



IME Newsletter Volume 29



The sun is shining, the flowers are blooming, and Lewis and Clark is finally waking up from its winter nap! As we shed our coats and trade them for Yerbas and afternoons by the Reflecting Pond, let's take a moment to soak in the fresh air and longer days. Whether you're studying under a tree, strolling through LC with friends, or just enjoying the warm breeze, this is your reminder to savor the sweetness of spring!

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

- ADPI Community Lunch
- Vision Boards
- Get involved with IME!

More Events and News

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- Easter Worship Service
- 2025 Ray Warren Symposium on Race and Ethnic Studies Art Show Curator Application
- Sip 'n' Paint: Graduate School Series
- Skincare Night
- The Nature Gap: Call for Voices
- Alder Elementary School Visit
- Volunteer for a Meal Service at Blanchet House
- Sign Up to be a Quincenera/o!!!
- Immigration Illustrated Interest Form
- ADHD Peer Connection Group
- 2025 LSAT Scholarship Application
- Student Counseling Center Group for Survivors of Unwanted Sexual Experiences

IME Events and News



ADPI Community Lunch

ADPI stands for Asian Diaspora Pacific Islander. This heritage month usually takes place in May, but due to the academic calendar, we are choosing to honor this community in April. The IME office will be hosting a community lunch that will center the experience of ADPI identifying students. All are welcome.

Please RSVP by April 21st!

RSVP Here!

Vision Boards

Join us for a fun night of Vision Board making!



The poster for the Vision Board Making event features a collage of images: a vision board with various photos and notes, a stack of books with a '2025' tag, a person's face partially covered by a vision board, a person walking on a path, a laptop on a desk, and a cup of green juice. The text on the poster reads: 'VISION BOARD MAKING', 'CONTINUE THE YEAR WITH INTENTION! COME CREATE YOUR OWN VISION BOARD, SET GOALS, AND GET CREATIVE. WE'LL HAVE SUPPLIES, SNACKS, AND A RELAXED SPACE TO BRING YOUR IDEAS TO LIFE.', 'APRIL 16TH, 6:30 - 8:30 PM AT THE IME SUITE', and 'QUESTIONS? EMAIL MULTICULTURAL@LCLARK.EDU'.

VISION BOARD MAKING

CONTINUE THE YEAR WITH INTENTION! COME CREATE YOUR OWN VISION BOARD, SET GOALS, AND GET CREATIVE. WE'LL HAVE SUPPLIES, SNACKS, AND A RELAXED SPACE TO BRING YOUR IDEAS TO LIFE.

APRIL 16TH, 6:30 - 8:30 PM
AT THE IME SUITE

QUESTIONS? EMAIL MULTICULTURAL@LCLARK.EDU

Get involved with IME!

Calling all interested students! Get involved with IME's Heritage/History Month Planning Committees for next year! Want to have a say in how we celebrate?! Sign up via link to learn more!

[Sign Up Here!](#)

More Events and News

Race Monologues Info Session

Race Monologues will be hosting an info session on Race Monologues and the plans for the upcoming academic year. Come learn more about how to get involved, the expectations of Race Monologues, and meet the possible speakers, coordinators, and more.

Come and join us on:

When: Friday, April 25th
Time: 4:30- 5:30 pm
Where: IME office - Fowler 324

22ND RAY WARREN SYMPOSIUM ON RACE AND ETHNIC STUDIES
RACE MONOLOGUES
INFORMATION SESSION

Interested in being one of the speakers for the Race Monologues?

Come and join us on:
When: Friday, April 25th
Time: 4:30- 5:30 pm
Where: IME office - Fowler 324

We will be hosting an info session on Race Monologues and the plans for the upcoming academic year. Come learn more about how to get involved, expectations of Race Monologues, and meet the possible speakers, coordinators, and more.

Scan to sign up!!



If you are unable to attend, please sign up regardless so we can share all the details of the presentation with you.

What are the Race Monologues?

Race Monologues is a platform where Lewis & Clark College students share original stories about their racial and ethnic identity. Since 2002, these narratives have covered experiences like joy and pain, solidarity in community, systemic racism, personal growth, and political action. The voices highlighted in Race Monologues primarily belong to students of color, whose perspectives have often been marginalised at the predominantly white institution. The event gives students an opportunity to be heard in ways they felt were overlooked by administrators and peers. Each story is deeply personal, offering insight into the complexities of racial and ethnic identity in today's world.

For more information, contact:
pbulyaert@lclark.edu jgarciabocchetti@lclark.edu racemonologues@lclark.edu



PIONEER CHRISTIAN FELLOWSHIP & CENTER FOR SPIRITUAL LIFE
PRESENTS

**EASTER
WORSHIP
SERVICE**

AN AFTERNOON OF PRAISE, SCRIPTURE, AND WORSHIP

20 APRIL 2025

3:00- 4:30 PM

Agnes Flanagan Chapel
Refreshments will be reserved at 2:30 in Gregg Pavilion

Info contact: piefellowship@lclark.edu or spirituallife@lclark.edu

Lewis & Clark
Spiritual Life

Easter Worship Service

Join us for the 2025 Easter Worship Service on **April 20th from 3:00 - 4:30 PM** at Agnes Flanagan Chapel. This will be a time of praise, scripture, and worship as we celebrate the resurrection of Christ.

We welcome people from all walks of life and denominations to come and worship together.

Refreshments will be reserved at 2:30 pm in the Gregg Pavilion.

2025 Ray Warren Symposium on Race and Ethnic Studies Art Show Curator Application

Though the 22nd annual Ray Warren Symposium on Race and Ethnic Studies isn't until November, it's time to line up the curatorial team for the art exhibit. We're looking for 2-3 students to take on this role. No prior experience is needed, just passion and perspective!

Applications are open now and due

CALL FOR ART CURATORS

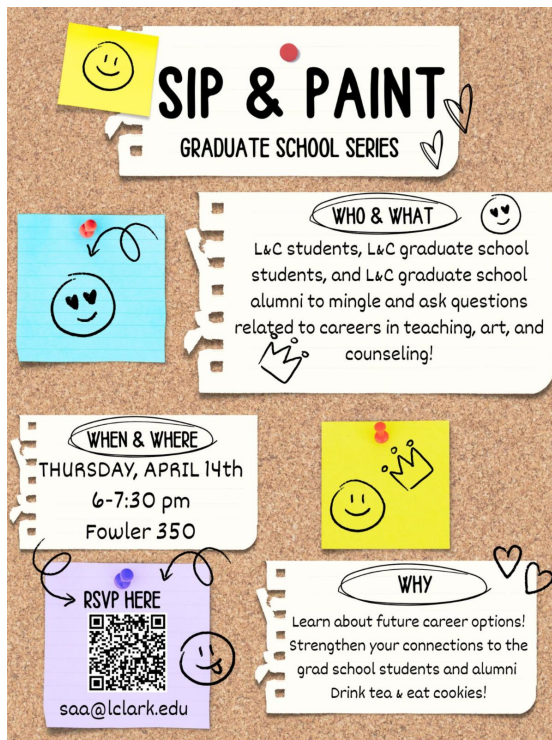


We are looking for 2-3 students volunteers
to coordinate a temporary art exhibit that
will be displayed in Watzek Library

Apply through the Google Form linked
on our bio by Monday, April 21st

Questions? Contact rwchairs@lclark.edu / kbrodin@lclark.edu

[Sign Up Here!](#)



Sip 'n' Paint: Graduate School Series

Come join the Student Alumni Association (SAA) for our Paint 'n' Sip Event with Lewis & Clark graduate school students and alumni. While sipping tea and painting you can learn about counseling, therapy, and school psychology as well as teaching, school counseling, and leadership studies.

This event is happening Monday, April 14th, 2025 from 6-7:30pm in Fowler 350.

[RSVP Here!](#)

Skincare Night

For ADPI Heritage Month, IME and the ADPI planning committee is hosting a skin care night. Come by and test out some free

sample skin care, have some snacks, and relax. This event is open to everyone, please rsvp with the QR code below.

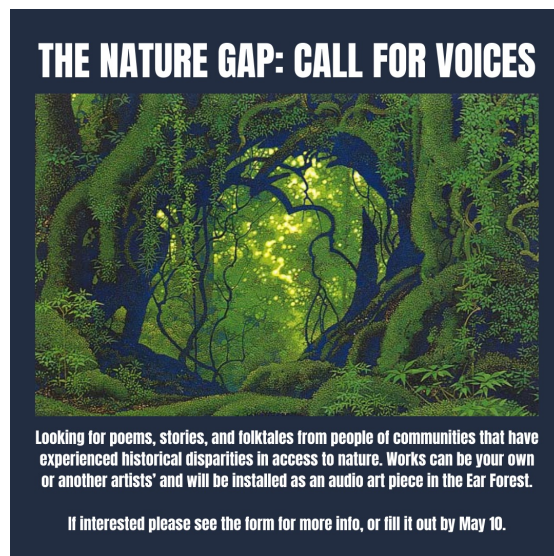
Where: IME Suite

Time: 6:30-8:30

Date: April 23



RSVP Here!



The Nature Gap: Call for Voices

A "Nature Gap" is a disparity in access to nature, particularly in communities of color and low-income households, who are denied the physical, social, and emotional benefits of spending time in nature. Social Change LLC is working to uplift these voices in the Ear Forest. We are looking for poems, stories, or spoken art forms reflecting the experiences of people from affected communities.

Deadline is May 10!

Sign Up Here!

Alder Elementary School Visit

Interested in a mentorship opportunity? Sign up to volunteer with the Center for Social Change as we welcome a group of 3rd graders and future scholars from Alder Elementary School! As a volunteer you can lead a tour and/or host an activity to help inspire student's dreams and ambitions! BIPOC and/or Spanish speaking students are encouraged to sign up!

Forms close on April 15th!

More Info Here!

Volunteer for a Meal Service at Blanchet House

Come join the Housing and Food insecurity Cohort to volunteer at Blanchet House's dinner service. Blanchet House is a wonderful organization that provides food for anyone who walks through their door and supports the unhoused community. We will serve dinner together (no service experience necessary) and then we will eat together before being back at campus around 7pm.

Date: April 4, 8, 17, and 22

Time: 7pm, Leaving from front of Fowler (outside Bon)

Where: Blanchet House



Housing and Food Insecurity Cohort Presents

WANT TO VOLUNTEER AT DINNER MEAL SERVICES?

Serve food downtown in
Blanchet House's Community café

DATES: 04/03, 04/08, 04/17, 04/22
WHEN: 4:00-6:30PM.

DINNER & TRANSPORTATION
PROVIDED
SCAN THE QR NOW!!



For more information contact leadserve@lclark.edu

Register Here!



Interested in
being a

QUINCEAÑERA

Scan & Fill out
the form



Deadline: Friday, March 21
Group Chat: Drop your Instagram or Phone
number so we can keep you updated

GLU@LCLARK.EDU



Sign Up to be a Quincenera/o!!!

Gente Latina Unida is hosting our annual Quinceñeara this year and are gathering interest for Quinceñera/os. Fill out the attached form if you're interested in being one. If getting appropriate attire is an obstacle keeping you from signing up, we can help you! We strongly encourage Latine students to sign up. We'd love to have you!!!

Immigration Illustrated Interest Form

Immigration Illustrated is a project created for the TH 285 - Playing at the Border class.

We aim to collect stories of refugees and immigrants on the Lewis & Clark campus and turn them into a comic book collective. We value the importance of art as a tool for social change, and we hope that with your willingness to tell your stories of immigration, we can increase awareness of immigrants in our community and their unique experiences.

Share Your Story
Here!



Lewis & Clark College
Case Management

Virtual ADHD Peer Connection Group

Join L&C peers to
connect on the
ADHD experience

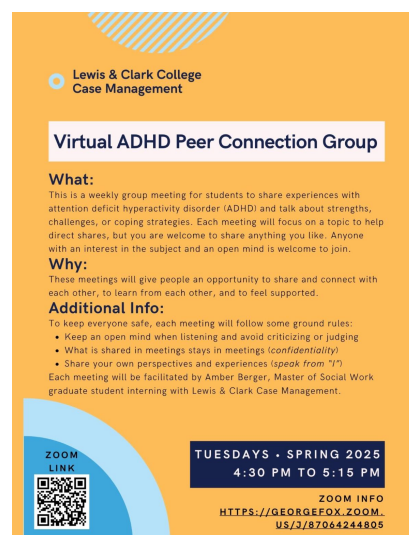
Case Management is hosting
virtual meetings each week for
students to talk about experiences
of ADHD and to share strengths,
challenges, and coping strategies.

**ZOOM
LINK**



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

EMAIL FOR MORE INFO:
AMBERBERGER@LCLARK.EDU



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.

**ZOOM
LINK**



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

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

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.

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



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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