

## To All Amazing & Accomplished Black Canadian Women

– please share your stories! We'd love to hear from you!!



Hon. Dr. Jean Augustine, Dr. Denise O'Neil Green & Dauna Jones-Simmonds  
Co-founders and Co-authors - 100ABCWomen



**For more information About 100ABCWomen:**  
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## **Suzan Richards, a 2022 100 Accomplished Black Canadian Women honouree, has just added another accolade to her growing list of awards.**



On April 16, 2026, she was among several dozen persons recognized at the Femmes remarquables Ottawa Distinguished Women awards gala. Suzan was honoured for the decades she has spent inspiring others through her community service, work, ideas, and example as a professional artist, choreographer, and cultural knowledge keeper in the field of Afro-Caribbean dance. The award also recognizes her stellar volunteer work supporting the United Way, the Eating Disorders Clinic at the Children's Hospital of Eastern Ontario, the Snowsuit Fund, the Ottawa Food Bank, and the Eastern Ottawa Resource Center.

Established in 2022, the Femmes remarquables Ottawa Distinguished Women recognition program seeks to acknowledge and document with worldwide reach, local women whose achievements and contributions have enriched the quality of life for Ottawa's citizens. The organization has several objectives, including inspiring young women, encouraging city commemorations of remarkable Ottawa women, and promoting local initiatives and organizations that recognize the positive value and impact of remarkable Ottawa women on their city, nation, and the world.

Founder of The Cultural Arts Studio, Suzan Richards, created programs such as the Afro-Caribbean Cotillion to foster leadership qualities among our youth while promoting the "it takes a village" philosophy to strengthen community cohesion. The studio also promoted other Black woman-owned businesses for many years at its annual African marketplace event. The presence of the Cultural Arts Studio in the Nation's Capital has helped Ottawans gain a deeper appreciation for Afro-Caribbean culture and boost their overall well-being. A federal public servant by day, Suzan currently provides workshops at the National Arts Centre, where dances from Africa & The Caribbean are shared and celebrated.

In addition, Suzan sits on the Board of Directors with Multicultural Arts in Schools and Communities (MASC), a local non-profit organization that offers schools and communities artistic experiences that awaken the creative process, deepen cultural awareness, encourage engagement, and give a vivid demonstration of Canada's diversity. You can also find her on Rogers-22, hosting "Caribbean Calendar" as part of their Cultural Mosaic programming.



**By Sarah Onyango**

## Quote of the Month

**“Words have the power to lift people up or tear people down – think before you speak”.**

***Angela Simmonds***

*Member of the Nova Scotia House of Assembly - for Preston*



## Congratulations to Marjorie Taylor

“Honoured at a Black Royals Gala in Brampton- being recognized for "community leadership and decades of dedicated volunteer service across civic organizations”





“Thank you The Women's Centre of Halton for honoring me and naming one of the rooms in your new expanded and renovated space. I am truly honoured and humbled. Thanks for all you do for the women in #Halton. I will pray that you get more philanthropic donors!”

#StrongerTogether  
#TrailblazingWomen  
#MenSupportingWomen

- **Dr. Juliet Daniel**





100ABCWomen extends our deepest condolences to the family of Professor Dr. Juliet Daniel. Her passing is a profound loss to our community, and her legacy will continue to inspire us all

If I were to live my life over again, what would I do differently?

***"I would take more risks and enlist the services of a financial planner in my 20s!!"***

Dr. Juliet Daniel - 2018 100ABC Honouree



*"I am honoured to receive the  
Community Pillars Award from Femmes  
remarquables Ottawa Distinguished  
Women, in partnership with the  
City of Ottawa / Ville d'Ottawa."*

**- Brenda Okorogba**





# Volunteer!

WITH 100ABCWOMEN



*Fireside Chats*  
March – July 2026

## LEADERSHIP SYMPOSIUM

Friday, September 18, 2026

**6th** Book Launch & Award Ceremony  
Saturday, September 19, 2026

We are seeking passionate volunteers to support event production, logistics, livestream coordination, marketing, stakeholder engagement, and on-site execution.



## VOLUNTEER REGISTRATION

General Volunteers Apply Here:

[https://docs.google.com/forms/d/e/1FAIpQLSe1N6H-VIS7K6SSbYijm76TX-ZnNshbxbC\\_rzVlvRbB7W-w/viewform](https://docs.google.com/forms/d/e/1FAIpQLSe1N6H-VIS7K6SSbYijm76TX-ZnNshbxbC_rzVlvRbB7W-w/viewform)

TD Employees Apply Here:

[https://docs.google.com/forms/d/e/1FAIpQLSe-1N6H-VI57K6SSbYijm76TX-ZnNshbxbC\\_rzVlvRbB7W-w/viewform?source=TD](https://docs.google.com/forms/d/e/1FAIpQLSe-1N6H-VI57K6SSbYijm76TX-ZnNshbxbC_rzVlvRbB7W-w/viewform?source=TD)



Gain experience.  
Build networks.  
Advance Black  
excellence across  
Canada.



**TD READY  
COMMITMENT**



A 4-Week Resilient Woman Initiative

# BUILT BY HER:

## ACCESSING OPPORTUNITIES IN CONSTRUCTION:



REGISTER NOW

**Week 1: May 02 (In-Person)** *Doors Open 12:00- 4:00 pm*

**Navigating the Construction Trades -**

*Includes hands-on/take-home activity*

**Week 2: May 09 (Online)** *12:30 pm - 3:00 pm*

**Safety Awareness on the Job Site -**

*Includes apprentice presentations (lived experiences)*

**Week 3: May 16 (Online)** *12:30 pm - 3:00 pm*

**Tools of the Trades -**

*Discover the wide range of opportunities available within skilled trades, and how to get started.*

**Week 4: May 23 (In Person)** *Doors Open 12:00- 4:00 pm*

**Are You Ready for Your Trade? -**

*Includes apprenticeship planning and hands-on/take-home activity*



Desiree Smith

 Sheridan College, Davis Campus - Brampton, ON





## 2026 100 ABC HONOUREES

Adaye Oputa Anu  
 Alethia Cadore  
 Amanda J'amer  
 Andrea McCormack  
 Angela J'Henry  
 Anika Forde  
 Anthonette Jacob  
 Aquilas K Dapaah  
 Attasha Jordan  
 Dr. Barbara J'Hamilton-J'inch  
 Barbara Ademolu  
 Barbara Grace Porter  
 Carline Zamar  
 Carmella Goodridge  
 Celestina Aleobua  
 Cereise Ross  
 Charline Grant  
 Cheryl Lewis  
 Christie Nelson  
 Dr. Ciann Wilson  
 Claudette Rutherford  
 Dr. Cynthia Maxwell  
 Dr. Danielle Brown-Shreves  
 Dr. d'bi.young anitafrika  
 Debbie Remekie-Maxey  
 Dr. Deborah-Zita Somakoko  
 Desiree T. Smith  
 Dr. Dolana Mogadime  
 Dolly Williams  
 Dorin Adenekan  
 Dwanita McLarty-Peele  
 elle de Lyon  
 Georgia Lindsay

Glacier Effs-Samuel  
 Dr. Ifeatu Sandra Efu  
 Dr. Ijeoma Uche-Ezeala  
 Isis Ament  
 Dr. Jacqueline Benn-John  
 Jael Richardson  
 Jaelle Kouatchou Kouadop  
 Jerisha Grant-J'hall  
 Josephine Sindani  
 June Kelly  
 Dr. Kadaajah Johnson-Louis  
 KAMELA'H Blair  
 Karen Robinson-Scantlebury  
 Keisha Assivero  
 Kelly De Fogain  
 Khadidiatou Ndiaye  
 Kimora Lee J'Harris-Taylor  
 Lana Talbot  
 Latoya Belton  
 Lillian Missy Searl  
 Loreena Gabriel  
 Lydia Gill Blackett  
 Malika Yoh  
 Marcia Banfield Smith  
 Margaret Mubanda  
 Mariat Jibril  
 Marium Tolson-Murty  
 Dr. Marilyn Morris  
 Dr. Mary Louise McCarthy  
 Mavis McLaren  
 Melissa Alexander  
 Micah Smith  
 Michelle Penton

Michelle Green  
 Dr. Mireille Ntambwe  
 Dr. Modupe Tunde-Byass  
 Mumbi T'indyebwa Otu  
 Musu Kanu T'aylor-Lewis  
 Nailah Gordon-Decicico  
 Natalie Bell  
 Nekpen Obasogie  
 Nicola Simpson  
 Dr. Novlette Mitchell  
 NyAshia Jordan Tafari  
 Dr. Oluwanifemi Fagbobun  
 Patricia Neely-McCurdy  
 Patricia S. Brown  
 Dr. Rhonda McEwen  
 Rohene Bouajram  
 Sandy Thomas  
 Dr. Shade Kolade  
 Shelly Ann Skinner  
 Simone Donaldson  
 Sonia Ellis-Seguin  
 Sophia Jacob  
 Sophia Etuhube  
 Stacia Steward  
 Takara Small  
 Tanesha Bloomfield  
 Tania Clarke  
 Tanya Walker  
 Tanya Phillipps-Stevens  
 Tenisha Noel  
 Dr. Tiffany Marie Gordon  
 Tina Garnett  
 Vera Mercier  
 Vivian Odii

Vanguard Award Winner - Caroline Goodie T shabalala Mogadime

CONGRATULATIONS!

600  
Exceptional Black Canadian Women  
Poster

**600**  
**EXCEPTIONAL BLACK CANADIAN WOMEN**  
*Pioneers of Progress and Promise*



**100  Accomplished Black Canadian Women**  
SPECIAL LIMITED EDITION

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Now!

\*Due to high bank charges, we are only accepting e-transfer payments only



**BE MY GUEST**



**REMARKABLE  
MOTHERS AWARDS**

**& GALA '26**



**EXCELLENCE IN EDUCATION,  
LEADERSHIP & COMMUNITY  
IMPACT AWARD**

*This award recognizes a remarkable woman whose leadership in education has driven meaningful change, advancing equity, inclusion, and a true sense of belonging within institutions and communities. It honours her commitment to shaping systems, influencing policy, and empowering others through knowledge, integrity, and transformative leadership.*

**DR. NANCY SIMMS, ED. D. ADR**

*Equity & Inclusion Leader | Educator |  
Organizational Transformation Consultant*



Admission: \$120.00  
Seniors: \$100.00  
Table of 10: \$1000.00

Email to purchase ticket: [ncncevents@gmail.com](mailto:ncncevents@gmail.com)



**SATURDAY  
MAY 9, 2026**



**5:00  
PM**



**SHINGAR BANQUET HALL.**

50 KENNEDY RD. S. BRAMPTON. ON. L6W 3R7

*For Sponsorship/Participation, Table Reservation & More Info.*

**416.318.3506.**



[ncncevents@gmail.com](mailto:ncncevents@gmail.com)



**Remarkable Mother's Award & Gala**



WE WANT TO HEAR DIRECTLY  
FROM BLACK STUDENTS!

# COMMUNITY TOWNHALL

DUFFERIN-PEEL CATHOLIC DISTRICT SCHOOL  
BOARD & PEEL REGIONAL POLICE

HARMFUL BEHAVIOUR, STEREOTYPES &  
ANTI-BLACK RACISM.



THURSDAY,  
MAY 7



6:30 PM



USW STEELWORKERS HALL  
1158 AEROWOOD DR,  
MISSISSAUGA, ON



ABR & SD  
COLLECTIVE

POLICING-FREE  
SCHOOLS



PEEL BLACK  
COLLECTIVE



Parents of  
Black Children

HM YOUTH FOUNDATION  
We are honest | We are kind | We are leaders



**2026 JAN - JULY**



# Fireside Chats

Powerful conversations | Critical issues

Sundays from 3 until 4:30 pm EST

**SEPT 18**

SAVE  
THE  
DATES

## Symposium

Friday September 18th

High Rate of Suicide Amongst Young Black Girls  
Injustice for Black Lawyers

**SEPT 19**

Saturday, September 19 | 6pm until 10:30 pm EST.

## Book Launch & Awards Ceremony

Celebrating excellence

Tickets Go on sale March 15, 2026



2026 FIRESIDE CHATS - SEASON 5 - EPISODE #16

# BLACK WOMEN & STEM ADVANCEMENT

Spotlight on achievements and pathways in science, technology, engineering, and mathematics — barriers, mentorship, and opportunities for youth engagement.



MODERATOR  
SYLVIA PARRIS



PANELIST  
DR. SHADE KOLADE



PANELIST  
JOSEPHINE SINDANI

**VIRTUAL & FREE  
REGISTRATION LINK**

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JOIN US ON

**SUNDAY  
MAY 3<sup>RD</sup> 2026**

**3 to 4:30pm EST**

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2026 FIRESIDE CHATS - SEASON 5 - EPISODE #17

# HEALTH EQUITY: REPRODUCTIVE JUSTICE & BEYOND



MODERATOR  
ALTHEA JONES

Discuss reproductive health access, maternal care, holistic wellness, and systemic factors affecting Black women's health outcomes.



PANELIST  
MARIE  
CLARKE-WALKER



PANELIST  
DR. KARINE  
COEN-SANCHEZ



PANELIST  
DR. CYNTHIA  
MAXWELL



PANELIST  
STACIA  
STEWART

JOIN US ON

**SUNDAY  
MAY 10<sup>TH</sup> 2026  
3 to 4:30pm EST**

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2026 FIRESIDE CHATS - SEASON 5 - EPISODE 18

# LEADERSHIP VOICES: BOARDROOMS & BEYOND

Insights from leaders on board diversity, governance, strategic leadership, and influence in sectors like finance, health, education, and nonprofits.



JERISHA GRANT-HALL



CYNTHIA MAXWELL



GINELLE SKERITT



ADEBOLA ADEFIOYE



MUSU TAYLOR-LEWIS

JOIN US ON

**SUNDAY  
MAY 17TH 2026  
3 TO 4:30PM EST**



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2026 FIRESIDE CHATS - SEASON 5 - EPISODE 19

# AUTHENTIC ALLYSHIP & COALITION BUILDING

Practical steps toward building effective partnerships across communities — fostering deeper allyship, collective advocacy, and shared impact.

**MODERATOR**

**PANELISTS**



ANN-KIM  
LINEUS (TD)



ANGELA  
CARTER



MARIE  
CLARKS WALKER



OLAITAN  
ONYEBUOHA



DR. KARINE  
COEN-SANCHEZ

JOIN US ON

**SUNDAY  
MAY 24TH 2026  
3 TO 4:30PM EST**



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2026 FIRESIDE CHATS - SEASON 5 - EPISODE 20

# HOUSING ACCESS & COMMUNITY SECURITY

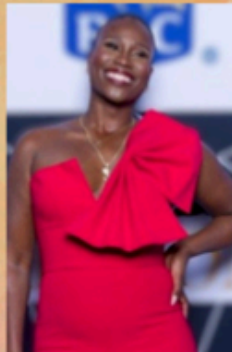
Panel explores housing barriers, homeownership strategies, community stability, and policy levers to strengthen access and equity.

## MODERATOR



**SARAH ONYANGO**

## PANELISTS



**JOSEPHINE SINDANI**



**HON. DR. JEAN AUGUSTINE**

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**SUNDAY  
MAY 31ST 2026  
3 TO 4:30PM EST**



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## The Investigation is Over. Now, How is Everyone Actually Doing?

(In Recognition of Mental Health Week, May 4 - 8)

*By Lavinia Latham JD– Empowering Leadership – Protecting Human Rights*

As we mark Mental Health Week in Canada (May 4 - 8), it is a vital moment for the **100 Accomplished Black Canadian Women** community to move beyond conversation and anchor our commitment to mental wellness as a core pillar

of Black excellence. Our achievements are profound, yet the path to leadership often demands a heavy toll, especially when navigating complex workplace environments often developed without Black women in mind.

Any conversation about workplace wellness is incomplete without addressing the hidden toll of workplace investigations, especially those that oftentimes involve racialized women.

While investigations are necessary to ensure fairness and sound, defensible findings, the process itself can trigger significant psychological distress for the parties involved and at times for the witnesses. Whether dealing with anxiety, depression, or the trauma associated with reprisal, the negative realities that arise can increase employer liability and create toxic environments that undermine professional well-being. For Black women leaders who are already forced to contend with unrelenting systemic barriers, anti-Black racism, and the emotional labour of advocacy, the burden compounds in ways that are rarely acknowledged.

Post-investigation, organizations frequently fail to address this psychological damage, and that silence lands hardest on the women who were already carrying the most. Too often, that compounded burden is simply absorbed, added to everything else Black women are already expected to carry without complaint.

The employer's legal obligation does not end when the investigation report is filed. Restoring psychological safety, rebuilding team trust, and addressing the residual harm to those involved are not optional steps. They are both a legal and moral imperative.

Effective post-investigation leadership demands a restorative approach that is trauma-informed, contextually designed for the specific workplace, and honest about the power dynamics at play. It means equipping HR professionals and leaders with the tools to make defensible, empathetic decisions under pressure. And increasingly, it means drawing on frameworks that go beyond Western legal standards alone, integrating Indigenous healing practices and restorative principles that centre relationship, accountability, and repair.

For Black women in leadership, the ability to lead with clarity, advocate without self-erasure, and occupy space unapologetically are not luxuries. They are the conditions that organizations are legally obligated to create and sustain.

**Graphic design services for this newsletter provided by:**

**Gregory Wright**

**Contact me for commissions and business inquiries**



**100BCWomen Book Launch & Award Ceremony on Saturday, September 19, 2026 from 6 until 10:30 pm EST – Woodbine Banquet Hall, 30 Vice Regent Blvd, Toronto**

Buy your tickets for only \$150 now:  
<https://www.100abcwomen.ca/product-category/2026-gala-tickets/>

100ABCWomen | P.O.Box 31305 Bayview 16th Av | Richmond Hill, ON L4C 0X7 CA

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