



## Week 3: Happy Black History Month!



We hope everyone is getting back into the swing of things after a rough start to the semester! This Thursday is February 1st -- the month of February marks Black History Month, and IME in collaboration with BSU and our BHM Planning Committee has tons of programming to celebrate all month long! Read below to learn about Black History Month events, GEM gatherings, and more!

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

## What's Happening

Here's what's in this week's IME Newsletter:

### Black History Month

- Black History Month Calendar
- Black Joy: Friends, Lovers, and Other Relationships
- Black History Month Dinner: Being Black Beyond the Academy

### IME Events

- IME Welcome Back Karaoke - RESCHEDULED
- GEM Gathering: IME Trivia
- Game Night
- LGBTQ+ Drop-In Office Hours

### More Events

- MENA Student Union Starting This Semester
- Carve out time for yourself with Awakened Awareness Wellness Workshops

# Black History Month

## Black History Month Calendar

How will you honor Black History Month?! Join IME, BSU and the Black History Month planning committee in various activities and events throughout January and February. View the flyer to learn more!

**BLACK HISTORY MONTH EVENTS 2024**

**08 FEB** **Black Joy: Friends, Lovers & Other Relationships**  
4:30 pm - 6:30 pm in IME Suite  
Come learn and reflect on healthy relationships as we engage in some activities. Free chocolate and gratitude cards! Program is presented by the Student Counseling Center & GEM.

**10 FEB** **Portland Art Museum + Lunch Field Trip**  
11:00 - 3:00 pm  
Meet at front of Fowler Student Center  
See the work from Black artists in Portland. Free Lunch will be provided. First 10 students to sign up are guaranteed spots! Presented by OEI and IME.

**15 FEB** **Lecture: Lessons of the Civil Rights Movement & Black Freedom Struggle**  
5:00 pm - 6:30 pm at Gregg Pavilion  
Learn how the civil rights struggle has impacted our understanding of protests and social movements from visiting Phi Beta Kappa scholar, Kenneth Andrews. Presented by the History Department.

**16 FEB** **Black History Month Dinner:**  
5:30 pm - 7:30 pm at Gregg Pavilion  
Trivia. Panel. Community. Dinner from Black Star Grill, a local Ghanaian restaurant. IME's signature event in collaboration with Black Student Union. This is a dress to impress event.

**20 FEB** **Ben Crump Presents Martin Luther King Jr. Endowed Lecture**  
5:00 pm at Flanagan Chapel  
This lecture is presented by the Law School. Come learn from a renowned civil rights and personal injury attorney, Ben Crump. Mr. Crump is the nation's foremost lawyers and advocates for social justice.

Questions? Accommodations? Email [multicultural@clark.edu](mailto:multicultural@clark.edu)

**BLACK HISTORY MONTH EVENTS 2024**

**24 FEB** **On the Hill: Black Marketplace**  
1:00 - 3:30 pm - Stamm (Fowler)  
Support crafts and goods from local Black businesses and students. Food tastings are available on first come, first served. Live music from 1:30-2:30pm, open stage from 2:30-3:30pm. Presented to you by CAB, BSU & IME.

**27 FEB** **Meet & Greet and Let's Eat Event**  
5:00 pm - 7:00 pm at Fields Dining  
Bon Appétit presents a meet and greet with chef and author of *Caribbean Paleo*, Althea Brown. Chef Brown will be working with the Bon staff to create a recipe from her book. Use your meal points to join the dinner. Flex points or credit cards will be accepted for those who do not have meal points. Her books will be available for purchase and signing!

**28 FEB** **Career Transitions & Pivots Panel**  
6:30 pm - Doors open for food  
6:00 pm - Panel begins  
The Black Alumni Association & Student Alumni Association presents an interactive panel viewing on encountering life pivots and career transitions!

**Special thank you to our wonderful history & culture centers for helping us organize this month's event.**

**To get more involved:**  
Black Student Union: [bsu@clark.edu](mailto:bsu@clark.edu)  
Black Alumni Association: [alumni@clark.edu](mailto:alumni@clark.edu)  
Inclusion & Multicultural Engagement: [multicultural@clark.edu](mailto:multicultural@clark.edu)

College Activities Board (CAB)   L&C Law School   History Department   Student Counseling Center   Bon Appétit

Questions? Accommodations? Email [multicultural@clark.edu](mailto:multicultural@clark.edu)

IME ♥ SCC ♥ GEM PRESENTS

# FRIENDS LOVERS HEALTHY RELATIONSHIPS

We invite you to reflect on your relationships, take some time to express gratitude for those people in your lives through *letter writing* and *card making*, while enjoying some *delicious chocolates*.

Where: IME Suite  
When: February 8th  
Time: 4:30 pm - 6:00 pm

## Black Joy: Friends, Lovers, and Other Relationships

Thursday, February 8  
4:30-6:30pm  
IME Suite (3rd floor Fowler)

We invite you to reflect on your relationships, friendships, romantic, distant, etc. The student Counseling center and GEM are collaborating to provide you a space to discuss these relationships and/or make cards for the people you want to see smile. All materials and chocolates provided.

## Black History Month Dinner: Being Black Beyond the Academy

Friday, February 16  
5:30-7:30pm  
Gregg Pavilion

On behalf of the Office of Inclusion and Multicultural Engagement (IME) and Black Student Union (BSU), we are excited to invite you to join us for a Black History month dinner and alumni panel. We will be engaging in discussion around Blackness and how it has shaped the experiences and careers of our panelists. Dinner will be catered by a local Ethiopian restaurant.



RSVP  
Here



## IME Events



### IME Welcome Back Karaoke - RESCHEDULED

Wednesday, February 7  
6:00-8:00pm  
IME Suite (3rd floor Fowler)

Let's sing in this new year! Join IME in a welcome back karaoke night! 6-8pm in the IME suite.

Pizza will be provided and will be served on a first come, first served basis.

### GEM Gathering: IME Trivia

Friday, February 2  
5:00-6:00pm  
IME Suite (3rd floor Fowler)

Come to IME to play Trivia! There will be a special prize for the winning team! RSVP by January, Wednesday 31.

Themes to brush up on before playing

the game:

- IME Staff
- IME GEM Mentors (past and present)
- Wokeshops
- Sports
- and more!



Register Your  
Team



Questions? Accommodations? email  
multicultural@lclark.edu

## Game Night

Friday, February 9  
4:00-5:45pm  
IME Suite (3rd floor Fowler)

Come and hang out in the IME Suite and play games. Play with ours or bring your own!

Coffee and tea provided!

RSVP  
Here

## LGBTQ+ Drop-In Office Hours

Do you identify as LGBTQ+? Need guidance or just want to chat? Come visit Avery during office hours, **Tuesdays from 12-1 pm and Wednesdays from 2-3 pm**, beginning January 30th in the IME Suite.

Questions? email multicultural@lclark.edu or averykelly@lclark.edu.





## More Events



### MENA Student Union Starting This Semester

We are excited to share that there will now be a MENA Student Union on campus! If you identify as a student from the Middle East and North Africa region, please fill out the linked interest form and stay tuned for news about future meetings/events!

[Interest Form](#)

### JOIN THE MENA STUDENT UNION!

For members of the LC community who identify as having Middle Eastern or North African heritage.

email [alilaraslan@lclark.edu](mailto:alilaraslan@lclark.edu) with questions

**AWAKENED AWARENESS**

LEARN SPIRITUAL MIND BODY PRACTICES FOR ENHANCED WELL-BEING

**An 8-week wellness workshop**

**NEWLY ADDED INFO SESSIONS!**  
Monday, Jan. 29: Flanagan Chapel  
Thursday, Feb. 1: Gregg Pavilion  
3:30-4ish pm

**REGISTER NOW FOR SPRING '24 COHORTS**

<b>Mondays</b> Feb. 12 - April 8, Agnes Flanagan Chapel 3:30-5:00PM		<b>Thursdays</b> Feb. 15 - April 11, Meditation and Prayer Room (Lower Flanagan) and Gregg Pavilion 3:30-5:00PM
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\*Upon registration, you will receive an email invitation from Teachers College researchers with study details. Participants must be undergraduate students ages 18-25 years of age.

Want to register but can't make the info session? Have questions? Please contact Hilary hmlhman@lclark.edu

**GET PAID \$35 TO PARTICIPATE IN RESEARCH!\***  
(OPTIONAL)  
IRB 22-351



### Carve out time for yourself with Awakened Awareness Wellness Workshops

Awakened Awareness begins soon! Learn practical tools to reduce stress and improve your life. M or TH cohorts will meet from 3:30-5:00pm for 8 weeks, and will focus on guided meditations, mindfulness practices, and more.

Info sessions on Monday, Jan. 29 (Flanagan) and Thursday, Feb. 1 (Gregg Pavilion) from 3:30-4:15pm. Optional paid research study- get paid \$35! Groups begin week of 2/12.

[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 Monday morning (or Tuesday if Monday is a holiday). All submissions to make it into the weekly newsletter must be done by Friday at 5pm or they will be put in the next week's newsletter.

Newsletter Submission

Stay Connected with IME



Lewis & Clark College | 0615 SW Palatine Hill Rd., Portland, OR 97219

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