIRTUAL BOOK LAUNCH & GALA ON  
SATURDAY, SEPTEMBER 18, 2021 @ 6:00 PM.

Check out our Website: [100abcwomen.ca](http://100abcwomen.ca)



**“OMG ....Thank you so much—the book is beautiful”** Donna Wellington

## Posthumously Speaking The Rest of HerStory



Born in London, Ontario in 1918, she was an actress, mother, volunteer worker and activist for minority rights. She was the daughter of James and Christine Jenkins. Her father was an Assistant Judge of the Juvenile Court in London and a leading

figure in the local Black Community. Her mother instilled in her, a concept of community awareness. One of the province's earliest Black newspapers, which her parents founded, also had a great influence on her interest in Black history and the contributions of Black people in North America.

In 1950, she joined a woman's social club known as the Dilettantes. She quickly changed the name to the Canadian Negro Women's Association (CANEWA). This organization was the forerunner of the First National Congress of Black Women. As the organization's first President from 1951 to 1953, she encouraged other members to take up service projects. An early undertaking was one that would continue throughout the club's existence was the provision of scholarships to deserving Black students. Later activities included the organization of the Calypso Carnival (the forerunner of the Caribana Festival). She died in 1975.

In 2012, Kay Livingstone was recognized by the Canadian Government as a Person of National Historic Significance. And now you know the rest of HerStory!

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.

## Stuffed Breadfruit



### Ingredients

- Large Breadfruit (full, but not ripe)
- 1/4 lb minced beef
- 1/4 lb minced ham
- Small amount of pickled meat (optional)
- 1 small onion—chopped
- Salt and Pepper to taste
- 2 Tablespoons butter
- 1 Medium tomato chopped

### Instructions

Peel and parboil breadfruit whole in salted water  
Lightly fry chopped onion, escallion and tomato in butter and add to minced meat and cook until meat is almost done.  
Cook breadfruit and from stalk end, but cut out the core and scoop out some of the 'meat'.  
Fill the cavity with meat mixture  
Bake in a moderate oven until soft and of a nice golden brown colour for about 50 minutes  
Serves 8.

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

*Anonymous*