



IME Newsletter Volume 21



Happy Monday, Lewis and Clark! We hope you stayed warm during the snowy four-day weekend! Though we are halfway through February, we still have some upcoming Black History Month events for you all to attend and celebrate! Be sure to check them out!

Check out our Podcast of the week!

Podcast Recommendation of the Week!

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

- IME's Lending Library
- I.D.E.A Catalyst Nomination Form
- Speed Friending and Bracelet Making
- Community Circle: Speaking From Experience
- Gem Community Connect: Cultivating Calm Amidst Chaos

Black History Month

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

More Events and News

- International Affairs Symposia: Hosting Applications
- U.S Ambassador (retd.) Harriet Isom Campus Visit
- Painting Rocks at the Let Out
- Bloom and Bite!
- NASA DEVELOP program at Idaho State University
- ADHD Peer Connection Group
- Inside the Middle East | Navigating Through the Storm to the Horizon's Edge
- Gender Studies Symposium: Community Planning Meetings
- Gender Studies Symposium: Call for Volunteers!
- TEACH-IN: How Ethnic Studies & Gender Studies Can Help Build Community and Resilience in Challenging Times
- 2025 LSAT Scholarship Application
- Student Counseling Center Group for Survivors of Unwanted Sexual Experiences
- Gente Latina Unida: Graduation Celebration

IME Events and News



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!](#)

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

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



through their actions, leadership pursuits, everyday conversations, and values.

Nominate
Here

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. 19th

Time? 5-7pm

IME GEM MENTOR MARY PRESENTS

SPEED FRIENDING & BRACELET MAKING

COME JOIN IN FOR SOME SPEED FRIENDING AND FRIENDSHIP BRACELET MAKING!

IN THE IME SUITE

multicultural@lclark.edu

February. 19 . 2025 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

Posse X  **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!



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



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

Questions? Email multicultural@lclark.edu

move forward with resilience and action.

Faculty, staff and student are all welcomed!

Where? Stamm (East)

Date? Tuesday, Feb. 18th

Time? 4:00 pm

[Sign Up Here!](#)


Gem Community Connect: Cultivating Calm Amidst Chaos

Join us for an upcoming GEM Community Connect happening Wednesday of 2/26 at 6:30 pm. Please feel free to email Multicultral@lclark.edu with any questions or concerns.

Wednesday, Feb. 26

6:30pm

IME Suite



GEM Community Connect
CULTIVATING CALM AMIDST CHAOS
FEB 26TH @ 6:30

create your own self-care goody bag

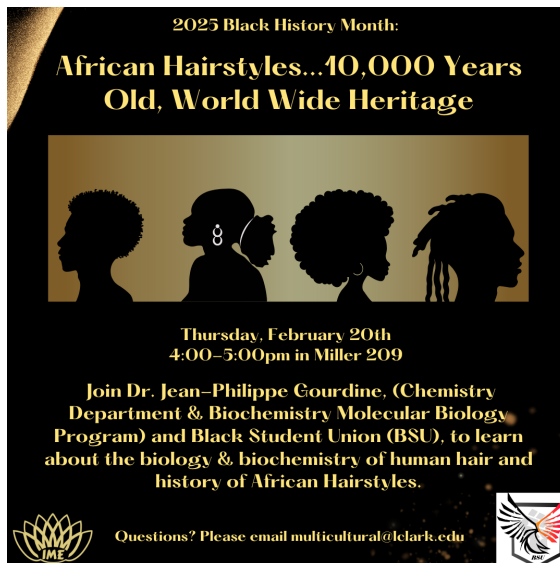
Join us for a meaningful gathering where we'll explore ways to prioritize self-care during challenging times. With so much happening in the world, finding moments of peace and connection is more important than ever.

QUESTIONS OR CONCERNS:
IME@LCLARK.EDU

IN THE IME SUITE

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



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

Thursday, Feb 20th
4:00-5:00pm
Miller 209

Join Dr. Jean-Philippe Gouridine, (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



[Apply Here!](https://docs.google.com/forms/d/e/1FAIpQLSe5SdWJPLXmX_RLe8PDic-yKtJpemg_N5b7f1Q7a_RL4u-TWEg/viewform)

IA Symposia: Hosting Applications

The International Affairs Symposium Hosting Committee is seeking enthusiastic hosts for the 63rd IA Symposium at Lewis & Clark from **April 7–9**. Hosts will coordinate speaker arrivals, ensure schedules are met, provide campus tours, and manage transportation. This role offers direct engagement with distinguished professionals, opening doors to internships and career opportunities. The commitment is approximately 8 hours during symposium week, plus one mandatory meeting. No car required—hosts will be paired accordingly. Gas costs are reimbursed. Applications are open to all students and **due by February 21**.

Email hostingias@lclark.edu for questions!

U.S Ambassador (retd.) Harriet Isom Campus Visit

Join us on **Monday, February 24th, at 5:30 PM in Smith Hall** to learn about Ambassador Harriett

Isom—a pioneering Oregonian who was among the first women to rise to multiple U.S. ambassadorships. Serving under eight U.S. presidents, she played a key role during the Cold War and beyond, shaping U.S. foreign policy. Don't miss this chance to hear her incredible story firsthand!

Where? Smith Hall

When? Monday, February 24th

Time? 5:30pm

Ambassador Edward J. Perkins Speaker Series Presents

FROM THE OREGON TRAIL TO THE STATE DEPARTMENT:

THE STORY OF A PIONEERING OREGONIAN, WHO WAS AMONG THE FIRST WOMEN TO RISE TO MULTIPLE US AMBASSADORSHIPS

CAMPUS VISIT

Her career period was primarily during the Cold War with the Soviet Union but ended with significant changes in the world and US policy after the Berlin Wall fell in 1989. She served under eight US Presidents and eight Secretaries of State. During her last ten years in the Foreign Service, she was the US Ambassador to Laos, Benin, and Cameroon.

**MONDAY,
24 FEBRUARY, 2025**

5:30 PM

SMITH HALL
LEWIS & CLARK COLLEGE
PORTLAND, OR, 97219



U.S. Amb (ret.) Harriet Isom
AMBASSADOR TO BENIN, LAOS, CAMEROON



Painting Rocks at The Let Out

Join the Let Out for Healing Through Creativity. We'll combine art, mindfulness, and a space to slow down, express yourself, and connect with others. Paint rocks with affirmations, symbols of resilience, or whatever speaks to you—all while fostering a sense of calm and community. Take a break, share stories, and leave with a small, meaningful reminder of your strength and healing journey.

Lower Odell Room 003

When? February 19th

Time? 5:30-6:30pm

Bloom and Bite!

Join Kapamilya and SEED club at the IME Suite on February 20 from 6:30-8:00 for Filipino sweet treats using honey from the Lewis and Clark bees and flower pressing!

Please bring your own books if you're interested in pressing flowers!

Where? IME Suite

When? February 20

Time? 6:30-8:00pm

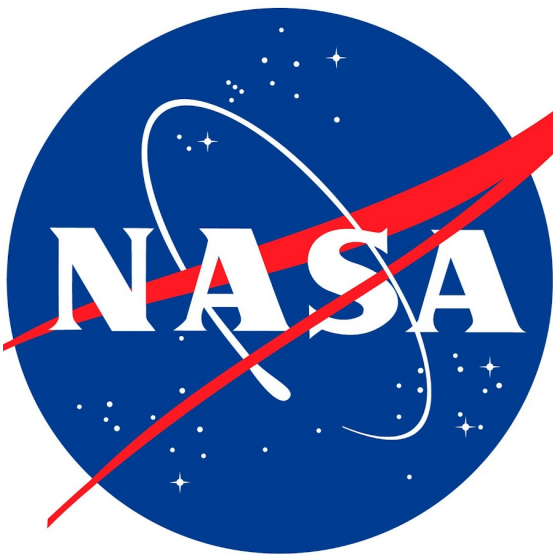
BLOOM & BITE

In IME suite on Thursday, February 20th @ 6-8 pm

Join us for Filipino sweet treats with SEED honey and flower pressing! All are welcome. Bring books if you want to bring pressed flowers home.




Any questions? Email kapamilya@lclark.edu or seed@lclark.edu



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 TRC).

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 20-29 hours.

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.

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!](#)



GUEST SPEAKER **AVI MELAMED**

Founder of ITME - Inside the Middle East

**FEBRUARY
20TH, 6PM
COUNCIL
CHAMBERS**

INSIDE THE MIDDLE EAST NAVIGATING THROUGH THE STORM TO THE HORIZON'S EDGE



In the face of escalating conflicts, the Middle East stands at a historic crossroads. This pivotal briefing will guide you through the storm of challenges shaping the Middle East today.

We will delve into the dynamics fueling the expanding 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.

As the conflicts intensify and multiple stakeholders pursue competing interests, understanding the core issues driving this crisis is essential. Join Avi Melamed as he discusses this complexity, offering clarity, context, and empowering insights to help you navigate these turbulent times.

hillel@clark.edu



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:

February 25th

As always, all are welcome to join and we will provide snacks! Meetings will be held in **Miller 414**. We look forward to seeing you there!

Gender Studies Symposia: Call For Volunteers!

We are looking for volunteers for the 44th Annual Gender Studies Symposium. Please visit the link below to the Google Sheet to view and sign up for different opportunities!

You will not be able to edit this spreadsheet directly.

Please leave a comment with your full name and any requested information (e.g. your phone # for tabling opportunities).



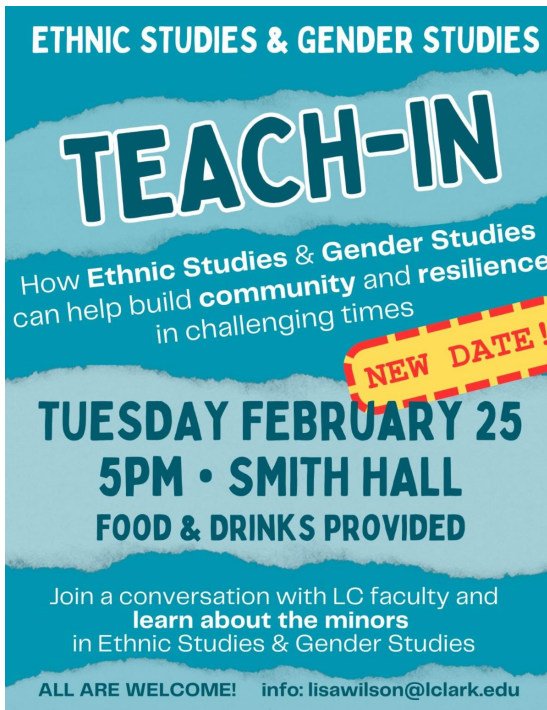
[No] Hard Feelings
44th Annual Gender Studies Symposium

Volunteer Opportunities

Posters	Feb 24-28	JRHH Publicity Table
Hang posters in designated locations around campus.		Promote the symposium by distributing info (and donuts!) and answering questions.
Event Usher	March 5-7	
Welcome guests, answer questions, and monitor audience capacity.		

SIGN UP THROUGH LINK

[Volunteer Here!](#)



ETHNIC STUDIES & GENDER STUDIES

TEACH-IN

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

NEW DATE!

TUESDAY FEBRUARY 25
5PM • SMITH HALL
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

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
Smith Hall
Food & drinks provided

All are welcome!

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. **Applications Due March 21!**

[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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