



TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal, Dr. Michael Eamon

Dear Traillites,

We were so honoured last Thursday to have **Linda Schuyler** and our Chancellor **Stephen Stohn** visit Traill. Professor **Mark Dickinson** had invited Ms. Schuyler to talk to his class about her new book, *The Mother of All Degrassi: A Memoir*. Thanks to everyone, including **Don White, Jeannine Crowe,** and **Samantha Perritt** who worked behind the scenes to make sure that the Senior Common Room was looking its best and had a lovely wide-screen T.V. available to watch clips from *Degrassi*. Just like the series, no holds were barred in the question-and-answer session. Students appreciated the frank discussions on childhood and adolescence, education, gender issues, and politics, that both Linda Schuyler and Stephen Stohn facilitated. A special thanks, as well, to Symons-Teaching-Award-winning Professor Dickinson for keeping the spirit of common room seminars alive. Throughout the term he has been taking his Canadian Studies classes into Traill's common rooms where -- over tea, coffee, and snacks -- his students have become part of engaged community of scholars.

The College is abuzz this week as we prepare for **Open House** on Friday. From 12 to 4 PM, guided tours will be given of Traill starting in the Junior Common Room. Prospective students and their families will be able to check out Scott House, its common rooms, library, as well as academic advising, academic skills, and counselling. Select residence rooms in Wallis Hall and Crawford House will also be open to visitors. Along the way, they will be able to see Bagnani Hall (home of our "law lab") and The Trend where they can meet our friendly **Chef Christopher** and get some fresh snacks and beverages provided by the College.

Finally, the **Traill College Cabinet Gala** is being held this weekend in Sadlier House. There are still some tickets available. Please contact here for more details: Traill Casino Night Formal Tickets, Sat, 18 Mar 2023 at 6:00 PM | Eventbrite

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

Escape room event with
cabinet!!!

Running February 25th
to March 25th

Trail Cabinet Formal: Saturday March 18th.

\$15 for Dinner and Party

\$10 for Party

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 trail@trentu.ca!





Backwoods Baking Presents:



Microwave Chili
By BBC Good Food

INGREDIENTS

- ½ small onion, finely chopped
- 1 garlic clove, crushed
- knob of butter
- ½ tsp ground cumin
- ½ tsp paprika (sweet or smoked depending on preference)
- pinch of chilli flakes or chilli powder
- 400g can chopped tomatoes, drained and juice reserved
- 400g can kidney beans, drained and rinsed
- ½ vegetable stock cube
- 2 squares dark chocolate

INSTRUCTIONS

1. Put the onion, garlic, butter and spices in a microwaveable container, stir, then heat in the microwave on High for 30-40 secs. Leave to stand for 1 min, then add the chopped tomatoes, beans, stock cube and chocolate.
2. Cover with cling film and pierce 3 times. Cook for 2 mins on High. Stir well and leave to stand for 1 min. If your chilli starts to dry out, add some of the reserved tomato juice, but remember that it won't reduce as much in the microwave as it would on the stove.
3. Cover and cook on Medium for a further 2 mins. Give it a good stir and allow to stand for 1 min before serving topped with soured cream and coriander, if you like.

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 Trail 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

Scientists recently managed to weigh a rainbow

Turns out it was pretty light



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



Trail College Presents
St. Paddy's Tie Dye at Traill!

Snacks Provided!

Wednesday March 15
Trail College, SH 105
7:00 - 9:00 pm

Register through the link in bio!

Create some cute tie dye accessories to wear on St. Patrick's Day!

Join us in Scott House, Room 105 for a fun night of Tie Dye! White Socks, Masks, and Scrunchies available!

This Wednesday March 15th come to the College to Tie-Dye some masks, socks, and scrunchies for St. Patrick's Day, 7:00 - 9:00 pm. Snacks and clothing provided.



Trail Formal

Casino Night

March 18th
Sadleir House, 6-11pm.

Dinner + Party \$15

Party Only \$10

QR code

This year's Trail Formal is Casino Night on March 18 at Sadleir House! Trail Cabinet is hosting a fun and classy night of games, music, food, and awards. Come for dinner and a party for \$15 or just the party for \$10, get your tickets by scanning the QR code or click [here](#)



Three Minute Thesis

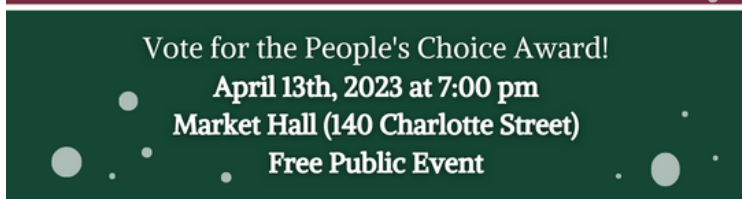
Come watch as our graduate students face the challenge



ACADEMIC SKILLS TRENT U

3MT

Trail College logo



Vote for the People's Choice Award!
April 13th, 2023 at 7:00 pm
Market Hall (140 Charlotte Street)
Free Public Event

The Three Minute Thesis Competition (3MT®) presents Masters and Ph.D. students with the ultimate challenge: to explain their complex and highly specialized research and ideas to a general audience in just three minutes. Please join us in the audience and vote for your favourite graduate student 3MT presentation.



Trail College Cabinet

BE PART OF THE TEAM!

TRAIL COLLEGE CABINET SPRING ELECTIONS ARE HAPPENING!

Nomination Period:
March 1st to March 19th @noon

Voting Period:
March 21st to March 23 @6pm

For more info or to sign up:
www.trentu.ca/colleges/traill/belong/college-cabinet

CATHARINE PARR TRAIL COLLEGE CABINET

Trail Cabinet is looking for enthusiastic leaders who would like to share their ideas. Join Trail Cabinet today!!! If you have any questions, please email traillcabinet@gmail.com.

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



**APPLY TO BE A
TRAILL COLLEGE
ORIENTATION WEEK
LEADER**

Volunteer on the Trent Student Job Board

Did you miss out on orientation week because of Covid? Apply to be an "O" week leader for Trill and build some of the most memorable memories! :) For more details and to apply to be an Orientation Leader, visit the myTrent Student Job Board to fill out the survey.



LIFT LOCK ESCAPE ROOMS

ESCAPE ROOM COMPETITION

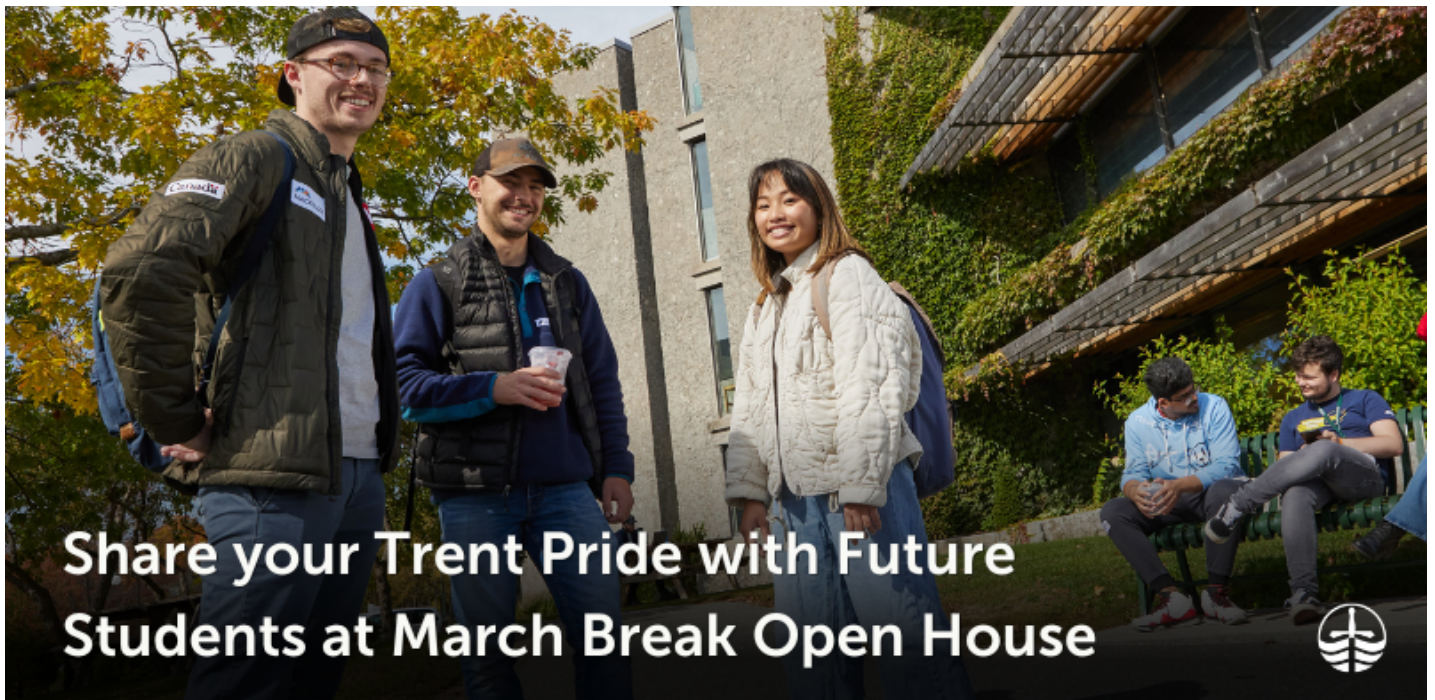
CAN YOU MAKE IT OUT IN TIME?
VISIT THE TRAILL WEBSITE FOR COMPETITION RULES.

20% OFF FOR TRENT STUDENTS WHO SHOW STUDENT ID!

FEBRUARY 25TH TO MARCH 25TH

ALL TRENT STUDENTS WELCOME

If you were locked in a room, would you be the one to make it out? Are you ready for a challenge? Visit the Trill website to find out more!



Share your Trent Pride with Future Students at March Break Open House

Share your Trent Pride with Future Students at March Break Open House. Volunteers needed for Open House March 17. March Break Open House at our Peterborough campus is coming up fast and we are looking for volunteers to help welcome future students and their guests to campus. Volunteer as a Way Finder or Greeter and share your Trent pride by greeting our guests and helping them find their way around campus. Be sure to wear your Trent green! Enjoy a free pizza lunch as a thank you for your time. Sign-up to volunteer and our Recruitment team will be in touch with all the details:
Volunteer for Peterborough Open House – Friday, March 17 from 9:00 a.m. to 2:00 p.m.

What's going on at Trent University?



Refreshments provided!

FINISH STRONG Workshop

ACADEMIC SKILLS IN THE COLLEGE

**SUNDAY MARCH 19TH
TSC 2.02 (STUDENT CENTRE)**

10 am to noon

- Take inventory of term projects.
- Make a plan to complete assignments.

1pm to 3pm

- Create an exam study guide
- Practice study strategies
- Learn to manage exam stress

To register for the in-person session

www.trentu.ca/sep, or email acdskills@trentu.ca

Can't join in person? Come to our mini Zoom session!

Tuesday, March 21st
6:00 to 7:30 pm

To register for the zoom session

www.trentu.ca/sep, or email acdskills@trentu.ca

Come to the Finish Strong workshop, Sunday March 19th, and complete a term project plan in the morning (10 am to noon), and exam study plan in the afternoon (1pm to 3 pm). There is a Zoom session, Tuesday, March 21st from 6:00 to 7:30 pm. To register: www.trentu.ca/sep.



ANNE SHIRLEY THEATRE COMPANY PRESENTS

THE Drowsy CHAPERONE

March 10 - 19 2023 Directed and Choreographed by Brayden Ellis
Markham Performing Arts Centre, Peterborough, Ontario

Book by Dan Morrison and Don McKeller
Music & Lyrics by Lisa Lambert and Greg Morrison

The Anne Shirley Theatre Company proudly presents *The Drowsy Chaperone*. Shows available until the 18th! Purchase your tickets [here!](#)



TRENT UNIVERSITY CONTINUING EDUCATION

4 IN-PERSON WORKSHOPS
FULL WEEKEND \$100

ANCIENT Egypt WEEKEND

WITH EGYPTOLOGISTS
LAURA RANIERI & FRANÇOIS ROY

APRIL | SATURDAY 29 - SUNDAY 30, 2023
10:00 a.m. - 4:00 p.m.

trentu.ca/continuingeducation

An Ancient Egypt Weekend with Egyptologists Laura Ranieri and François Roy
Sign up for one mini-workshop for \$40 each or attend the Full weekend for only \$100! Register [here](#)



TRENT UNIVERSITY CONTINUING EDUCATION

IN-PERSON INTERACTIVE WORKSHOP \$75

Save 25%
REGISTER BEFORE MARCH 1

Spring INTO LEARNING

THE WRITE RETREAT
CREATIVE NOURISHMENT - WRITING & YOGA
SUNDAY, APRIL 23, 2023
1-4:30 p.m.

The Write Retreat is a place and a space to write, connect with other writers, and experience wellness for body, mind, and spirit. If you are looking for the time and focus to engage in the craft of writing and share your work with others, this is the workshop for you. Register [here](#)

What's going on at Trent University?

Introducing Trent University's

New Registration System!



Student Planning is a self-serve system that combines optional degree planning with course search tools and registration, in a new, easy to navigate online environment.

Review the video tutorials on the Academic Advising website to learn how to navigate the common features of Student Planning.

OFFICE OF THE REGISTRAR

ACADEMIC ADVISING
TRENT UNIVERSITY

To all students who are planning on coming back to Trent next year or who would like to register for summer courses! Take the time to familiarize yourself with our new registration system.

TCAS Aging & Society Seminar Series

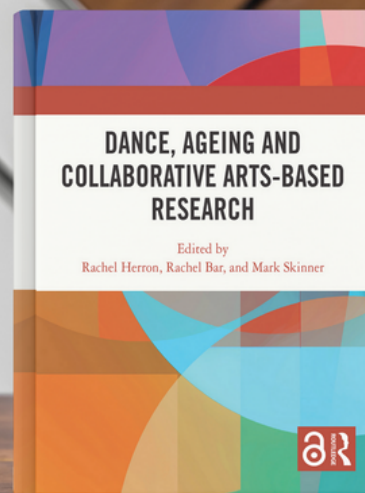
Join us online to celebrate the launch of a new book co-edited by TCAS members Dr. Rachel Herron, Dr. Rachel Bar and Dr. Mark Skinner.

March 22, 2023
2:00 - 3:30 pm EST



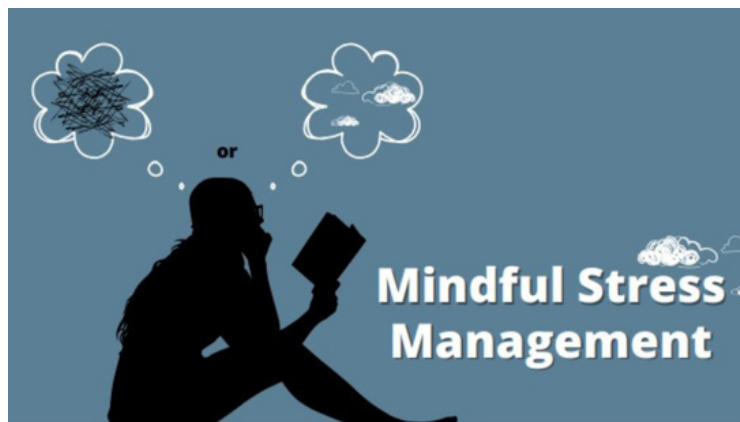
Event will be hosted on Zoom. To register, follow the QR code or URL below

bit.ly/TCASBookLaunch



TRENT UNIVERSITY
TRENT CENTRE FOR AGING & SOCIETY

Join the Trent Centre for Aging & Society virtually on **March 22 (2:00-3:30 pm EST)** to celebrate the launch of a new book (Dance, Ageing and Collaborative Arts-Based Research) All are welcome!



Mindful Stress Management

Every WEDNESDAY from 1:30 - 3:00 pm
March 8th, 2023 - April 5th, 2023

Are you feeling overwhelmed by the demands of university life? Do you want to learn effective strategies to manage stress and improve your overall well-being? This 5-week program provides a supportive space to do just that. Register your interest at counselling@trentu.ca

Annual T.U.N.A POWWOW

March 25th 2023
Grand Entry: 12pm
Trent University Athletic Centre

Host Drum: M'shkaaziwin
Co-host Drum: Miichiisaagig Minomin M.C. - Meeg Snake
Arena Director - Matthew Lavallee

Women's Jingle Special

Indigenous Student and Staff Vendors

First 2 drums to show get \$400!

Alcohol and drug free event

Address - 1650 W Bank Dr, Peterborough, ON K9L 1Z7

The Annual Trent University Native Association Powwow will be March 25th beginning at 12:00pm in the Trent Athletic Centre. Open to all.



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 are highlighting: Campus Security

Campus security creates a safe and welcoming environment for students, staff, and faculty. In an emergency contact (705) 748-1333 and for general inquiries you can call (705) 748 -1328.

All students are advised to download the Alertus app to receive important alerts during campus emergencies.

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

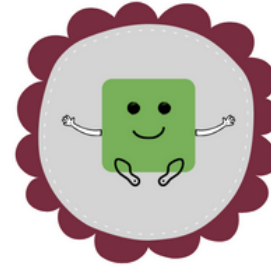
CAREERS & EXPERIENCES

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

Wellness does not have to be healthy eating, working on your mental health, or staying hydrated. It can also be enjoying yourself and doing things you're interested in!

This week we want you to try a new hobby! Whether it's a craft like paper mâché or a sport like football, we want you to step outside your comfort zone.



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"Try to be a rainbow in someone's cloud." - Maya Angelou