



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!



CELEBRATE 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.

<https://tinyurl.com/2025IPHMLC>

Questions? Email multicultural@lclark.edu

ETHNOBOTANY WALK

Join College Outdoors & IME for a guided walk around campus. We will be exploring native plants and forage for ingredients to make herbal teas.

Wednesday, November 5th from 2-3:30pm
Meet outside of College Outdoors

FRYBREAD FEST 2025

Celebrate with the Portland community during a fun-filled day of music, cultural performances and educational workshops. This is an off-campus event. IME can help coordinate rides for those who are interested.

Saturday, November 8th from 11-5pm
Off-campus event. Director Park
815 SW Park Ave. Portland, Oregon

BINGO NIGHT

Native American Law Student Association presents a BINGO & dinner fundraiser. Attendees can purchase BINGO tickets and/or raffle tickets. For more information, check out our website (QR code above).

November 13th from 5:30-7:30pm
L&C Law Campus in the LRC

CONTEMPLATIVE RESILIENCE: THE NEUROSCIENCE OF HEALING AND RESTORATION

This workshop offers a restorative and regenerating space grounded in contemplative practices and neuroscience, to support participants in strengthening internal resilience while deepening their capacity for compassion and connection. Free self-care items.

December 5th from 4-5:30pm
Location: Meditation Room of Center for Spiritual Life



NALSA's BINGO FUNDRAISING DINNER

WEDNESDAY, NOVEMBER 13TH 5:30-7:30PM IN THE LRC

ENTRY TICKETS \$15 ONLINE OR AT DOOR

RAFFLE TICKETS (MAX 10) \$10

BINGO • RAFFLE • SILENT AUCTION

Join us as we raise funds to send NALSA members to the Fed Bar Indian Law Conference and to support other NALSA activities!

Entry ticket \$10 if purchased in-person during lunchtime tabling @ LRC, Nov. 11-13

SERVING FRY BREAD TACOS (VEGAN OPTION AVAILABLE)

Learn More About IPHM
Events!

Ethnobotany Tea Making Walk



Wednesday, November 5

2:00-3:30pm

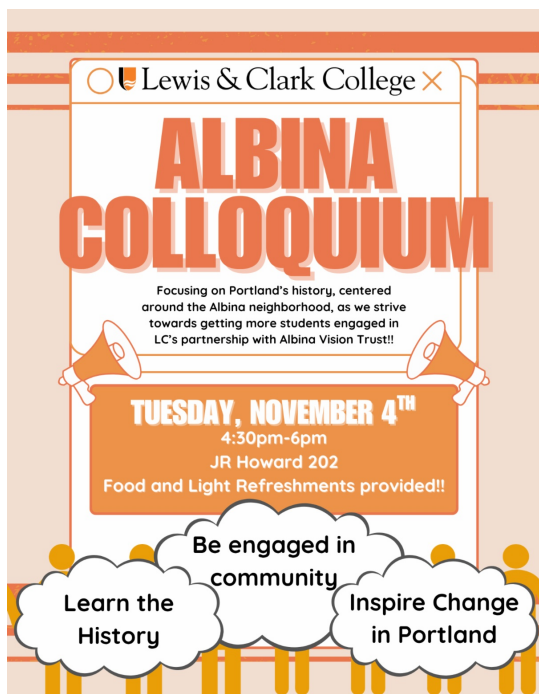
Meet at College Outdoors Office (Fowler 239)

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

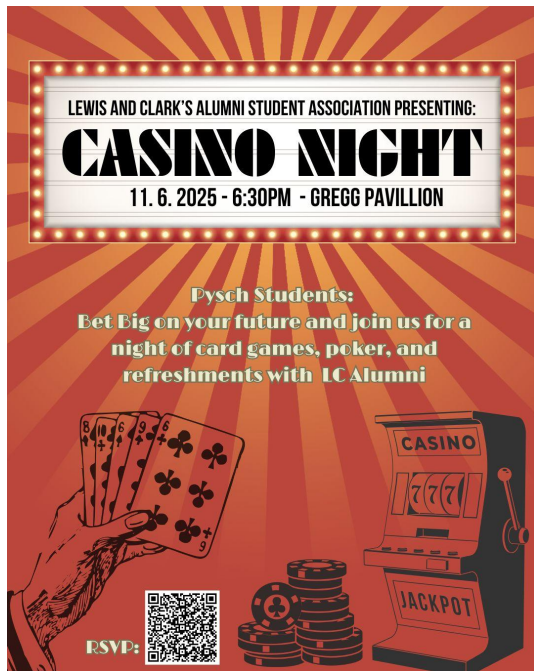
Tuesday, November 4

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

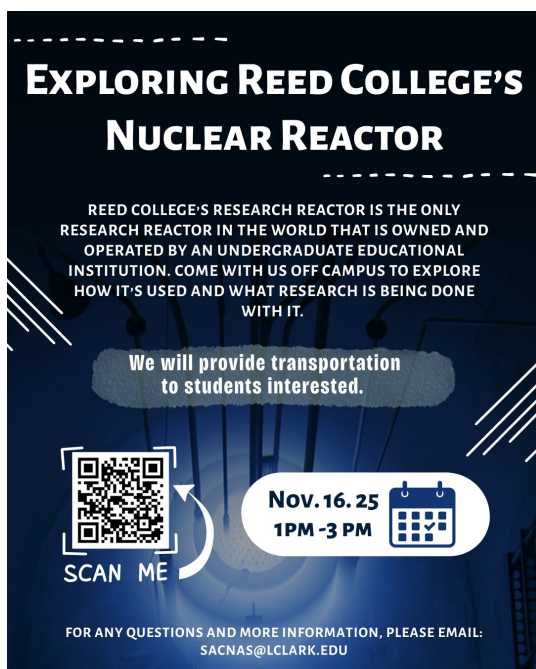
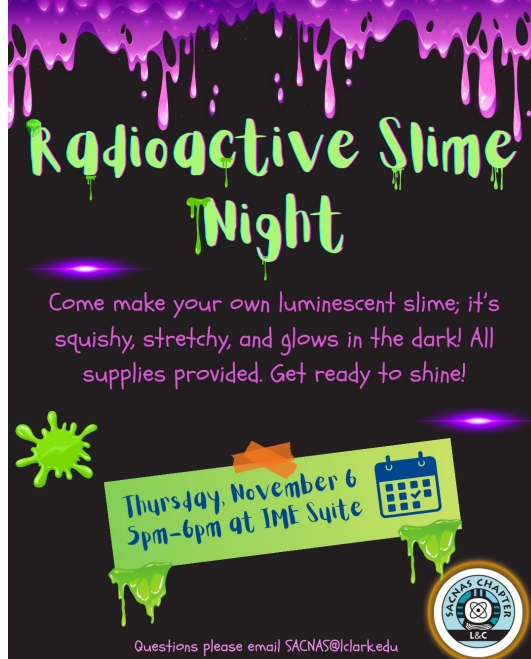
SACNAS Radioactive Slime Night

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

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 aaaja.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



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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