



IME Newsletter Volume 120



February is Black History Month so be on the lookout for more events to celebrate!

Happy Monday, everyone! Need a gift for that special someone? Bracelet making, goodie bag crafting, and more are coming to YOU this week! Read below for more information!

For PDF versions and archives, visit the [IME website](#) or [click this link](#).

What's Happening

In this week's IME Newsletter:

IME Events and News

- Join IME's Women's History Month Planning Committee
- IME's Lending Library
- Adulting While First-Gen Lunch
- I.D.E.A Catalyst Nomination Form
- Valentine's Card and Goodie Bag Making
- Speed Friending and Bracelet Making
- Community Circle: Speaking From Experience

Black History Month

- BHM: African Hairstyles...10,000 Years Old, World Wide Heritage
- BHM: Dinner: Celebration of Black Art

More Events and News

- Celebrate Lunar New Year with VSA and Chinese Club!
- Info Session for Housing and Food Insecurity

- TEACH-IN: How Ethnic Studies & Gender Studies can help build community and resilience in challenging times
- NSU x Art Club Beading Event
- NASA DEVELOP program at Idaho State University
- Addressing Gun Violence through Art & Activism
- ADHD Peer Connection Group
- Tinikling with Kapamilya
- Inside the Middle East | Navigating Through the Storm to the Horizon's Edge
- Gender Studies Symposium: Community Planning Meetings
- 2025 LSAT Scholarship Application
- Student Counseling Center Group for Survivors of Unwanted Sexual Experiences
- Gente Latina Unida: Graduation Celebration

IME Events and News

Join IME's Women's History Month Committee!

The IME team would like to invite you to join our planning committee to honor Women's History Month. Would you like to share your fascinating ideas and coordinate celebrations to celebrate our community? Fill out the interest form!

[Sign Up Here!](#)



Introducing IME's Lending Library!

Need a book for class? Or a book to read for fun! Stop by IME to see our inventory of books to borrow! You can check them out for a weekend or for the entire semester. You can also use the link to check out our inventory online.

[Suite Library!](#)

Adulting While First Gen Lunch!

Tuesday, February 11

11:30-1 PM

Beth Miller Lounge

Join us for the first First Gen lunch of the

semester! This event will be informal. Bring a friend, and we can chat about what the upcoming semester holds for us.

[RSVP Here!](#)

Spring 2025

**ADULTING WHILE
FIRST-GEN LUNCHES**

**FEBRUARY 11TH
11:30-1PM
AT BETH MILLER
LOUNGE**

**MARCH 18TH
11:30-1PM
AT BETH MILLER
LOUNGE**

**APRIL 8TH
11:30-1PM
AT BETH MILLER
LOUNGE**

All are welcomed to join the community and network with other First-Generation students, staff and faculty. Gain navigational skills by asking 'adulting 101' questions

Scan the QR Code to RSVP

Any Questions and/or concerns?? Email: multicultural@lclark.edu

I.D.E.A Catalyst Awards

I.D.E.A catalyst is someone who enacts change using an Inclusive, Diverse, Equitable, Accessible framework

The Emerging Leading Honor

The Excellence In Advocacy Leadership Honor

Ray Warren Outstanding Senior Honor

Kristi Williams Staff & Faculty Leadership Honor

URL: <https://tinyurl.com/IMEIDEA25>

Nominations are Due Monday, March 10th by 11:59 PM

Questions and/or Concerns?? Email: multicultural@lclark.edu

I.D.E.A Catalyst Nomination Form

The I.D.E.A. Catalyst Awards honors and celebrates undergraduate students, staff, and faculty who have demonstrated immense dedication to engaging and leading initiatives toward a more inclusive, diverse, equitable, and accessible (I.D.E.A.) L&C community. Those nominated have demonstrated their commitment through their actions, leadership pursuits, everyday conversations, and values.

[Nominate Here](#)

GEM Gathering: Valentine's Card and Goodie Bag Making

Join us for an upcoming GEM Gathering happening **Monday at 4:30 pm** where we can make some Valentine cards and goodie bags together.

Please feel free to email Multicultral@gmail.com with any questions or concerns.



Speed Friending & Bracelet Making

Come to GEM Mentor Mary's Speed Friending and Bracelet Making! Make the cutest bracelets and meet new people!

Where? IME Suite

Date? Feb. 17

Time? 5-7pm



Community Circle: Speaking From Experience

Join Posse and IME for *Speaking from Experience*, a community circle designed to create space for meaningful conversations about the social and political challenges affecting our communities. Through an open fishbowl-style discussion, we will share experiences, explore ways to support one another and reflect on how we can move forward with resilience and action.

Posse X IME
PRESENTS:

COMMUNITY CIRCLE: SPEAKING FROM EXPERIENCE

Join Posse and IME for Speaking from Experience, a community circle designed to create a space for meaningful conversations about the social and political challenges effecting our communities. Through fish-bowl style discussions, we will share experiences, explore ways to support one another, and reflect on how we can move forward with resilience and action.

PLEASE RSVP!



All are welcome to listen, share, and engage! This event is meant for students, staff, and faculty!

Stamm (West)
February 18th, 4:00 pm



Questions? Email multicultural@lclark.edu

Faculty, staff and student are all welcomed!

[Sign Up Here!](#)

Black History Month Events

Join IME in celebrating Black History Month! Save the dates for the various programs and events happening on and off campus during the month of February. Please email multicultural@lclark.edu or BSU@lclark.edu for further details or questions!

2025 BLACK HISTORY MONTH

Thank you to all who participated in planning this year's Black History Month. Special thank you to BSU, Black History Month Committee, faculty, staff, students, and alumni, our hearts send many thanks!

**TUESDAY, FEB. 4TH
FAMILY FEUD**
Gregg Pavilion - 4:30pm to 6:00pm
Join us in watching the ultimate showdown between Faculty/Staff/Alumni and Students. Find out who knows the most popular answers to our survey questions.
[RSVP here](#)

**SATURDAY, FEB. 8TH
UP: BLACK EXCELLENCE**
University of Portland - 7:00pm
Come spend an amazing night at University of Portland with LC & UP Black Student Union as we celebrate Black Excellence.
RSVP Required.
[RSVP here](#)

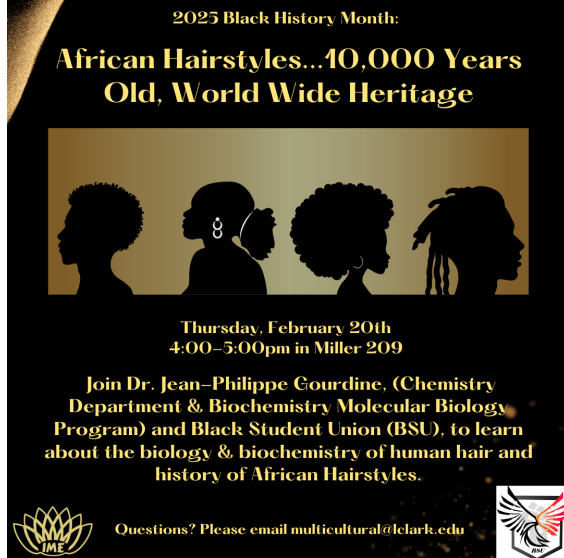
**THURSDAY, FEB. 20TH
AFRICAN HAIRSTYLES...10,000 YEARS OLD,
WORLD WIDE HERITAGE.**
Miller 209 - 4:00pm to 5:00pm
Join Dr. Jean-Philippe Gourdine, (Chemistry Department & Biochemistry Molecular Biology Program) and Black Student Union (BSU), to learn about the biology & biochemistry of human hair and history of African Hairstyles.
[RSVP here](#)

**FRIDAY, FEB. 28TH
CELEBRATION OF BLACK ART**
Smith Hall - Doors Open 6:30pm
Show up to a beautiful program to witness the history of Black fashion, a delightful Cheer and Step performance, and a delicious dinner. Student made art will be displayed. Please RSVP by Feb. 22nd.
[RSVP here](#)

Questions? Email multicultural@lclark.edu

**BHM: African Hairstyles...10,000
Years Old, World Wide Heritage**

**Thursday, Feb 20th
4:00-5:00pm**



Join Dr. Jean-Philippe Gourdine, (Chemistry Department & Biochemistry Molecular Biology Program) and Black Student Union (BSU), to learn about the biology & biochemistry of human hair and history of African Hairstyles.

BHM Dinner: Celebration of Black Art

Friday, Feb. 28th
6:30pm
Smith Hall

Join us for a night of art, fashion, food, and fun!

Dinner catered by: Yaads Style Jamaican Cuisine

Dress to Impress, optional black and gold color theme.

RSVP



More Events and News

Celebrate Lunar New Year with VSA and Chinese Club!

Vietnamese Student Association (VSA) and Chinese Club are thrilled to announce upcoming events celebrating Lunar New Year. VSA and Chinese Club are collabing on a lantern making event on **February 11th**. Snacks will be provided. Anyone is welcomed to join <3

Lantern Making: ILC (Miller 211)



[Sign Up Here!](#)

Info Session for Housing and Food Insecurity

Come to our info session to learn more about the new Housing and Food security Cohort run by the Centre for Social Change and Community Involvement. Housing and Food Insecurity Cohort” aims to bring together a dedicated group of volunteers to engage with the local community in addressing the issue of housing and food insecurity in Portland and on campus community. Through this emerging program, we aim to create spaces for education and service by fostering meaningful discussions, participating in volunteering efforts at Blanchet House, and engaging in community events addressing the issue.

Date: February 12th

Time: 5:30pm-6:30pm

Location: Room TBD

TEACH-IN: How Ethnic Studies & Gender Studies Can Help Build Community and Resilience in Challenging Times

Join us for an urgent conversation about how Ethnic Studies and Gender Studies can help us understand our current moment, build community, develop resilience, and share joy, amidst widespread challenges. Come meet the faculty and other students, and learn about the minors in Ethnic Studies and Gender Studies! All are welcome.

Thu Feb 13 at 5pm • Stamm • Food & drinks provided • All are welcome!

ETHNIC STUDIES & GENDER STUDIES

TEACH-IN

How **Ethnic Studies & Gender Studies** can help build **community** and **resilience** in challenging times

THURSDAY FEBRUARY 13
5PM • STAMM

FOOD & DRINKS PROVIDED

Join a conversation with LC faculty and **learn about the minors** in Ethnic Studies & Gender Studies

ALL ARE WELCOME! info: lisawilson@lclark.edu

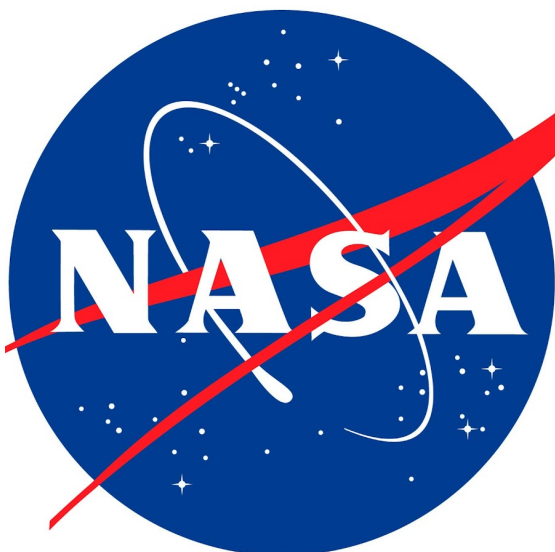


NSU x Art Club Beading Event

Come make cute bracelets, necklaces, and charms for your loved ones! Just in time for Valentine's Day! Everyone is welcomed and all materials are provided. We'll also have heart shaped cookies and snacks to keep your energy up while crafting.

Valentine's Beading Circle - NSU x Art Club Collaboration

Feb 11th. 4:00 pm to 5:00 pm - Hu Media Lounge



NASA DEVELOP program at Idaho State University

Idaho State University recruiting for our Summer 2025 term at the NASA DEVELOP Idaho location based at Idaho State University's GIS Training and Research Center (GIS TREC).

Apply between **January 13th -February 21st, 2025**. The NASA DEVELOP program is a **paid** 10-week research opportunity open to current students and recent graduates. Applicants must be able to commit to 20-

Addressing Gun Violence Through Art & Activism

Join us in Analyzing the systemic causes of gun violence and explore visionary thinking to imagine a safer society in our two part workshops held at the **South Chapel on the Graduate Campus.**

Part 1: Dialogue and hands-on creation of a Vision Board on **February 6th from 3-6 PM**

Part 2: Reflection and presentation on **March 13th OR March 20th from 3-6**

Collective ACTION

WHAT WE CAN IMAGINE...
WE CAN CREATE.



Addressing Gun Violence through art and activism

Part 1: January 23 or February 6
Part 2: March 13 or March 20

Optional studio time to work on art
Jan 25, Jan 30, Feb 8, Feb 13,
Feb 20, Feb 22, Feb 28th and Mar 6

**Will conclude with a public exhibition
May -Nov 2025**



Lewis & Clark
Graduate School of
Education and Counseling

Lewis & Clark College
Case Management

Virtual ADHD Peer Connection Group

Join L&C peers to connect on the ADHD experience

Case Management is hosting virtual meetings each week for students to talk about experiences of ADHD and to share strengths, challenges, and coping strategies.



TUESDAYS • SPRING 2025
4:30 PM TO 5:15 PM

EMAIL FOR MORE INFO:
AMBERBERGER@LCLARK.EDU

ZOOM LINK



Lewis & Clark College
Case Management

Virtual ADHD Peer Connection Group

What:
This is a weekly group meeting for students to share experiences with attention deficit hyperactivity disorder (ADHD) and talk about strengths, challenges, or coping strategies. Each meeting will focus on a topic to help direct shares, but you are welcome to share anything you like. Anyone with an interest in the subject and an open mind is welcome to join.

Why:
These meetings will give people an opportunity to share and connect with each other, to learn from each other, and to feel supported.

Additional Info:
To keep everyone safe, each meeting will follow some ground rules:

- Keep an open mind when listening and avoid criticizing or judging
- What is shared in meetings stays in meetings (confidentiality)
- Share your own perspectives and experiences (speak from "I")

Each meeting will be facilitated by Amber Berger, Master of Social Work graduate student interning with Lewis & Clark Case Management.

TUESDAYS • SPRING 2025
4:30 PM TO 5:15 PM

ZOOM INFO
[HTTPS://GEORGEFOX.ZOOM.US/j/87064244805](https://georgefox.zoom.us/j/87064244805)

ZOOM LINK



ADHD Peer Connection Group

Case Management is hosting virtual meetings each week for students to talk about experiences of ADHD and to share strengths, challenges, and coping strategies. **Meetings will take place on Zoom, Tuesdays from 4:30pm to 5:30pm.**

Contact Amber Berger at amberberger@lclark.edu for more info.

Tinikling with Kapamilya

Join Kapamilya to learn and perform a traditional Filipino folk dance! Tinikling is beginner-friendly and will have continuous practices throughout February! We encourage you to perform with us at the



International Fair on **March 1st!**

Please email kapamilya@lclark.edu for any inquiries!

[Sign Up Here!](#)

Inside the Middle East | Navigating Through the Storm to the Horizon's Edge

Feb. 20th
6pm
Council Chambers

The Middle East stands at a historic crossroads. In this pivotal briefing, we will delve into the dynamics fueling the conflicts and evolving collaborations - exploring the roles of key state and non-state actors, including Iran, Turkey, Israel, Lebanon, Syria, Iraq, Yemen, Hamas, Hezbollah, the Houthis, and militias operating across the region.

[RSVP Here!](#)



Gender Studies Symposium Community Planning Meetings

Hello folks!

We invite you to join us for another semester of symposium planning. Our meetings for this semester are as follows:

January 28th
February 11th
February 25th

As always, all are welcome to join and we will provide snacks! Meetings will be held in


2025 LSAT Scholarship Application!

The Multnomah Bar Association's Equity, Diversity & Inclusion Committee seeks to foster and expand diversity in the Multnomah County legal community and the state of Oregon. To achieve this goal, the committee awards scholarships for LSAT preparation courses to law school applicants whose future involvement in the law will enhance the diversity of our bench and bar.

[Sign Up Here!](#)

Student Counseling Center Group for Survivors of Unwanted Sexual Experiences

"Healing from Unwanted Sexual Experiences" group. Requires a pre-group appointment with group leader Melanie Langlois, LPC, during which you will meet 1:1 to review the structure & purpose of the group. The group starts early February so contact Melanie to schedule an appointment before the end of January! Email melanie.langlois@lclark.edu or call 503-768-7160. No cost. **Student Counseling Center, Lower Odell**



Spring Semester
2025

Healing from Unwanted Sexual Experiences


What: Weekly therapeutic and educational group for people who have experienced sexual trauma

When: TBD (starting in early February 2025)

Where: Student Counseling Center, Lower Odell #012

This confidential, no-cost group is open to all LC students inclusive of gender identities, sexual orientations, races/ethnicities and abilities. Survivors will have the opportunity to connect with each other in a safe, non-judgmental space and explore ways they have been impacted by and are healing from sexual trauma. We will use discussion, information and activities to share experiences, increase self-awareness and self-compassion, expand coping skills, and build resilience. *Requires a pre-group appointment (30min) to discuss the structure and purpose of the group.*

For more information or to schedule a pre-group appointment, please contact Melanie at melanie.langlois@lclark.edu



Gente Latina Unida: Graduation Celebration

Calling all seniors! Gente Latina Unida is planning our annual graduation celebration and are collecting interest for customized sarapes to wear during graduation. We strongly encourage those part of the Latine community to sign up! If you are interested, please fill out the google form so we can include you! We are tentatively planning this celebration for **May 1, 2025 from 6-9pm** in Gregg Pavilion. Reach out to glu@lclark.edu with any questions!

[Sign Up Here!](#)

Visit the IME Suite on the 3rd floor of Fowler: 9-5pm Monday to Friday

Interested in submitting something to be added to the IME Newsletter?

If you would like to submit something to be added to the IME newsletter, please fill out the form below. The IME newsletter goes out every Friday morning. All submissions to make it into the weekly newsletter must be done by Thursday at 8am or they will be put in the next week's newsletter.

Submit to the IME
Newsletter

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