

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal, Dr. Michael Eamon

Dear Traillites,

Wednesday night we had an amazing event at the College featuring **Jeannette Menzies '95**, Canada's Ambassador to Iceland. It was part of the popular **North at Trent** series and the continuing 50th anniversary celebration of Canadian Studies at Trent. Appropriately, almost 10 cm of snow fell and there were no doubts amongst the intrepid crowd that Trent is indeed part of the North. The crowd was also auspicious in nature with several important guests, including Vice President **Marilyn Burns**, AVP Development **Sherry Booth**, **Dr. Jon Grant**, professors *emeriti* **John Wadland**, **Julia Harrison**, Drs. **Rosemary Ganley** and **Spencer Harrison** as well as Canada's Chief of Protocol and Trent alumnus, **Stewart Wheeler '88**. Wheeler – himself a former ambassador to Iceland -- gave a glowing and richly detailed introduction of the guest speaker, concluding that there was no one better qualified for the position of ambassador than Menzies. In detailing her path from Trent to Iceland, Menzies shared thoughtful recollections of her supervisor **T.H.B. Symons** and the life lessons he provided. She also underscored the value of a Trent university education and how it prepared her for life in the foreign service. In particular, she argued the importance of resilience and perseverance in the face of setbacks. Congratulations to the **School for the Study of Canada** who did an amazing job in organizing the event! I was honoured to be able to offer the land acknowledgement and a brief welcome to Traill that included a few reflections the importance of January 25th.

Fifty-nine years ago -- on January 25th -- a press release was issued announcing the plan to open Trent's two downtown colleges in the Fall of 1964. In the document, the names and locations of Peter Robinson College and Traill College are revealed for the first time. What was also clearly articulated was the *raison d'etre* of Trent's unique collegiate system, offering words that continue to resonate to this day:

The President said that the colleges at Trent University would be much more comprehensive than mere dormitories where students could eat and sleep. The colleges would be the central academic units of the University, in which students will receive many of their tutorials and lectures, and around which the whole life of the University will be focussed. They will be relatively small communities within the University, in which the informal life of students in discussion, in clubs, in social and sporting activities, will all be carried on in academic surroundings, so that the essential purpose of the University as a place of learning is kept constantly in perspective.

In a nutshell, Trent's university colleges have always been fundamental to the institution. The value of fostering small, interdisciplinary communities where students, faculty, alumni, and community members can come together endures. In this spirit, today we welcome Deputy Minister **Tina Namiesniowski** for a Women in Government Workshop put on by the School for the Study of Canada in the newly-renovated Senior Common Room. For fifty-nine years, Traill has been a scholarly community of expression, debate, and empowerment and we look forward to continuing this tradition. Keep watching this newsletter for information on upcoming events, visitors, and activities.

Until next week,

Michael



Needing an Appointment?

**Academic Advising
Same-Day Appointments
for Trail College: Fridays**
9am - 4pm
Booked by the College Office



**Academic Skills
Appointments**
Monday-Friday
Afternoons; appointments
available to book at 9am.

Cabinet Corner

Thank you to the 14
teams who came out to
Hoop There It Is



Our winning team was
Kryptonite! - Enjoy
your \$140 Prize Money

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



Looking to book an academic appointment?



Visit the [advising website](#) for the full schedule. Trail College offers same-day appointments Fridays from 9:00am - 4:00pm. To book, call the Academic Advising Line at 705-748-1011 ex. 7333. Same-Day Appointments start at 9am and appointments are first-come, first-served.

Academic Skills appointments are available for booking by logging on to the [Student Experience Portal](#) and selecting an available date and time.

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



Swag Shop



Click [here](#) to view our online swag shop and order by contacting 705-748-1011 ext. 7020 or traill@trentu.ca!





Backwoods Baking Presents:

Sticky Vegan Orange Chicken

By Homecooked Roots



INGREDIENTS

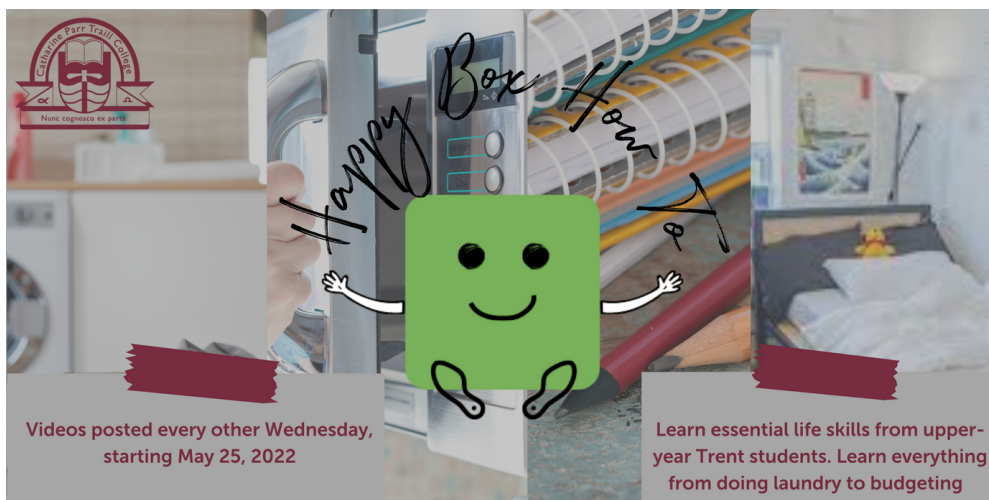
- 1 (16 ounce) block extra firm tofu - frozen, then thawed
- 4 tablespoons corn starch - for coating
- ¼ cup avocado oil - for pan frying

Orange Sauce

- ¾ cup orange juice - freshly squeezed
- 3 tablespoons tamari
- 1 tablespoon ginger- minced
- 1 ½ tablespoons sriracha
- 3 tablespoons maple syrup
- 1 corn starch slurry - 2 teaspoons cornstarch plus 3 teaspoons water

INSTRUCTIONS

- Gently squeeze any excess water out of your tofu over the sink.
- Next, cut your tofu into small uniform sized cubes and set aside.
- Make the orange sauce by whisking together all of the sauce ingredients except for the corn starch slurry in a small bowl. Set aside.
- Heat ¼ cup of oil over medium heat in a large skillet
- Once hot, coat your tofu cubes one by one in the cornstarch and immediately add to the hot oil.
- Pan fry the tofu for a couple of minutes on each side until it is crispy and lightly golden brown.
- Once your tofu is crispy, remove it and place it on a paper towel lined plate
- Add the orange sauce ingredients into the skillet and lower the heat to low/medium low.
- Once the sauce is simmering, add in the crispy tofu and toss in the sauce until fully coated and most of the orange sauce is stuck to the tofu
- Serve immediately over rice with sesame seeds and green onion.



Click [here](#) to check out **Trill College's Happy Box How To's!**

Learn some healthy (and not so healthy) recipes, skills for academic work, laundry, moving tricks, College podcasts and more.

Trail Mix

What's the difference between a genie and an academic?

One grants wishes, the other wishes for grants.



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

Wednesdays at 3pm through the facilities of Trent Radio
92.7 FM in Ptbo/Nogo or trentradio.ca

**CFF FM
TRENT
Radio**
NOGO/PTBO and AREA

DISSertation Track

A weekly radio show interviewing graduate students at Trent University about their research

Get Involved:
@ehenderman eghanhenderson@trentu.ca

Egan Henderson, a member of the TGSA, has a radio show interviewing graduate students at Trent about their research. Tune in on Wednesdays at 3pm to 92.7 FM or trentradio.ca

Now is your chance for 3MT!

Present your complex research in three minutes! Compete for prizes!

Applications due February 10th.

Information @Academic Skills website

A graduate competition where you have three minutes to present your research!

ACADEMIC SKILLS TRENT U

This is YOUR chance! Come show us what you've got, and you might win a prize! Application due date is the 10th of February 2023.

MOTIVATION MONDAYS: GRADUATE WRITERS' GROUP

EVERY MONDAY
FROM 10:30 TO 11:30 AM

IN-PERSON AND ONLINE OPTIONS AVAILABLE

Motivation Mondays:

- Develop writers with tips to improve their writing
- Create a community of writers
- Encourage and celebrate achievements of writing

January 23 - April 3

For more information:
Academic Skills website



Develop your skills and create a community of writers to encourage and celebrate achievements of writing. For more information on graduate student appointments, workshops, and the Monday Motivation group, students can visit the [Academic Skills website](#).

COCOA & COLOUR

Date: February 3rd

Venue: SH 105

Time: 6 pm

Trail College X WH Residence



Trail College and Wallis Hall Residence are running Cocoa and Colour on February 3rd starting at 6:00pm in Scott House 105. Come out with your friends, or make new ones there!

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

Writing About Quantitative Data
for Grad Students

February 2 | 2:00 - 3:30 pm
Trail College (SH 105)
or Online via Zoom

For more information:
Academic Skills website

ACADEMIC SKILLS
TRENT UNIVERSITY

Are you planning on including quantitative data in your research project? Then this workshop was created for you!
Online via Zoom: Registration is required
Register for the Zoom link:
<https://ccr.trentu.ca/ccrevents.htm?evtlid=2610>

Degree Planning workshops

PLAN

What to expect:
Review the University Degree requirements & your Program Requirements to create your degree plan with an Academic Advisor.

When: January and early February

Where do I find more info?
Current Trent students can register for a workshop on the Student Experience Portal Events Calendar
<http://trentu.ca/sep>

ACADEMIC ADVISING
TRENT UNIVERSITY

Starting January 11th until February 9th, Academic Advising will be running program specific workshops to meet with an advisor to check your degree requirements. You can find the date for your program's workshop [here](#).

TRENT UNIVERSITY
CONTINUING EDUCATION

Save 25%
REGISTER BEFORE MARCH 1

Spring INTO LEARNING

REGISTER NOW
MARCH 2023 ART CLASSES

trentu.ca/continuingeducation

Registration is now open for the Continuing Education spring classes. Check out the unique courses and learning opportunities available to you and the local community.
<https://trentucontinuinged.corsizio.com/>

TRENT UNIVERSITY
CONTINUING EDUCATION

Save 25%
REGISTER BEFORE MARCH 1

IN-PERSON 4-WEEK
COURSE \$140

Spring INTO LEARNING

WATERCOLOURS FOR INTERMEDIATES
WITH VALERIE KENT
THURSDAYS | APRIL 6 - APRIL 27, 2023
7-9 p.m.

trentu.ca/continuingeducation

Watercolours for Intermediates is just one of the many courses you can select from this Spring, check them out while the discount lasts!
<https://trentucontinuinged.corsizio.com/>

What's going on at Trent University?

Did you work with an exceptional instructor or teaching assistant?

CENTRE FOR
TEACHING & LEARNING

Nominate Now!

Trent Teaching Awards 2022-23

trentu.ca/teaching/nominate

Deadline to submit: February 10, 2023



Do you work with an exceptional instructor or teaching assistant? Now is the time to nominate them for a teaching award.


For more information visit the Centre for Teaching and Learning at www.trentu.ca/teaching/nominate. The deadline for nominations is February 10, 2023.

STUDENT
Housing Day

January 26, 2023
10:00 a.m. - 1:00 p.m.
STUDENT CENTRE
Symons Campus



Find off-campus housing, understand your rights and responsibilities as a tenant, and learn more about residence and off-campus living from landlords, Off Campus Housing, the Colleges, and Trent International





Challenging Islamophobia

Thursday, January 26th at 6pm

in honour of the National Day of Remembrance and Action Against Islamophobia

Featuring
Farheen Khan, Farah Ahmad, & Zainab Ahsanchiya



January 29th, 2023 marks the second Day of Remembrance of the Quebec City Mosque Attack and Action Against Islamophobia. In honour of those affected by Islamophobic hate crimes in Canada, Trent Spiritual Affairs and the TCSA will be holding the annual Challenging Islamophobia panel discussion on Thursday, January 26th over Zoom.

Market yourself as the ideal tenant to prospective landlords with the Rent Smart certification.

Complete the free course to earn your certificate.

Dates & Times

In-Person: February 3, 1 - 3 p.m.

Virtual: February 4, 11 a.m. - 1 p.m.



"This course taught me a lot and made the process of renting much easier"

- Recent Grad

Sign Up:



Earn your Rent Smart certification for free and make yourself an ideal tenant to landlords. Take the course online or in-person. Sign up using the QR code.

What's going on at Trent University?

TCAS Aging & Society Seminar Series

Immigrants, Aging, and Caregiving:
Fostering Social Inclusion Amongst Older Immigrants

February 14th
2:00 – 3:00 pm
TSC 2.02

Light refreshments will be provided

Dr. Bharati Sethi
Tier 2 Canada Research Chair in Care Work, Ethnicity, Race and Aging
Trent University

Please RSVP to:
aging@trentu.ca
705-748-1011 x 6440



TCAS hosts Dr. Bharati Sethi, Canada Research Chair in Care Work, Ethnicity, Race and Aging, and Professor of Political Studies at Trent. Dr. Sethi will provide an overview of her CRC research program and present findings of an SSHRC-funded multi-site study of older immigrants in Ontario.

ANNE SHIRLEY THEATRE COMPANY PRESENTS

TRENT'S GOT TALENT

50th ANNIVERSARY 1973-2023

Auditions
Thursday Jan 26 6-9pm
Friday Jan 27 5-9pm
Saturday Jan 28th 12-4pm



The Anne Shirley Theatre Company its competitive talent show, featuring student, faculty, and alumni performers. Showcase your skills and compete for prizes of up to \$500! Don't miss out; click [here](#) to learn more and sign up!

The Anne Shirley Theatre Company Presents

Concord Floral

By Jordan Tannahill

FEBRUARY 3RD
@ 7PM, 4TH @ 2 PM & 7PM, & 5TH @ 2PM

Nozhem: First Peoples Performance Place



The Anne Shirley Theatre Company's winter play is on the horizon! Concord Floral, a Canadian piece set in Vaughan, will take place the first weekend of February in Nozhem Theatre. Tickets are \$10 and can be purchased in person or [online](#) for a fee.



SOCIAL JUSTICE DOC FILMS
JAN 26 – FEB 3
REFRAMEFILMFESTIVAL.CA

Peterborough's social justice doc fest returns with an exciting program of films, exhibitions and talks. Pay-What-You Can options are available and the festival is virtual – meaning you can pick your faves and watch them from the comfort of home. Click [here](#) for more details!



Student Supports

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



This week we're focusing on **Walkhome**.

Trent Walkhome provides students, faculty and staff members a safe alternative to walking alone at night.

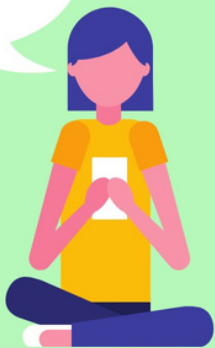
To request a walk please call 705-748-1748 or text 705-931-0032

Trent Walkhome is a volunteer service, if you are interested, you can apply to become a volunteer.

You will be screened and provided training. Check out the website for more information:

<https://www.trentu.ca/walkhome/>

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

Looking for another student's perspective? Book a peer support appointment Monday to Thursday

12pm-4pm through the **Student Experience Portal!**

Here to listen and support. Let's connect.



CAREERSPACE

CAREERS & EXPERIENCES

Careerspace continues to offer our services! Book an appointment on trentu.ca/sep or by phone and our student staff can assist. Appointments continue through the built-in video chat feature in the Student Experience Portal, or by phone. Still have questions? You are welcome to visit our office on the third floor of the Student Centre where you can speak with our student staff. We're happy to help!

Wellness Resources

Try out these 3 wellness tips!

The weather is warming up, so take advantage of it! Go for a walk out in nature, whether it be your favorite greenspace, or a trail on the Trent campus.

Take some time to hang out with loved ones, which includes snuggling with a pet.

A warm cup of tea or coffee can do wonders. Sit down with a book or your favorite TV show and take a break while you take a moment to reflect.



3 Wellness Tips

1. Take a walk in nature
2. Spend time with loved ones (or a pet!)
3. Relax with a cup of tea or coffee



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"Rather than love, than money, than fame, give me truth." - Henry David Thoreau, Walden