



100ABC Women Newsletter

December 2024



A Royal Recognition for a Local Legend!

We're absolutely delighted to announce that Sylvia Wilson, our 2020 Honouree, has been awarded the King Charles III Coronation Medal! This royal accolade honours Sylvia's incredible impact on our community and her dedication to shaping the fabric of Canada.

Thank you



2024 has been an extraordinary year for 100 Accomplished Black Canadian Women (100ABCWomen), and you have been an integral part of our remarkable journey. We extend our heartfelt thanks for your unwavering support and dedication.

—Danna, Jean, and Denise

Afua Cooper Receives Order of Nova Scotia!

100ABCWomen's 2016 Honouree, Afua Cooper, has been awarded the 2024 Order of Nova Scotia!

A renowned author, historian, poet, and educator, Afua is honoured for her work in Black Canadian history and mentorship.

A well-deserved recognition of her lasting impact!





Check out the latest updates



A True Champion for Montreal's Seniors!

A huge round of applause for Camille Isaacs-Morell, 100ABCWomen's 2024 Honouree, was awarded a Certificate of Recognition by the Montreal Resilient Seniors' Network! For the past two years, Camille's leadership and artistic flair have made a remarkable impact. Whether it's organizing intergenerational projects or raising awareness about the diverse needs of cultural communities, Camille truly embodies the spirit of senior citizenship.

New Book Alert: From the Enlightenment to Black Lives Matter

Big news! Our 2024 Honouree, Dr. Ingrid Waldron's upcoming book, *From the Enlightenment to Black Lives Matter*, hits shelves on November 25, 2024!

This isn't just a history book—it's a deep dive into the lasting effects of racial trauma on Black communities, from colonial times to the present day. Dr. Waldron explores how racism and mental health intersect across Canada, the UK, and the US, and uncovers the complexities of how Black bodies have been diagnosed and treated in psychiatry.

With sharp analysis and powerful insights, this book challenges the colonial legacy in mental health and offers a much-needed perspective on the fight against anti-Black racism. It's a must-read for anyone ready to face the truth about racial trauma and its impact on mental health.

Grab it on Amazon!

INGRID R.G. WALDRON

FROM THE ENLIGHTENMENT TO BLACK LIVES MATTER

TRACING THE IMPACTS OF RACIAL TRAUMA IN BLACK
COMMUNITIES FROM THE COLONIAL ERA TO THE PRESENT





Check out the latest updates



A Global Innovator Shaping Futures!

Let's celebrate Brenda Okorogba, 2022 100ABC Women honouree, named Aspiring Innovator of the Year by CILAR! Brenda's superpower? Helping students unlock over \$80M in scholarships and creating AMEKETUNI, a directory packed with \$446B in financial aid. She's the behind-the-scenes mastermind with a 98% success rate—turning students into business owners, career changers, and scholarship winners. With a Manitoba150 Honours Award and a reputation as a top-tier Learning Experience Designer, Brenda is changing the world, one success story at a time!

Leading the Charge for Women in STEM!

A round of applause for Aminka Belvitt, 2024 100ABC Women honouree and the well-deserved recipient of WXN's Canada's Most Powerful Women: Top 100™ award in the BMO STEM category!

As Founder & President of the ForUsGirls Foundation, Aminka is changing the game for Black young women and girls, equipping them with coding skills and opening doors to exciting careers in STEM.

Her leadership is shaping the future, one brilliant young mind at a time.

Aminka's passion for empowerment, education, and equity shines through every step she takes.



Advancing Equity, Transforming Academia

Meet Karine Coen-Sanchez, a powerhouse PhD candidate at the University of Ottawa, recognized for her transformative work in equity, diversity, and inclusion! Awarded the University's 2023 President's Award in EDI and named one of the 100 Accomplished Black Canadian Women in 2024, Karine's advocacy is reshaping academia.

Her research and leadership, including her work with the Mitacs Accelerate Grant and SSHRC Advisory Committee on Anti-Black Racism, are driving systemic change and creating a more inclusive future for marginalized communities in education and beyond. Karine is a true trailblazer for equity and access.

Check out the latest news.



Moments of Magic in a Year of Chaos

This year, amidst chaos and humanity's darkest moments, the universe unfolded as it will. In our little corner, we found light in two extraordinary adventures.

The first was a cruise from Hong Kong to Singapore, with stops in Vietnam and Thailand. Watching Corbert and Amy light up as they discovered new cultures was pure magic.

"It felt like having our own personal guide," they said, as I retraced my steps from earlier travels. For me, it wasn't "been there, done that," but a chance to rediscover how much the world and its people evolve.

The second was a family reunion in Sweden, a time of warmth and connection. Öland was restorative—lazy days, seaside walks, laughter, and incredible food. "There was such warmth, it glowed," capturing the essence of our time together.

This year, I also celebrated a milestone birthday. My resolution: "Let go of past regrets—the 'what ifs' and 'if onlys'—and live in the 'what is.'" I've made progress but still struggle to let go of the busyness. Learning to say "no" is a work in progress.

As we light the Advent candles of Hope, Peace, Love, and Joy, I reflect on these words:

"Every time a hand reaches out to help another...that is Christmas.
Every time someone sets conflict aside for understanding...that is Christmas.
Every time we forget differences and choose love...that is Christmas."

—Paula de Ronde



Check out the latest updates

CIBC 2024-2025 Paid Internship Summer Program



CIBC 2024-2025 Paid Internship Winter Program Students can still apply for the CIBC 2024-2025 Paid Internship Winter Program. Visit the CIBC website to apply and explore opportunities for Black Canadian students: CIBC Internship Application.

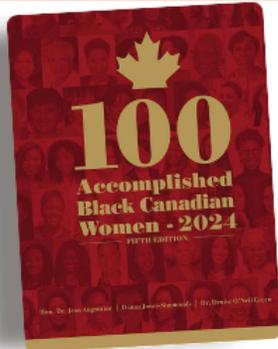


Spark the Conversation

We're back this January, and honestly, we couldn't be more excited!

This season, we're diving into real, meaningful conversations, like tackling mental health and housing insecurity, celebrating our Black SHeroes, and exploring AI trends and women in STEM. Plus, we're putting the spotlight on Black women's health, sports equity, climate action, and so much more. Oh, and in March? It's all about women crushing it in non-traditional careers.

Don't miss out—grab your spot now at 100abcwomen.ca and join the fun!



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A VERY HAPPY, HEALTHY AND
PROSPEROUS 2025**

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