



100ABCWomen spotlights and recognizes Accomplished Black Canadian Women. Please check our website for more information. www.100ABCWomen.ca

**Founders and co-authors - Hon. Dr. Jean Augustine, Dauna Jones-Simmonds
& Dr. Denise O'Neil Green**

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100ABC Women Newsletter

MARCH 2025



Bravo Brenda Okorogba!

**Awarded Mentor of
the Year by WCT-FCT
Leadership Excellence
Awards**



**MARCH IS
INTERNATIONAL
WOMEN'S
MONTH**



International Women's Day serves as a vital reminder of the progress made in the struggle for gender equality for women from all backgrounds. It is a day for recognition, celebration, advocacy, and empowerment, encouraging all women to continue the fight for equality and justice in all aspects of life



-Sharon Hinds



Check out the latest updates

“International Women's Day is a moment to pause, reflect on and celebrate all that has been accomplished to date and over the preceding year, through our individual and collective efforts, in the advancement of women in Canada and beyond. It's a reminder of a commitment to continue the work needed in this area every day of the year

Jenny Okonkwo



Shine a Light on an Accomplished Black Woman

Do you know a Black woman who has changed lives, broken barriers, or set new standards?

Whether she leads in government, health, education, business, the arts, or makes a quiet but powerful impact, we want to celebrate her. This is more than a nomination—it's a chance to honour the women shaping our communities and inspiring future generations.

Submit a nomination today and help ensure their accomplishments are seen, celebrated, and remembered.

www.100abcwomen.com



Check out the latest updates



A Champion for Youth and Families

Big news! Dr. Alana Butler has received the Alumni Award of Excellence from the University of Windsor—an incredible recognition of her work uplifting youth and families across Ontario.

Through her research at Queen's University, she's making sure programs for job training, education, and family support truly meet the needs of the people they serve. Her work is changing lives, and this award is so well deserved.

Congratulations to McMaster University biology professor Dr. Juliet Daniel for being named a distinguished university professor.

The university's highest honour recognizes faculty members who have made a significant and lasting impact on McMaster, their respective fields, and society at large. Juliet is an internationally recognized cancer biologist whose innovative research has advanced an understanding of aggressive breast cancer in young Black women.

She discovered the transcription factor Kaiso, which is critical in tumour progression.



Black women continue to break barriers despite ongoing challenges. In Canada, initiatives like 100 Accomplished Black Canadian Women have recognized over 500 trailblazers, yet many achievements remain unseen.

As Audre Lorde said, "None of us are free while any woman is unfree." True progress means standing together, lifting as we rise, and ensuring every Black woman's success is celebrated and supported. We are our sisters' keepers—let's keep pushing forward, together.



-Dr. Nancy Simms



Check out the latest updates



Honouring Dorothy Abbott: A True Community Champion

On March 10, 2025, Dorothy Abbott, a 100ABC Women honouree, received the Harriet Tubman Woman of the Year Certificate from our Culture Harriet Tubman Day Committee.

Her dedication—both seen and unseen—has uplifted our community. With determination and heart, she embodies Harriet Tubman’s legacy, championing freedom, justice, and empowerment. Dorothy, we celebrate you today and always!

Dr. Claudette McGowan: Leader in Innovation

Dr. Claudette McGowan is a force for change. As CEO of Protexxa, she’s shaping the future of cybersecurity.

Through the Black Arts & Innovation Expo, she’s opening doors for future leaders. And with Phoenix Fire & The Firehood, she’s building a multi-million-dollar network to fund and uplift women in tech.

Her impact reaches far beyond borders, breaking barriers and creating opportunities.

Now, she’s being honoured as the International Impact Award Honouree at the 10th Annual ONYX Magazine Women on the Move awards.

As a 100 Accomplished Black Canadian Women Honouree, we are proud to celebrate her achievements.



Dr. Afua Cooper Receives Nova Scotia’s Highest Honour

A lifetime of scholarship, storytelling, and community-building has earned Aqua Cooper the Order of Nova Scotia, the province’s highest honour.

Recognized on February 19th, Aqua’s work as a scholar, author, and community mobilizer has strengthened voices, preserved history, and created lasting change.

She shares this moment with gratitude—thanking Lieutenant Governor Mike Savage, her family, supporters, and a special acknowledgment to Catie Bourgeois.

Afua, your impact is profound, and this honour is so well deserved.



Check out the latest updates



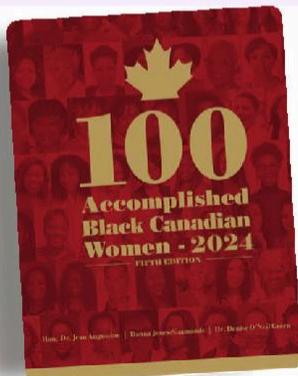
A Legacy of Impact

Dr. Gloria Small has spent her life empowering communities through education and mentorship. Now, she's being recognized with the Madiba Award—a well-earned tribute to her impact.

Her work is a reminder that leadership is about lifting others. Join us in celebrating this incredible honour!

International Women's Day is a day on which present women can reflect on the strengths and weaknesses of past women and shape the future of future women.

- Lanre Tunji-Ajayi, M.S.M



Honouring Excellence. Inspiring Generations.

Some stories deserve to be told—again and again. Honour the accomplishments of Black Canadian women with these timeless keepsakes:

100 Accomplished Black Canadian Women

2016, 2018, 2020, 2022 Editions – Just \$25 each

Limited 2024 Edition – Only \$50

500 Exceptional Black Canadian Women Poster

Available now on Amazon. Because recognition and inspiration never go out of season.

– Just \$20



Check out the latest news.



Dr. Emily Agard



Sarah Onyanga



Alethia O'Hara Stephenson

Congrats

*On Being Awarded The King Charles III
Coronation Medal medal*



Kathy Grant



Evelyn Myrie



Dr. Gloria Small



Check out the latest updates



Breaking Barriers in Education

Dr. Anita Jack-Davies has dedicated her career to making education more inclusive. As a 100 Accomplished Black Canadian Women honouree, she's being recognized for her leadership in equity and diversity—work that has shaped institutions like Queen's University and beyond. From founding The Badges Project to championing policies that open doors for underrepresented voices, her impact is undeniable. Join us in celebrating her well-earned recognition!



International Women's Day to me means that Black feminism must remain front and centre in continuing to have a proactive concrete space where our voices promote the building of powerful solidarity across racial, class and gender lines.

-Janice Gairyey



BOOK LAUNCH: A CELEBRATION OF SISTERHOOD

DATE SATURDAY, MARCH 8/2025

TIME: 2:00 PM - 5:00 PM

1553 EGLINTON AVE W,
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www.bandgallery.com

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TESSA BENN-IRELAND

Library Technician with Markham Public Library (ret'd), YRDSB
Trustee (ret'd), Past MACCA President, and Justice of the Peace.

You have to stay humble and
stay appreciative. No one gets
anywhere by themselves.
Be humble. Stay away from
negativity. Attitude is everything.



66

Hold yourself accountable,
always, but pay equal attention to
portioning out enough self-
forgiveness and grace to stave off
self-hate and its riding partner
shame.

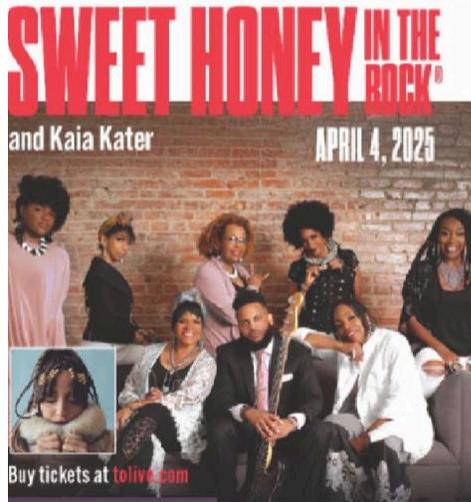
Sharon McLeod | 2020 100ABCWomen Honouree

April 6, 1970 - March 19, 2025





Check out the latest updates



A Soul-Stirring Experience

Some performances entertain. Others transform. Sweet Honey in the Rock does both. This legendary ensemble weaves powerful harmonies with messages of justice, resilience, and hope. Their voices don't just sing—they uplift, they challenge, they move.

Don't miss this unforgettable experience. Feel the music. Hear the message. Be changed. Tickets on sale now.

Level Up: AI Governance & Policy

AI is shaping the world—are you ready to lead the conversation?

Stacey Ann Berry, 100ABC Women honouree and Founder of Bstellar® Group Inc., is teaching Udacity's AI Governance, Policy & the Public Good course, designed to give you real-world insights into ethical AI, bias mitigation, and public policy.

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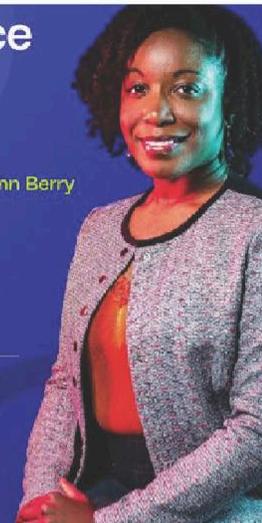
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Building the Future, Together

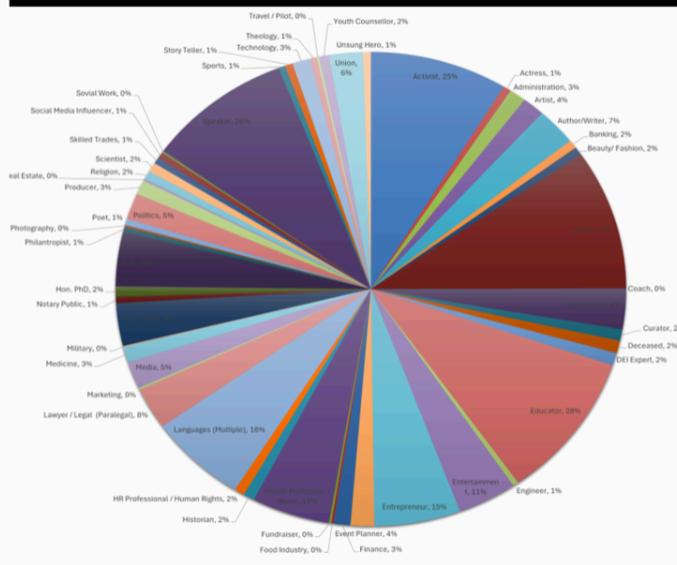
Toronto's construction industry is changing—and you can be part of it. The Toronto Community Benefits Network is hosting Canada's largest networking event for construction professionals, where industry leaders, policymakers, and innovators come together to shape what's next.

Expect powerful conversations, live performances, and groundbreaking ideas that push the industry forward. Know someone making an impact? Nominate them today!

www.buildingdiversity.ca

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 Fireside Chats. Check our
 website to register:
www.100abcwomen.ca

April 2025 Fireside Chats



**100ABCWomen –
 Looking for great
 Talent – Check
 100ABCWomen
 database!**

**Top 5 Talents:
 Educators
 CEO's
 Speakers
 Activists
 Linguistics**



[International Women's Day: Historical background](#)

The beginnings of International Women's Day can be traced back to the early twentieth century. It emerged from the activities of labour movements in North America and Europe and reflected a growing call for women's equal participation in society.

International Women's Day occurred on March 19, 1911, in Austria, Denmark, Germany, and Switzerland. That day, over a million women and men attended public events to show their support. Other countries began to observe and celebrate

this day in the following years. The United Nations recognized 1975 as International Women's Year and celebrated March 8 as [International Women's Day](#). Today, International Women's Day is a day of unity, celebration, reflection, advocacy, and action and is celebrated in many countries worldwide.

You Should Know...

Nancy Simms

It is essential to recognize and honour the incredible contributions and relentless struggles of Black women, who confront a multitude of intersecting challenges, including racism, sexism, classism, ableism, compulsory heteronormativity, and ageism. Despite these persistent injustices faced by Black women globally, in Canada, they continue to achieve remarkable milestones worth celebrating. A powerful testament to this is the initiative, "100 Accomplished Black Canadian Women," which has recognized and documented the extraordinary accomplishments of over 500 Black women from coast to coast. We proudly celebrate all Black women in Canada—those whose achievements shine in the public eye and the countless others whose remarkable stories remain quietly impactful yet profoundly significant.

While we celebrate the remarkable achievements of Black women, we cannot ignore the harsh realities that many still face, both globally and right here in Canada. Issues like poverty, psychological and physical violence, and daily disrespect continue to plague their lives. Audre Lorde's profound words remind us that "none of us are free while any woman is unfree, even when her shackles are very different from our own." This essential truth underscores that our freedoms are inextricably linked to the freedom of all women. True liberation cannot exist until every woman is free; we must stand together and act for lasting change.

As Black women, we are reminded that as we rise, we must also lift, and this understanding compels us to embrace accountability and foster solidarity. It echoes a timeless principle: "We are our sister's keepers." As we navigate the intricate paths of our journeys, we must remain

cognizant that our collective efforts are vital to elevating and enriching the lives of all Black women. Each woman facing unique challenges is a profound reflection of ourselves, reminding us that when we support one another, we cultivate a community where everyone can thrive and flourish.

In their own words... Here's what our inspiring 100 ABC Awardees shared about the significance of International Women's Day

"International Women's Day allows us to recognize and celebrate the accomplishments of women. It's an opportunity to showcase how extraordinary we are despite adversities or obstacles". - **Juliet Creary**

"International Women's Day to me means that Black feminism must remain front and centre in continuing to have a proactive concrete space where our voices promote the building of powerful solidarity across racial, class and gender lines." – **Janice Gairey**

"Women have come a long way, from being known and recognized only because of whom we are married to, seemingly serving no real purpose except for procreation and sexual objects, to the institution of International Women's Day. This day is awesome as it highlights, on a global scale, the achievements and contributions of women in a male-dominated society". - **Vera Hurlock**

"International Women's Day means inclusive awareness for everyone, no judgement, just encouragement and a listening ear." - **Sandra Jones.**

"International Women's Day is a time to honour the struggles and achievements of women throughout history who paved the way for progress and equality. It is also a reminder that we must continue their work to create a future where all women can thrive and push past societally imposed boundaries". - **Lavinia Latham**

"International Women 's Day " reminds me of the importance of stepping out of my cocoon to think about how women worldwide are still fighting the daily social system that men dominate. It is also a time to celebrate and acknowledge all the women, their experiences and sacrifices as we continue to educate and empower the next generation of young women for a better future".

- **Scholastica Lyanga**

"International Women's Day is a moment to pause, reflect on and celebrate all that has been accomplished to date and over the preceding year through our individual and collective efforts in the advancement of women in Canada and beyond. It's a reminder of a commitment to continue the work needed in this area every day of the year".- **Jenny Okonkwo**

"International Women's Day is a time for women to unite and celebrate the best in us. It's a time of healing, rejuvenating and patching the holes in our armour so we can continue doing our amazing work". - **Kathy McDonald**

"International Women's Day is a day for the world to recognize that women matter collectively and should always be treated with respect and dignity. [It] also reminds the world that the aspirations, hopes, and dreams of women are vital in the development of communities around the globe; therefore, it is imperative that ALL barriers to women's advancement be dismantled and ALL women be given the opportunity to attain their highest level of success in life. - **Justina Nwaesei**

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