

IMANI

Intellectual-Motivated-Ambitious-Noble-Inspiring



THE IMANI SISTERHOOD PROGRAM NEWSLETTER FALL 2023

IMANI Sisterhood Program Newsletter Fall 2023 Edition

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KNOWLEDGE

The adinkra
symbol of
knowledge, life
long education and
continued quest
for knowledge.



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** From the Desk of Dr. Smith **

Greetings,

I am delighted to share the IMANI Sisterhood Program's Fall 2023 newsletter with you! We are happy to see our program continue to grow and expand and are excited to share information about our program participants, our campus community collaborations, and our program activities in the pages of our newsletter.

It has been our pleasure to welcome many new members to our program this semester and we are so grateful that we are able to work with such a great group of women. In this edition of our newsletter we highlight just three of our many wonderful IMANI Sisters to provide you with a snapshot of the diversity in age, experience, interests, and backgrounds of our program participants, as well as to share information about the fantastic accomplishments of IMANI Program participants. Prepare to be impressed as you read about our IMANI Sisters, their participation in and impact on our community, and the role the IMANI Program has played in their journeys!

In addition to experiencing a growth in membership, the IMANI Sisterhood Program continues to actively participate in the campus community. In this edition of our newsletter we share information about our participation in the planning and execution of campus-wide events like the Black Students and Family BBQ and the two-day Summer Bridge program for Black and African American students. Our program was also specifically requested by a visiting high school to speak with and provide information about our program to future SCC Falcons. Finally, we had great fun participating in and representing the IMANI Sisterhood Program at events like the Black Student Mixer and the Carnival Day of Play with PTK, as evidenced by all the smiles in the event pictures we share in our newsletter.

As we wrap up the Fall 2023 semester and the year, I want to personally thank all that have supported our program this semester, and extend an invitation to others in our campus community who would like to engage with our program and the IMANI Sisters in the new year. If you have any ideas for workshops, presentations and speakers, field trips, internship and scholarship opportunities, etc., or just want to collaborate in some way, please do not hesitate to reach out to us. Also, please consider donating to the IMANI Sisterhood Program as you make your year end donations. The IMANI program is currently 100% funded by Student Equity Funds which has many restrictions





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** From the Desk of Dr. Smith **

Cont'd

regarding how we can assist and support our students. Funds in our SCC Foundation account allow us to do so much more for our program participants, like provide scholarships to our students. No contribution is too small, and all contributions are greatly appreciated! Please visit our SCC Foundation page to make a tax-deductible donation to the IMANI Sisterhood Program. To access our Foundation page click [here](#).

Finally, our recruitment efforts are ongoing as it is our goal to continue to expand our program and reach as many students in our target population as possible. If you have students you would like to refer to our program please ask them to visit the IMANI webpage at <https://welcome.solano.edu/imani-sisterhood-program/> where they can learn more about our program as well as complete and submit our membership intake form.

I hope you have a wonderful and restorative Winter Break!

Happy Holidays,

Tasha Smith, Ph.D.
IMANI Sisterhood Program Coordinator



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Jumuiya Wall (Community)

IMANI Sister - Up Close and Personal

Three Inspiring Women

By Deloris Paschal

As an IMANI student you have access to a wealth of information. Whenever our program receives valuable insights and opportunities from sources both on and off campus, we make sure to quickly pass this information along to our members.

This edition of the IMANI newsletter showcases three extraordinary women who have seized these opportunities to achieve their personal and professional aspirations. Among the opportunities that these individuals have pursued are the Solano Connex Community Fellowship and the Miss Vallejo/Tri-City Pageant.

The Solano Connex Community Fellowship is a program established by Solano County and Touro University California to improve access to mental and emotional health services for residents and providers. Participants receive training in identifying, intervening, and referring community members they encounter who are experiencing mental health challenges. Upon completing the program, the volunteer will receive a Mental Health First Aid certificate. The fellowship also provides a \$1000 stipend and the opportunity to create an action plan for Solano County communities.

The Miss Vallejo/Tri-City Pageant is the first local competition for the Fairfield, American Canyon, Benicia, and Vallejo regions, serving as a gateway to the Miss California and Miss America pageants. The program encourages community advocacy, sisterhood, empowerment, and academic achievement, while offering scholarships and mentorship to participants. The winner of the competition receives a \$1500 scholarship.

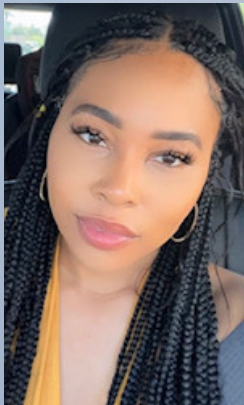
In this article you will meet Kamilah Cable, Charetta Kaye Chase, and Rhoni Wilborn, three inspiring IMANI sisters who exemplify the spirit of excellence. These three amazing women lead dynamic lives and embrace challenges with open arms.



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IMANI Sister - Up Close and Personal

Three Inspiring Women (cont'd)



Kamilah Cable

Kamilah Cable is a highly accomplished individual who has fulfilled many of her dreams and is constantly striving to fulfill more. One of her passions is empowering women through media, business endeavors, and volunteer work. Kamilah never misses an opportunity to assist women and promptly responded to the call to support her local community members who are struggling with mental health.

Kamilah is a first-semester student at Solano Community College (SCC). Her major is Sociology with plans to minor in Communications. She plans to graduate in Fall 2025 and transfer to UC Berkeley to pursue a Bachelor's degree in Sociology. After graduation she plans to become an academic counselor.

Kamilah became aware of the Solano Connex Community Fellowship via an email from the IMANI Sisterhood Program. She attended the two-hour Mental Health Awareness Training, provided by Touro University, applied for the fellowship and was accepted immediately.

The motivation to apply for the fellowship is her involvement in her community. As the women's leader at the Lighthouse Covenant Fellowship Church, she finds joy in helping other women. She identifies with the unique challenges that come with being a woman such as balancing motherhood, a career, and entrepreneurship.

Reading about the fellowship intrigued her to want to learn more. Kamilah shared that she wanted to know how, "I could point out the signs and a place where I can direct women to go, because it was something I didn't know about when I was having my kids. So, I spent a lot of my twenties in postpartum depression and I kind of had to get myself out of it because I didn't know of any resources."

Participating in the fellowship program provides Kamilah the opportunity to offer solutions to a problem. She describes herself as a solution-based person, "so if I can be part of a solution, I'm definitely interested."

One aspect of the program Kamilah found noteworthy is the SolanoConnex app that can be accessed via their web browser. The app connects you to all the mental health services in your area when you enter your Solano County zip code. To access the app, click [here](#).



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IMANI Sister - Up Close and Personal

Three Inspiring Women (cont'd)

Kamilah's advice to other students applying for opportunities, "It's scary when you hear apply...it makes you nervous. But, you miss out on opportunities that you don't apply for...so even if you think you'll never get it, just apply."

Kamilah's mission is to prioritize women's mental health, stating that "women have a lot going on in their lives and can often feel lost." She remembers the COVID-19 pandemic as a challenging time for women who had to juggle multiple responsibilities, such as homeschooling their children while running businesses or working from home. "It was a very stressful time, and we are still in the process of healing," she said.

Kamilah is a hairstylist who specializes in sister-locks. For Kamilah, sister-locks symbolizes both longevity and uniqueness. Being a stylist allows her to interact with women and listen to their stories during the three-hours they sit in her salon chair. Both Kamilah and her clients find the exchange of sharing information and advice therapeutic. Being a stylist was the start of her journey of empowering women.

Kamilah leverages media to support women, and her published book, "The Voice: Shy's Story," speaks to this. The fictional short story follows a young woman who "had her life put together for her," according to the author. The book touches on mental health struggles, the significance of parent-child relationships, and the importance of listening to your inner voice. Additionally, it highlights the subtleties of physical abuse.

Kamilah's podcast, The Invisible Woman, can be streamed on Spotify. It's a personal journal that delves into her internal struggles with womanhood. For a long time, Kamilah felt like she came second in society, leading her to resent being a woman. She believed that there was nothing special about her gender beyond society's preconceived notions. Through her podcast, Kamilah aims to shed light on the invisible struggles that women face in the hopes of creating a space where women feel comfortable being visible, speaking up for themselves, expressing their likes and dislikes, and choosing to be unconventional.

Kamilah revealed that she recently took part in the Fall 2023 Speech competition at SCC and came out on top, clinching the 1st place spot. Her speech revolved around the anxiety of being a stay-at-home mom. When asked how she chose this topic, she responded, "It's the topic of my life." Winning the contest has presented a new opportunity for her, as she is now a proud member of the Speech and Debate Team.

Kamilah we see you!



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IMANI Sister - Up Close and Personal

Three Inspiring Women (cont'd)



Charetta Kaye Chase is a true professional, dedicated to serving others. She currently works as a realtor in Solano County, with over two decades of experience in the field. However, she's now preparing to shift gears and pursue a career in the medical industry. In pursuit of her career goals, she's constantly on the lookout for opportunities to grow and develop. Recently, she stepped up to assist community members in Solano County who are facing mental health issues.

Charetta Kaye Chase

Charetta embarked on her SCC college journey in the summer of 2023. Her major is Registered Nursing and she is considering a

minor in Political Science. By the spring of 2025, she plans to fulfill the general education and the prerequisites required to gain entry into the Nursing Program. Charetta's objective is to earn both an Associate of Science and a Bachelor of Science degree in Nursing. Additionally, she has already acquired her Certified Nursing Assistant (CNA) license. With her CNA background, Charetta believes that the Registered Nursing program will be more manageable for her. "As a CNA in the emergency room and in ICU...a lot of it will come easier to me than someone that doesn't have that experience," Charetta expressed.

Charetta discovered the Solano Connex Community Fellowship through the IMANI Sisterhood Program and, after reviewing the guidelines, felt confident that she would be accepted since she met both criteria of working or volunteering in Solano County. True enough, she received an acceptance call from a program representative within two minutes of submitting her application. "I was immediately accepted," Charetta shared.

Charetta is the Woman's Auxiliary President for the American Legion's Post 178 in Rio Vista, where she volunteers her time. She has a personal connection to the organization, as her husband, a disabled veteran and active member, "suffers from Post-Traumatic Stress Disorder (PTSD) due to his military service" shared Charetta. She understands the impact of military life on service members and their families. "I support the veterans, I just believe in what they do...when one person in the family serves everyone in the family serves," said Charetta. She is a proud mother of two adult children.

Receiving a Mental Health First Aid certificate was the inspiration for Charetta to apply for the fellowship. This certification will not only enhance her career prospects in the medical field but also pave the way for her to work in Mental Health facilities.



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IMANI Sister - Up Close and Personal

Three Inspiring Women (cont'd)

Being a part of the fellowship program is a significant opportunity for Charetta since her contributions will be included in the report submitted to the county. The volunteers' input will play a role in the action plan formulated by the county.

When asked for advice about applying for scholarships, internships, and jobs, Charetta offered a helpful tip: "Apply to anything that interests you...even if you don't think you're qualified or have a chance of getting it...just go for it."

Charetta expressed her appreciation of the IMANI Sisterhood Program, stating "I think it's wonderful."

Charetta, we think you're wonderful too!



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IMANI Sister - Up Close and Personal

Three Inspiring Women (cont'd)



Rhoni Wilborn

Rhoni Wilborn is a student who is determined to overcome her shyness and she's doing it in the most public way. She is competing in the local Miss Vallejo-Tri City Pageant.

Rhoni's academic career commenced in Spring 2022 at SCC where she chose American Sign Language (ASL) as her major. Her anticipated graduation date is Spring 2024. Rhoni's ultimate goal is to pursue a Bachelor's degree at California State University Northridge, and eventually work as an ASL interpreter.

When Rhoni enrolled at SCC she set a goal to obtain her Associate degree within two years. She was determined to stick to this deadline, but soon realized that it was too rigid. "I learned that it was okay to take longer than two years to complete my studies," she explained. Rhoni still had high expectations for herself, but allowed herself more flexibility. She acknowledged that everyone works at their own pace and it's important to be kind to oneself in the process of achieving your goals.

It was the email from the IMANI Sisterhood program that piqued Rhoni's interest in the Miss Vallejo Tri-City pageant. But her inspiration to compete was solely for the purpose of personal growth. She describes herself as shy and never envisioned participating in a public competition. She shared, "I just wanted to get out of my comfort zone."

Being part of the contest allowed Rhoni to meet and bond with the other contestants. "Sisterhood is one of the five pillars of the Miss America organization", said Rhoni. The organization believes, just as the IMANI Sisterhood Program believes, that supporting each other and building lifelong relationships are important aspects of life. In addition to sisterhood, Rhoni identified the other pillars as success, service, scholarship, and style.

Preparing for the competition requires the contestants to learn and practice a choreographed routine, and to train and practice for the fitness, evening gown, public speaking and talent segments of the competition. Rhoni's talent was performing Ed Sheeran's song, Thinking Out Loud in American Sign Language (ASL).

Rhoni has a deep passion for ASL and the art of interpreting. This passion was further ignited during her time as a student at Pinole Valley High School, where she took classes with ASL teacher Ms. Lamons-Raiford, who is also a professor at SCC. Rhoni expressed that Professor Lamons-Raiford "is the reason I came to the Fairfield campus," reflecting the profound impact her teacher had on her.



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IMANI Sister - Up Close and Personal

Three Inspiring Women (cont'd)

Rhoni wants to educate others about ASL and offered the following: "I would like to encourage everyone reading this article to just learn about the Deaf and Hard of Hearing community and to get involved. Even the smallest gesture is fine...knowing the basics of how to communicate...having a conversation and not being afraid to introduce yourself is great. Just knowing the basics of how to communicate with this community will warm their hearts. They are a very friendly and welcoming community."

Rhoni has proudly achieved various feats, including founding and serving as the President of the Pinole Valley High School Cosmetology Club and serving on the City of Pinole Youth Commission.

On November 18th, the Miss Vallejo Tri City competition was held at the Empress Theatre in Vallejo. The contestants had the support of their family and friends, who were present in large numbers. The winners were announced at the end of the event, with Rhoni taking home the Miss Congeniality and Advertisement Sales awards.



For students seeking scholarships, internships, or other opportunities, Rhoni has some valuable advice: "Be confident in who you are. If you have a thought to apply, do it! You are the only person who can hold you back...you won't see those open doors unless you create them for yourself. Get out of your comfort zone and everything that is for you will come to you."

Rhoni, in addition to your achievements with the Miss Vallejo-Tri City pageant, you are also the MVP of persistence!



KNOWLEDGE

Celebrations

End of The Semester Bowling Night

The IMANI Sisterhood Program enjoyed an evening together on December 8th at the Bowlero Bowling Alley in Vacaville. For three hours we bowled, ate, danced, cheered and high-fived each other while creating life-long memories of our sisterhood. And the fun continued with us playing two friendly but competitive games of laser tag. The event celebrated the end of the year and acknowledged the hard work and dedication of our students. This outing also allowed the students to relax and rejuvenate as they prepared for their week of finals.

It was empowering to experience a space filled with positive energy and smiling faces, contributed exclusively by the women who are IMANI!





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Celebrations

End of The Semester Bowling Night (cont'd) More Pictures





KNOWLEDGE

Campus Community Participation

The Black Students and Family BBQ and Summer Bridge Events

The Imani Sisterhood Program partnered with A2MEND to kick off the fall semester at Solano with two events.

The Black Students and Families BBQ, held on Saturday Aug. 5th, drew a hundred guests including students, faculty, staff and their families for a full spread of barbecued goodness from Kickoff Event Catering. Brisket, chicken, links and sides were on the menu along with peach cobbler and banana pudding for dessert. A live DJ inspired many guests to get up and dance, including SCC Superintendent/President, Dr. Esposito-Noy! Brothers from the Sacramento State and San Francisco State chapters of Phi Beta Sigma fraternity entertained the crowd with a stepping exhibition.





KNOWLEDGE

Campus Community Participation

The Black Students and Family BBQ and Summer Bridge Events (cont'd)

The warm welcome continued with a two day Summer Bridge program on August 7th-8th. Incoming students had the opportunity to get to know one another, tour the campus and learn about Solano's many programs and support services.

Former and continuing Black student leaders shared their experiences and gave great advice about how to get the most out of college, Black faculty and staff answered student's questions about navigating their classes, and representatives from the Counseling and Financial Aid offices assisted participants in all the logistics of starting the semester.



Together, the BBQ and Summer Bridge programs were great opportunities to build our community and to celebrate Black Excellence at Solano.



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Campus Community Participation

Future Falcons - Pinole Valley High School Students Tour SCC

We were delighted to receive an invitation from SCC Outreach Specialist Shannon Marshall to speak to visiting students from Pinole Valley High School and to discover that the students specifically expressed an interest in hearing about the IMANI Sisterhood Program. It's encouraging to know that awareness of our program is spreading throughout our community and neighboring communities.

The tour was held on November 7th, with the presentations taking place in the Student Services Building. Our program and other campus programs presented and shared a lot of valuable information, while the students asked insightful questions.

We look forward to the students joining the SCC Falcon's student body and the IMANI Sisterhood Program.



Visiting Students From Pinole Valley High School



KNOWLEDGE

Campus Community Participation

Carnival Day of Play With PTK

Games, prizes, popcorn, hot dogs, candy, and most importantly, students, were plentiful at the PTK (Phi Theta Kappa) Carnival Day of Play. The event took place on November 30th in Building 1400. We were invited by PTK to come out and share information about the IMANI Sisterhood Program. The event allowed students the opportunity to learn about student clubs and support services, and to meet fellow students, faculty, and staff.

It was an interactive event where students received tickets for visiting the booths, playing games, and completing surveys. Their tickets were entered into drawings to win prizes. We covered the Bull's Eye game and IMANI Sister Celina Jackson volunteered to assist us at our booth. Both students and staff tested their bulls-eye throwing skills. We learned that not only do we have very competitive students, but staff as well. SCC's Superintendent/President Dr. Celia Esposito-Noy landed a number of bulls-eyes.

We had a great time networking with students, faculty, and staff on this fun-filled day.





KNOWLEDGE

Your IMANI Team

We are Here For You



Dr. Tasha Smith
Program Coordinator



Deloris Paschal
Outreach Coordinator

If you would like to support the IMANI Sisterhood Program, please contact us. To make a financial donation, click [here](#) to be directed to our donation portal on the SCC Foundation webpage.

Contact the IMANI team at:

707-864-7000 Ext. 4509
Email: IMANI@solano.edu



Fairfield Campus
4000 Suisun Valley Rd.
Student Services Building 400
Second Floor, Room 435/437-A
Fairfield, CA. 94534

Click [here](#) to access our webpage
for more information about our
program.

Services we offer:

- Mentoring
- Workforce Preparedness Workshops and Activities
- Health & Wellness Workshops and Activities

Referrals to:

- Counseling
- Tutoring
- Scholarships
- Internships

Members can participate in:

- College Campus tours
- Community Events
- Conferences
- Cultural Activities
- Forums and focus groups
- Table Talks
- And more...



Resources

Academic Success and Tutoring Center

The Academic Success and Tutoring Center (ASTC) provides tutoring to SCC students in several academic subjects.

For in-person tutoring, there is no need to make an appointment. The tutoring center operates on a drop-in basis, so students can just drop by in person to connect with tutors. Students just need to make sure to have their Solano Student ID number ready so they can sign in. ASTC's FREE services include: drop-in tutoring; a supportive and comfortable place to study/do homework; computers and printers; anatomy models; white board use; study rooms; and information on other campus resources.

The tutoring center has in-person tutoring at all three campuses:

Fairfield ASTC

Phone: 707-864-7000, ext. 7230

Library and Learning Resource Center (LLRC), Room 114

Hours: Monday – Thursday, 9:00am-4:00pm

Vacaville ASTC

Phone: 707-864-7000, ext. 4479

Room 138

Hours: Tuesdays, 9:00am-6:00pm; Wednesdays, 9:00am-1:00pm;

Thursdays, 11:00am-6:00pm

Vallejo ASTC

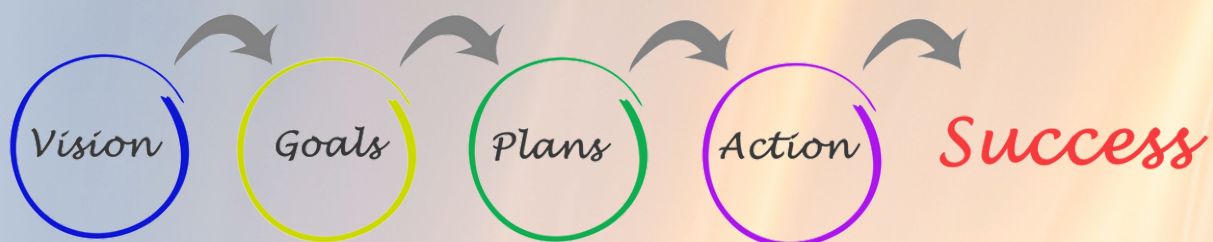
Phone: 707-864-7000, ext. 4908

Room 124

Hours: Tuesdays, 10:00am-3:00pm; Wednesday, 9:30am-3:30pm;

Thursdays, 9:00am-1:00pm

The most current tutoring schedules are published on the Solano CC website and can be accessed by clicking [here](#).





Resources

Black Falcon Success Program

The Black Falcon Success Program at Solano Community College provides resources and services for African American students to help them achieve their academic, personal, and professional goals through providing the following services:

- 1:1 & Group Academic Counseling
- Study Halls
- Academic & Career Workshops

On Thursday, September 28th, the Black Falcon Success Program welcomed over 60 members of the campus community, including students, staff, and faculty to the inaugural Black Student Mixer. The IMANI Sisterhood Program was excited to participate in the mixer which provided the students an opportunity to fellowship with their peers, connect with SCC staff and faculty, and learn about student and campus resources, as well as the purpose of the Black Falcon Success Program. The organizers of the mixer sent a special thanks to the IMANI Sisterhood Program and other participating groups and programs for sharing a wealth of resources with our students and community members.

For questions regarding the Black Falcon Success program please contact Erika Black, erika.black@solano.edu.



IMANI participants having fun in the Photo Booth at the Black Student Mixer



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Scholarships

2023/24 and Ongoing Scholarships

Nitro - \$2,000 awarded to a student, age 17 years or older, currently enrolled in a U.S. accredited college or university, and is a U.S. resident. Click [here](#) to apply. Final date to apply - **12/31/23**

Professional Business Women of California Scholarship - \$15,000 will be awarded to a female applicant who is a senior attending a California high school. Click [here](#) to apply and for additional information. Final date to apply - **1/26/24**

Jeanette Rankin National Scholar Grant - This grant provides unrestricted, non-tuition funding to women and non-binary students age 35 or older. Applicant must demonstrate a financial need and pursue a technical or vocational education, or an Associate's Degree or a first Bachelor's Degree at an accredited U.S. institution. Click [here](#) to apply and for additional information. Final date to apply - **2/17/24**

LA Tutors 123 Education - \$500 awarded monthly. Must maintain a minimum GPA of 3.0 and have designed an innovative project that makes a difference in the lives of others. Apply by the **20th of each month**. Click [here](#) to apply and for additional information.

Broke Scholar - this site offers an extensive database of scholarships organized by scholarship specifications, including the following:

- Top 50 Scholarships for African-American Students. There are 157 scholarships for a total of \$567,341 available in 2023 to African-American students. Click [here](#) to search and apply.
- Top 50 Scholarships and Grants for Women. There are 284 scholarships for a total of \$1,112,142 available in 2023 to female students. Click [here](#) to search and apply.

This is just a small sampling of the many scholarships available to students. To research other scholarships you may qualify for, click this [link](#) to visit the SCC webpage.



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More to Come - Spring 2024

As we close out the semester and the year 2023, we are looking forward to spending a new semester and year with our current IMANI students and welcoming new IMANI students. We wish everyone a relaxing, healthy, and happy winter break.

**Listed are some of the activities we are planning based on the interests of our participants.



**Activities and Events are Subject to Change

Workshops:

Mental Health & Wellness
Physical Health & Wellness
Healthy Finances
Financing College
College Transfer
Relationships
Self Defense
Creative Exploration

Tours:

Colleges and Universities
Work sites

Cultural Events:

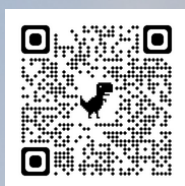
Museums
Plays
Dance Performances

Other Activities:

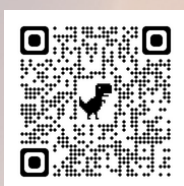
Table Talks
Open House
Graduate Celebration

We are on Social Media

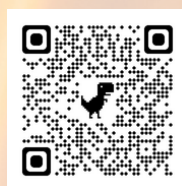
Scan the QR codes to follow us



Instagram



Facebook



Twitter

