



IME Newsletter Week 10



Happy Monday and cheers to a new week! November is Indigenous Peoples' Heritage Month, a time to celebrate the histories and ongoing cultures and traditions of Indigenous people around the world. Join IME, Native Student Union, and our Indigenous Peoples' Heritage Month Planning Committee in celebrating this special month -- see below for a list of events and opportunities!

Additionally, we know that many in our community may be impacted by the pause in SNAP benefits. IME and Case Management have worked together to create a database for food pantries and free food resources in the Portland area. This is a living document, so we encourage folks to check in often. Additionally, we would like to share a SNAP resource map from Sisters of the Road that identifies businesses and organizations providing food assistance. Please share both widely with your communities:

[Food Pantry Database](#)

[SNAP Resource Map](#)

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](#)

- November is Indigenous Peoples' Heritage Month!
- Ethnobotany Tea Making Walk

More Events and News

- Mixed LC Cookbook Creation Night
- Casino Night with Alumni
- SACNAS Radioactive Slime Night
- Exploring Reed College's Nuclear Reactor

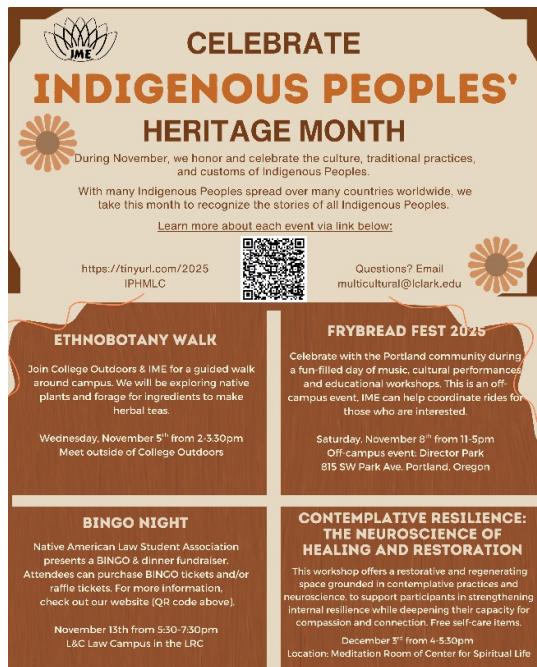
Opportunities

- Albina Colloquium
- Asian American Journalism Association - Paid Summer Internship Opportunity
- Gender Studies Symposium: Proposals Due Friday!
- Pre-Group Appointments Available Now: Healing from Unwanted Sexual Experiences Therapy Group
- Life Skills Lab Drop-In Hours

IME Events and News

November is Indigenous Peoples' Heritage Month!

During November, we honor and celebrate the culture, traditional practices, and customs of Indigenous peoples. With many Indigenous peoples spread over many countries worldwide, we take this month to recognize the stories of all Indigenous peoples. Please see our website to learn more about each specific event!



Learn More About IPHM Events!

Ethnobotany Tea Making Walk



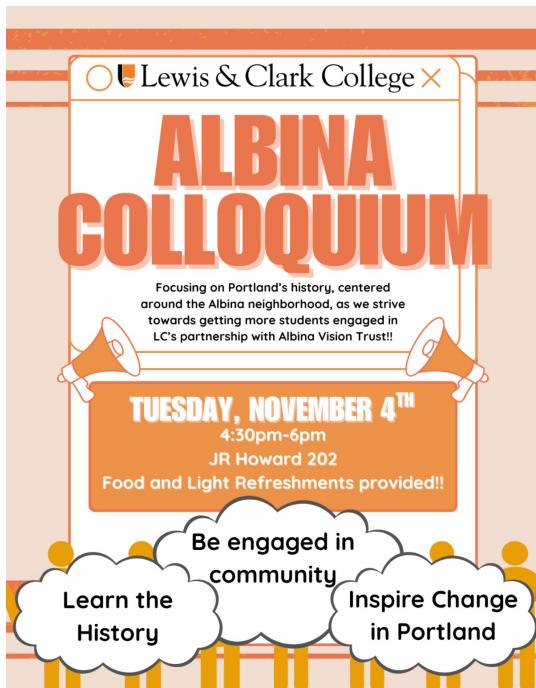
Wednesday, November 5
2:00-3:30pm
Meet at College Outdoors Office (Fowler 239)

IME, Native Student Union, and College Outdoors are collaborating together for Indigenous People's Heritage Month!

Join us for a relaxed walk from the undergrad to graduate campus while we forage for plants to make tea and learn about their indigenous usages. This event is open to everyone who wants to learn more about the traditions of Indigenous peoples with respect and curiosity.

RSVP
Here

More Events and News



Albina Colloquium

Tuesday, November 4
4:30-6:00pm
JR Howard 202

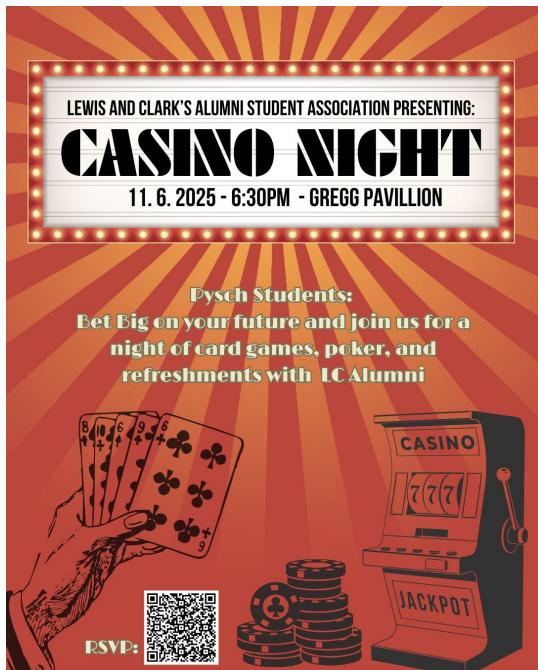
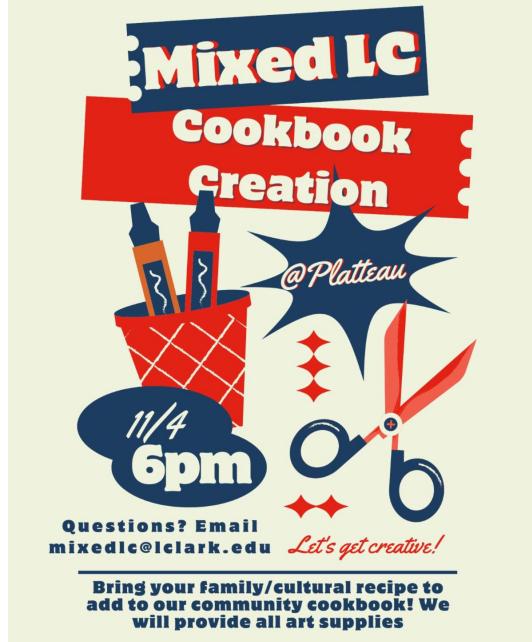
Join the conversation to learn more about LC's Partnership with Albina Vision Trust and how we can come together as a school to create and maintain a positive impact on the place our school knows as home.

Mixed LC Cookbook Creation Night

Tuesday, November 4
6:00pm
Platteau

You are invited to our Cookbook Creation Night! Bring your own family or cultural recipe to add to our communal cookbook. All art supplies will be provided by Mixed

LC and Platteau to craft your page to your hearts content! We encourage mixed race students to attend!



Casino Night with Alumni

Thursday, November 6
6:30pm
Gregg Pavilion

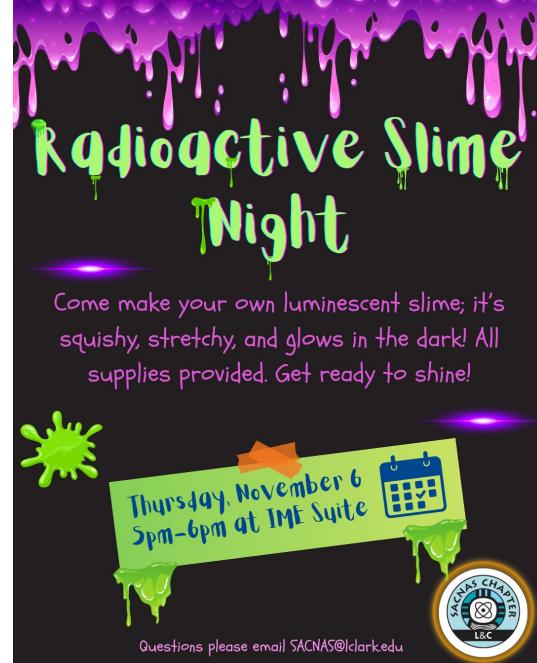
Curious where a Psych degree can lead? Join us for a cozy evening with LC Psychology alumni who've turned LC classrooms into meaningful careers. We'll play fun card games (poker, blackjack...), enjoy refreshments, and talk honestly about post-grad life. Build connections and walk out with a clearer plan. Come bet on your future. (not limited to Psych students)

RSVP
Here

SACNAS Radioactive Slime Night

Thursday, November 6
5:00-6:00pm
IME Suite

Come make your own luminescent slime; it's squishy, stretchy, and glows in the dark! All supplies provided. Get ready to shine!



EXPLORING REED COLLEGE'S NUCLEAR REACTOR

REED COLLEGE'S RESEARCH REACTOR IS THE ONLY RESEARCH REACTOR IN THE WORLD THAT IS OWNED AND OPERATED BY AN UNDERGRADUATE EDUCATIONAL INSTITUTION. COME WITH US OFF CAMPUS TO EXPLORE HOW IT'S USED AND WHAT RESEARCH IS BEING DONE WITH IT.

We will provide transportation to students interested.



Nov. 16. 25
1PM -3 PM

FOR ANY QUESTIONS AND MORE INFORMATION, PLEASE EMAIL:
SACNAS@LCLARK.EDU

Exploring Reed College's Nuclear Reactor

Sunday, November 16

1:00-3:00pm

Transportation provided for those interested

Reed College's Research Reactor is the only research reactor in the world that is owned and operated by an undergraduate educational institution. Come with us off campus to explore how it's used and what research is being done with it.

Access Link
Here

Opportunities

Asian American Journalism Association - Paid Summer Internship Opportunity

Spend 10 weeks working full time in a professional newsroom! The AAJA-SPJ Emerging Northwest Journalists Internship provides opportunities for sophomore, junior, senior, or graduate students majoring in journalism or a related field, or pursuing journalism. Must currently or previously reside in or attend school in OR or southwest WA. \$20 an hour. Questions? Email at aaja.pdx@gmail.com

Apply for the Summer Internship Here

Learn About Additional Internship Opportunities with AAJA

Gender Studies Symposium: Proposals Due Friday!

Don't forget to submit a proposal for the Gender Studies Symposium! We encourage all proposals related to gender and sexuality, with a special emphasis on submissions that focus on our theme, "RESIST NOW!" For more information, please visit our website.

Proposals due by Friday, Nov. 7 at 5 pm!
Please reach out to our email
gendsymp@lclark.edu with any questions
or concerns.

45th Annual Gender Studies Symposium

Lewis & Clark College

RESIST NOW!

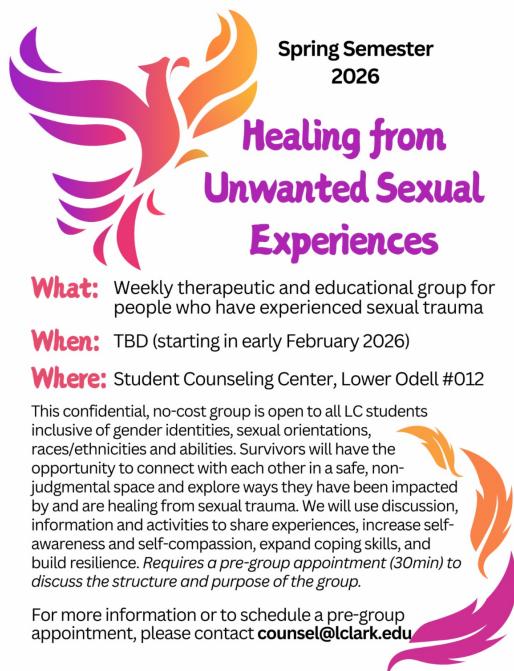
March 11-13, 2026

go.lclark.edu/gender/call

Call for Proposals

We invite submissions for panel discussions, individual papers, interactive workshops, and artistic productions, especially those focused on **gender and sexuality** in relation to **resistance and solidarity**.

Proposals due by 5 p.m.
November 7, 2025



Spring Semester
2026

Healing from Unwanted Sexual Experiences

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

When: TBD (starting in early February 2026)

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 counsel@lclark.edu

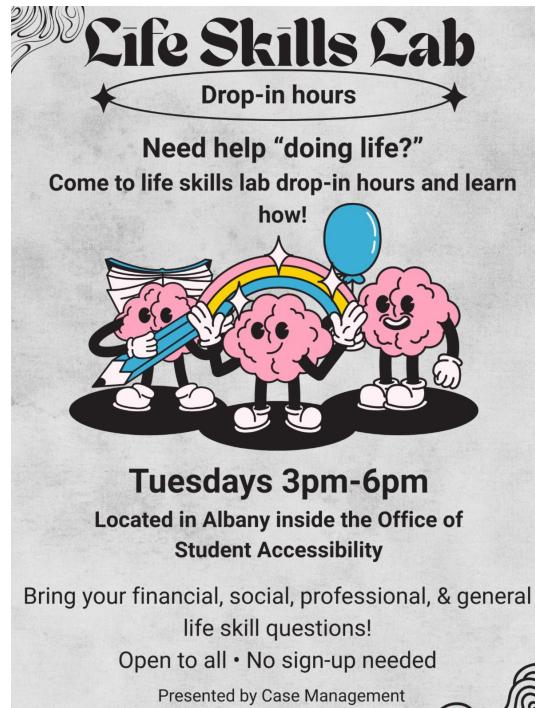
Pre-Group Appointments Available Now: Healing from Unwanted Sexual Experiences Therapy Group

The Student Counseling Center will offer a weekly therapy group Spring semester for people who have experienced sexual trauma. This no-cost group is open to all LC students, inclusive of gender identity, sexual orientation, race/ethnicity & ability.

Learn More
Here

Life Skills Lab Drop-In Hours

Case Management presents Life Skills Lab Drop-in Hours. This is an opportunity for students to ask life skills questions about budgeting, banking, grocery shopping, professional communication and more. Drop-in hours are first come first serve and students will be able to work with a case manager one-on-one.



Life Skills Lab

Drop-in hours

Need help "doing life?"

Come to life skills lab drop-in hours and learn how!

Tuesdays 3pm-6pm

Located in Albany inside the Office of Student Accessibility

Bring your financial, social, professional, & general life skill questions!

Open to all • No sign-up needed

Presented by Case Management

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 Monday at 9am or they will be put in the next week's newsletter.

[Submit to the IME
Newsletter](#)

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