

# TRAIL TALES

*Catharine Parr Traill College  
Trent University*



## A message from our College Principal, Dr. Michael Eamon

Dear Traillites,

**Happy Groundhog Day!** The groundhogs – yes, there are several across North America – are inevitably contradictory in their belief if there will be another six weeks of winter, or not. I never have really put much credence in this form of prognostication, only because it *always* feels like there is another six weeks of winter at this point.

One thing, however, that makes me excited about February is that it is **Black History Month**. It has been almost one hundred years since “Black History Week” was proposed by Dr. Carter G. Woodson, the Harvard-educated historian whose parents had been enslaved. Since then, the breadth and importance of studying Black history has grown and expanded to the United Kingdom and to Canada. Black History Month gives us all an opportunity to reflect both upon the legacies of triumph and of injustice that continue in Black communities today. Understanding the life of early Black Canadians is a part of my research into how eighteenth-century print culture sometimes engaged, (mis)represented, or ignored marginalized peoples in British North America. Prejudice and hatred were no strangers in early Canada where enslaved and free Blacks lived and associated together. In terms of print culture, this fact is aptly illustrated by the fact that the printer of the *Quebec Gazette* used slaves to print his weekly newspaper while, at the same time in Halifax, the printer of the *Halifax Gazette* was married to a free, Black woman. In newspapers at the time, readers could find articles on one page that venerated the Black, literary phenomenon Phyllis Wheatley while announcing rewards for runaway slaves on the other. These brief examples just scratch the surface of what is a complex history; a history that we all should know more about. As an historian, I firmly believe that injustice can only be truly addressed when the entire story is laid bare. Knowledge is power and understanding the past helps give us the power to shape a better future. This month, a special magazine produced by Canada’s History Society entitled ***Black History In Canada*** will be given out at Traill College. Come see me for your copy, but hurry as numbers are limited.

In other news, I am happy to announce that registrations for **Trent University Continuing Education** classes (run at Traill College) are increasing for our Spring Term that begins in March. We have a great selection of classes and workshops that range from painting, languages, and beekeeping, to an exploration of ancient Egypt. All registrations are 25% off until March 1st. If you are interested, please visit our website for more information:

[www.trentu.ca/continuingeducation](http://www.trentu.ca/continuingeducation)

Finally, I would like to invite everyone to a very special event next Wednesday evening at Bagnani Hall. CBC Radio host Jonathan Pinto '06 will be joining me for a conversation about his path **“From Canadian Studies to Canadian Stories.”** Jonathan is a former Trent/CBC Gzowski Intern. This is a great opportunity to find out about his time at Trent University, especially if you are interested in applying for this year’s CBC internship. The event begins at 7 PM and will also be broadcast live on Trent Radio. I look forward to seeing you there!

Stay well,

Michael



## Needing an Appointment?

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



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

## Cabinet Corner

This Sunday February 5th, Cabinet is hosting a free dinner in the Trend for Traill College students.

The menu will be Sunday Roast, and there will be a Vegetarian option

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. Traill 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](mailto: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](mailto:traill@trentu.ca)!





# Backwoods Baking Presents:

Peanut Slaw with Soba Noodles

By Cookie and Kate



## INGREDIENTS

### Slaw

- 4 ounces soba noodles
- 1 very small purple or green cabbage (6 cups shredded)
- ½ pound Brussels sprouts
- 4 carrots, peeled
- 1 bunch of green onions

### Peanut Sesame Dressing

- ½ cup peanut butter
- 3 tablespoons rice vinegar
- 3 tablespoons toasted sesame oil
- 3 tablespoons soy sauce
- 2 tablespoons honey or maple syrup
- 1 tablespoon grated fresh ginger
- 2 garlic cloves, minced

### Garnish

- Peanuts
- Handful of Cilantro

## INSTRUCTIONS

- Cook the soba noodles. Drain and rinse with cold water before returning to pot.
- Prepare the vegetables: Use a food processor or chop the cabbage and sprouts into thin strips, then coarsely grate the carrots.
- Thinly slice the green onions
- Prepare the dressing: In a 2-cup liquid measuring cup or medium bowl, whisk together the dressing ingredients until smooth.
- The mixture should be thick but drizzly; if it's too thick, whisk in water in 1 tablespoon increments
- In a large serving bowl, combine the cooked soba noodles, shredded cabbage and sprouts, grated carrots, and chopped green onions.
- Pour dressing over the vegetables and toss to coat. For best flavor, let the slaw marinate for 20 minutes before serving.
- Serve slaw with a sprinkling of chopped peanuts, torn cilantro and a lime wedge.

Videos posted every other Wednesday, starting May 25, 2022

Learn essential life skills from upper-year Trent students. Learn everything from doing laundry to budgeting

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 do you call a bear without teeth?

A Gummy Bear

HA HA HA



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

## 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 to build your own hot chocolate and do some colouring to take the midterm stress off!

## 3MT Applications due!



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



Graduate students present your research in a spirited three-minute presentation!  
Applications due February 13 @ 4:00 pm.  
For more information: Academic Skills website

This is YOUR chance! Come show us what you've got, and you might win a prize! The application due date is fast approaching: February 13, 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](https://academic-skills.trentu.ca/).



Save 25%  
REGISTER BEFORE  
MARCH 1

## Spring INTO LEARNING

REGISTER NOW  
MARCH 2023 WRITING & LANGUAGE CLASSES

trentu.ca/continuingeducation



Registration is open for Spring 2023 Continuing Education Writing & Languages Classes at @TrailCollege!  
Check out the unique courses and learning opportunities available to you and the local community.  
<https://trentucontinuinged.corsizio.com/>  
Register before March 1st with the code SPRING25 and save 25%!

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

**INTERNATIONAL GRADUATE STUDENTS**  
WELCOME TO TRAILL COLLEGE

February 14, 2023  
SCR, 10:00am - 12:00pm

Come Down to Traill College!

- Get a Traill Scarf
- Meet Other International Graduate Students
- Snacks and Refreshments
- Learn about student supports

Brought to you by Traill College and Academic Skills

To all graduate students! Come join us on the 14th of February at 10 am, in the Senior Common Room located in Scott House at Traill. Snacks included!!

**Writing About Qualitative Data for Grad Students**

February 16  
2:00 - 3:30 pm  
Traill College (SH 105)  
or Online via Zoom

Visit:  
[trentu.ca/academicskills](https://trentu.ca/academicskills)  
for more information!

Are you planning on including qualitative data in your research project? Then this workshop was created for you!

Online via Zoom: Registration is required.

Register for the Zoom link: [Register for the Zoom link](#)

## Academic Skills Learning Labs

Facilitated by Academic Skills in the Colleges

**Are you interested in practicing student-tested tips, tools, and strategies to help you learn at university?**

Join an Academic Skills instructor and an experienced Trent student in weekly **Learning Labs** over Zoom or in-person.

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

**CFFF 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 | [eganhenderson@trentu.ca](mailto:eganhenderson@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 check out [trentradio.ca](https://trentradio.ca)

**Learn more at [trentu.ca/academicskills/](https://trentu.ca/academicskills/)**

Are you interested in gaining more academic tips and tools? Join an Academic Skills instructor and a Trent student in our Academic Skills Learning Labs through Zoom or in-person! Want more information about our Academic Skills Learning Labs? Visit our Academic Skills website [here](#)

# What's going on at Trent University?

## Degree Planning workshops



### 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



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](#).



**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!

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.

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.

*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**

**TRENT UNIVERSITY**



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](http://www.trentu.ca/teaching/nominate). The deadline for nominations is February 10, 2023.

**Defining Excellence in Mentorship**

**TRENT UNIVERSITY**

**CENTER FOR TEACHING AND LEARNING**



Defining Excellence in Mentorship: A Panel Discussion with Recipients and Finalists of the School of Graduate Studies Award for Outstanding Graduate Mentorship. Join us on Tuesday, February 7, from 1-3pm in BL 411. You can also join us by Zoom! Registration is required and you can do so through Eventbrite. <https://www.eventbrite.ca/e/defining-excellence-in-mentorship-tickets-491940085037>



# 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 **The Trent Graduate Student Association (TGSA).**

"The Trent Graduate Students' Association (TGSA) is a **non-profit, student-run organization** that represents the 700+ students enrolled in graduate programs at Trent University Symons and Durham campus."

The TGSA **advocates** for graduate students' **academic, political, spiritual, and social beliefs.**

Follow them on Instagram @trentgsa

Hello!



## PEER SUPPORT

AT TRENT UNIVERSITY

Check out the Student Experience Portal at [ccr.trentu.ca](http://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](http://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

This week's wellness resource is laughter!

Laughing has a lot of health benefits, both short-term and long-term. So don't feel bad watching that funny movie or T.V. show, it can actually have more benefits than you may think!



## THE BENEFITS OF LAUGHTER

### Short Term Benefits

#### STIMULATES ORGANS

Laughing stimulates your heart and lungs, and increases endorphins



#### SOOTHES TENSION

Laughter can cause muscle relaxation, which can reduce stress



### Long Term Benefits

#### IMPROVES IMMUNE SYSTEM

Positive thoughts release neuropeptides that help fight stress and illnesses.



#### IMPROVES MOOD

Laughter can reduce depression and anxiety and can increase self-esteem.



SOURCE: Mayo Clinic - Stress Relief From Laughter? It's No Joke



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“What goes on inside isn't ever the same as what goes on outside.” — Margaret Laurence