

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal Michael Eamon

Dear Traillites,

Whew! The term is finally over. Congratulations to all of our students for all of their hard work and persistence. Just a reminder that spring-summer hours start at the College on May 1st. That means that Scott House will be open for students from 9 AM to 5 PM, Monday through Friday. In addition, Continuing Education classes will be held on Tuesday and Thursday evenings during the month of May. If you have any questions, please feel free to contact the Traill College Office at traill@trentu.ca or 705-748-1010, ex. 7020.

Please note that afterhours access to Scott House will expire for students as well on May 1st. Any students wishing to renew their access will need to reach out with the name, student number and card number to traillaccess@trentu.ca

Finally, many in the Peterborough and Trent community are coming together today for the Celebration of Life for Professor **Carolyn Kay**. The much-loved German history professor died on December 25th, 2023 and her loss continues to be felt profoundly by faculty and students alike. I took over the reigns as principal of Lady Eaton College from Carolyn in 2012. They were big shoes to fill and I enjoyed many wonderful moments talking about history, or the College. Her compassion for others, and particularly, her students made Carolyn shine like a beacon at Trent. In spite of her recent struggles with cancer, she still stayed positive and maintained her focus on the wellbeing of others. It is hard to believe that she isn't with us. Lebewohl Carolyn. You indeed lived well and were so loved.

A handwritten signature in black ink, appearing to read "Michael Eamon". The signature is fluid and cursive, with a long horizontal stroke at the end.



Needing an Appointment?

Looking to book an academic appointment?



[Academic Advising](#) and [Academic Skills](#) appointments are available Monday to Friday on the [Student Experience Portal](#).

Trill College offers same-day appointments on Fridays from 9:00am - 4:00pm for both Advising and Skills. Book Advising at 705-748-1011 ex. 7333 or come to the college office to book in-person. Book Skills on the [Student Experience Portal](#). Appointments are on a first-come, first-served basis.

If you are a Graduate Student and require Academic Advising support, please reach out to graduate@trentu.ca or your home department.

Academic Advising helps you navigate your degree and understand university regulations



Academic Skills helps you refine your skills for success at university

Cabinet Corner



<https://www.trentu.ca/colleges/trail/belong/college-cabinet>

To keep up to date with the college, follow us on social media!

For the most up-to-date information on Trent University's events and news:
<https://www.trentu.ca/news/>

Swag Shop



*Click [here](#) to view our swag shop and order online!
Pick up orders and pay with cash at the College Office.*



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Backwoods Baking Presents:

Spinach & Artichoke Dip Pasta

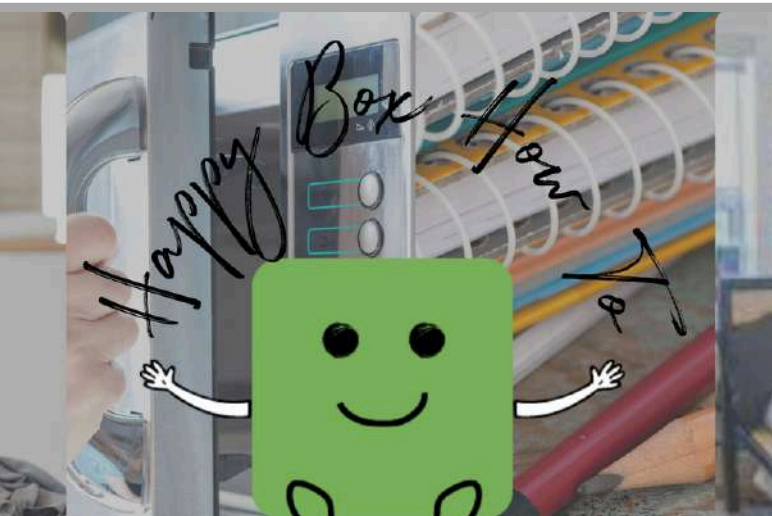
([click here](#) for original recipe)

INGREDIENTS

- 8 oz whole-wheat rotini
- 5 oz baby spinach, roughly chopped
- 4 oz cream cheese, cut into chunks
- $\frac{3}{4}$ cup milk
- $\frac{1}{2}$ cup grated Parmesan cheese, plus more for garnish, if desired
- 2 tsp garlic powder
- $\frac{1}{4}$ tsp ground pepper
- 14 oz can artichoke hearts, rinsed, squeezed dry and chopped

INSTRUCTIONS

1. Bring a large saucepan of water to a boil. Cook pasta according to package directions. Drain.
2. Combine spinach and 1 tbsp of water in a large saucepan over medium heat. Cook, stirring occasionally, until just wilted, about 2 minutes. Transfer to a small bowl.
3. Add cream cheese and milk to the pan; whisk until cream cheese melts.
4. Add Parmesan, garlic powder and pepper; cook, whisking until thickened and bubbling.
5. Drain as much liquid as possible from the spinach. Stir the drained spinach into the sauce, along with artichokes and the pasta. Cook until warmed.



Check out our video on how to book an academic advising appointment! Click on [Traill's YouTube channel](#) to view

Trail Mix

We heard that one of the Traill squirrels has opened a flower shop...



Business is blooming!

What's going on at the College on the Hill?



GRADUATE WRITING RETREAT

May 8, 9, and 10
9:00 to 4:00

Scott House
Traill College

Join other grad students and kick start your summer writing season

More Information:
Academic Skills - Trent University




Are you planning to work on your course work, MRP, thesis, or other writing over the summer of 2024? Join your fellow graduate students and learn how to increase productivity as you progress with your writing. Please click [here](#) to learn more and register in advance.



TRENT UNIVERSITY
CONTINUING EDUCATION



IN-PERSON 4-HOUR WORKSHOP

GIVE THE Gift OF LEARNING

SONGBIRDS OF SPRING: BIRDWATCHING BASICS

SATURDAY, APRIL 27TH, 2024
9:00 AM – 1:00 PM EDT

trentu.ca/continuingeducation

Birds have captivated humans for centuries and it's hardly a wonder why. To witness is a privilege and delight to any who observe. This is a four hour workshop with local travel to discover the wonders of local bird populations. Register for the workshop [here](#).



CALL FOR RECIPES!



2024 marks Traill's 60th anniversary! To celebrate this milestone we are creating a cookbook and would like current and former students to be a part of it! Share your cherished recipes and memories and be entered into a draw to win some Traill swag!

Email submissions to traill@trentu.ca

Submit a recipe for your chance to win a hoodie, notebook, and mug



In celebration of Traill's 60th anniversary we are creating a cookbook and would like to include recipes from students and alumni! Send your recipes and photos to traill@trentu.ca and be entered to win some Traill merch!



Traill Summer Hours ✨
Scott House & Wallis Hall

Monday	09.00 - 05.00
Tuesday	09.00 - 05.00
Wednesday	09.00 - 05.00
Thursday	09.00 - 05.00
Friday	09.00 - 05.00
Saturday	Closed
Sunday	Closed

Traill Summer hours are starting May 1st! Students who would like after hours access can email traillaccess@trentu.ca with their name, student number and the five digits on the back of your student card.

What went on at the College on the Hill?



**Congratulations to the winners of the
2024 3MT competition!**

Jenna Bolzon
1st prize,
Audience
Choice

**Stephanie
Aultman**
2nd prize

Christian Bihun
3rd prize





Student Supports

We want you to know you are supported on-campus and in the community. Every week we will rotate through groups who can support your unique self!



This week we are highlighting the Trent Vegetable Gardens

The Trent Vegetable Gardens (TVG) is a levy group of Trent University focused on providing agricultural education opportunities to Trent students and Nogojiwanong-Peterborough community members. The Gardens are organic and low-till, and borrow principles from intensive farming, permaculture systems and Indigenous agricultural methods.

Find out how to get involved [here](#).

Hello!



PEER SUPPORT

AT TRENT UNIVERSITY

Check out the Student Experience Portal at ccr.trentu.ca to book a session.

Monday to Thursday 12-3pm.

Fun Fridays from 12-2pm.

@peersupporttrent on IG or FB

Here to listen and support. Let's connect.

Looking for another student's perspective? Book a peer support appointment Monday to Thursday 12pm-4pm through the **Student Experience Portal!**



CAREERSPACE

CAREERS & EXPERIENCES

Careerspace is here to help you get a jump start on your career! With practical hands-on experiences, workshops, online resources, and career counseling, our services are available to students all year round!

Visit our office on the 3rd floor of the Student Centre, send us an email, call, or book an appointment on trentu.ca/sep and start preparing for your future. And remember, don't wait 'til you graduate, we're here to help now!

Wellness Resources

<https://includedhealth.com/blog/lgbtq/5-ways-lgbtq-people-can-practice-self-care/>

For LGBTQ+ people, the discrimination they face affects their psychological well-being. Tending to mental health is particularly pertinent for those of us in unsupportive or isolated environments where we might lack access to identity-based resources.

In difficult times, we rely on our communities to remind us that many of the challenges we face, we take on together. Here are some tips for self and community care that can rejuvenate and support ourselves and others.

FIVE WAYS LGBTQ+ PEOPLE CAN PRACTICE SELF CARE

- 1 ALLOW YOURSELF TO FEEL**
Let yourself feel as negative as you need to feel while reminding yourself that these negative emotions aren't permanent.
- 2 USE SOCIAL MEDIA TO FIND COMMUNITY BUT REMEMBER TO TAKE BREAKS FROM BEING ONLINE**
- 3 USE RESOURCES**
Connecting with someone who understands your specific identity within the LGBTQ+ community can do wonders for your mental health.
- 4 EMBRACE SELF-COMPASSION**
Recognizing that not everyone can express themselves safely, it's valuable to prioritize consistent self-compassion. Repeating affirmations can help reinforce self-value and combat negative thoughts.
- 5 HEAL BY HELPING OTHERS HEAL**
The more we take care of each other, the better we can support our collective well-being. If you have the ability to do so, take a moment to connect with your friends and community as a supportive listener.



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"Insecurity is such a waste of time." - Catherine O'Hara