



# TRAILL TALES

*Catharine Parr Traill College  
Trent University*



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

I am writing this week's message for *Trill Tales* from 37,000 feet above the Rocky Mountains. Well, at first, I didn't realize that I was over the Rockies. Like waves breaking over the shore, the sea of clouds that had me transfixed since take-off parted without warning. Huge, angular snow-covered peaks emerged stretching upwards with wispy white clouds filling the valleys. All the while **k.d. lang's** "Constant Craving" was playing in my headset... a more wonderfully Canadian moment is hard to imagine.

Yet, this whole experience **was** predicated by such a wondrously Canadian and indeed Trent moment. I had the honour to go to Hong Kong to visit, and celebrate with, the vibrant chapter of the Trent University alumni association there. After a warm welcome from Peter Robinson alumnus **Justin Chiu '76** we met the rest of the chapter for dinner. At the event, Justin presented chapter president, the inimitable and indefatigable **Patrick Lam '86**, with the prestigious Tony Storey award for alumni service. Patrick, unsurprisingly, is a proud Trillite and I was overjoyed that almost half of the chapter members in attendance also call Trill home. In seconds, the college swag that I had brought to the event was claimed, including the Trill lanyard I was wearing! It is hard to put in words the energy and passion on display by alumni (from different backgrounds and who live different lives) who all share the fact they have been irrevocably shaped by the Trent experience.

Back in Peterborough, almost 60 new and prospective students braved the wet weather to visit Trill College during the **March Open House**. This included a tour of our buildings and residence spaces, ending in *The Trend* where free snacks and beverages helped to keep spirits warm. The next day, the College Cabinet hosted their **Year-End Gala** where over 50 people attended the catered meal and "casino night" in the dining hall of Sadlier House. After such an enjoyable time with alumni, it makes me wonder of all the places that our current students will go with the characteristic critical thinking skills, resilience, humility, and passion for fun that a Trent education engenders. As they say around the world (including this week in Hong Kong), all hail Trill the College on the Hill!



## 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 everyone who attended the Cabinet Formal at Sadleir House on Saturday. It was a delight to see everyone elegantly dressed and enjoying an evening of food, gambling, and dance.

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](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:

Tater Tot Casserole -By Allrecipes



## INGREDIENTS

- 1 pound ground beef
- 1 (10.5 ounce) can condensed cream of mushroom soup
- salt and ground black pepper to taste
- 1 (16 ounce) package frozen tater tots
- 2 cups shredded Cheddar cheese

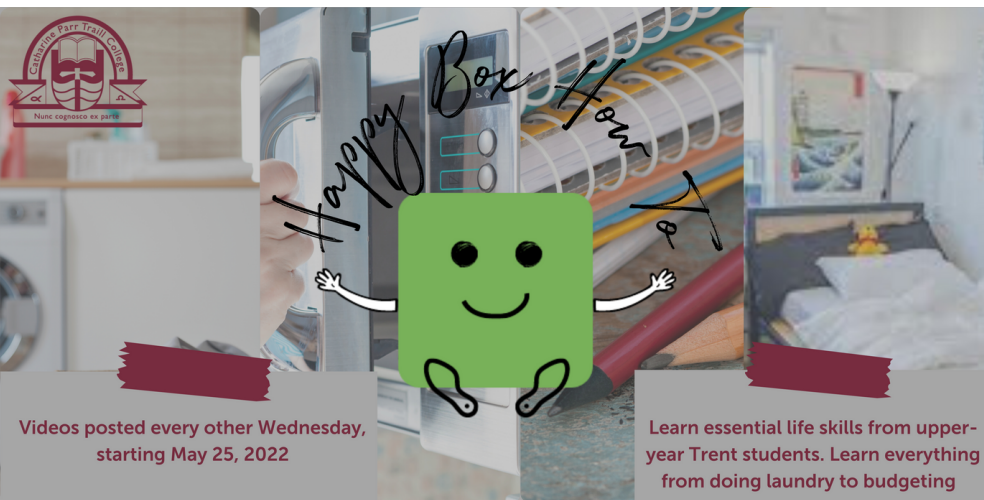
## INSTRUCTIONS

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Heat a large skillet over medium-high heat. Cook and stir ground beef in the hot skillet until completely browned and crumbly, 7 to 10 minutes. Stir in condensed soup; season with salt and black pepper.
3. Transfer beef mixture to a 9x13-inch baking dish; layer tater tots evenly on top and sprinkle with Cheddar cheese.
4. Bake in the preheated oven until tater tots are golden brown and hot, 30 to 45 minutes.



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

Why don't oysters give to charity?  
Because they're shell fish





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

## Three Minute Thesis

Come watch as our graduate students face the challenge



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.

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](https://trentu.ca/continuingeducation)

Join us for an educational lecture on ancient Egypt on the weekend of April 29th! It is only 100\$ for the whole weekend! Please feel free to contact Traill College for more information! ([traill@trentu.ca](mailto:traill@trentu.ca))

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



Teams can submit teams until March 25th, 2023 at midnight for winning consideration. Winners will be contacted by April and announced via the Traill website and Instagram. Open to all Trent students, if you bring your student ID you will receive 20% off.  
<https://www.trentu.ca/colleges/traill/belong/college-cabinet>

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 and connect with other writers. If you are looking for the time and focus to engage and share your work with others, this is the workshop for you. Register [here](#)



# What's going on at Trent University?



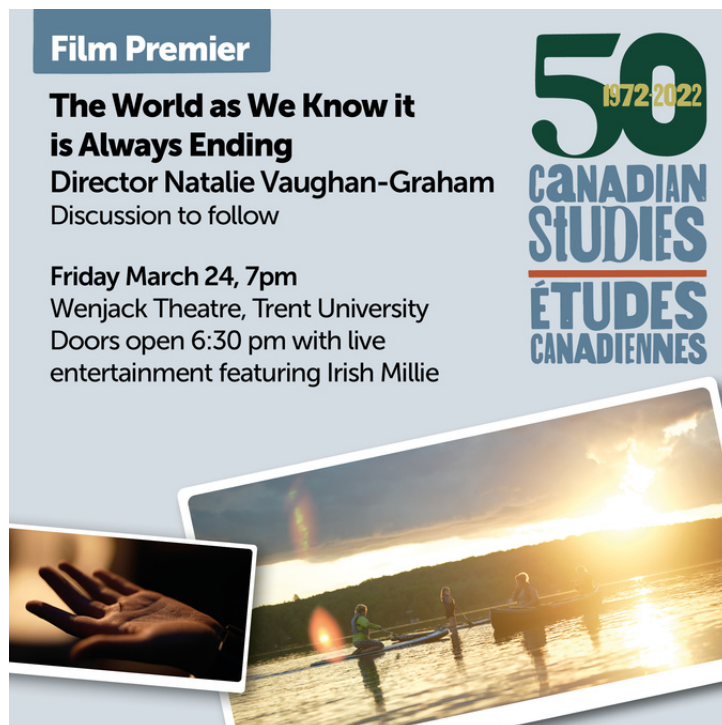
**You Belong Here**

JOIN US FOR OUR WRAP-UP DIALOGUE & SOCIAL EVENT ON **WED. MARCH 29TH @ 5PM** IN THE SEASONED SPOON

FOSTERING INCLUSION AND WELLBEING. VISIT [TRENTU.CA/YOUBELONGHERE](http://TRENTU.CA/YOUBELONGHERE)

The poster features a background of a mountain range under a blue sky. A large yellow circle contains the event details. At the bottom right, there is an icon of three location pins.

Discussing Ways in which postsecondary education can transform individual lives and broader communities and contexts. Discussion moderated by Adam Guzkowski, Gzowski College Academic Advisor. Joining the discussion are Trent faculty, staff and students.



**Film Premier**

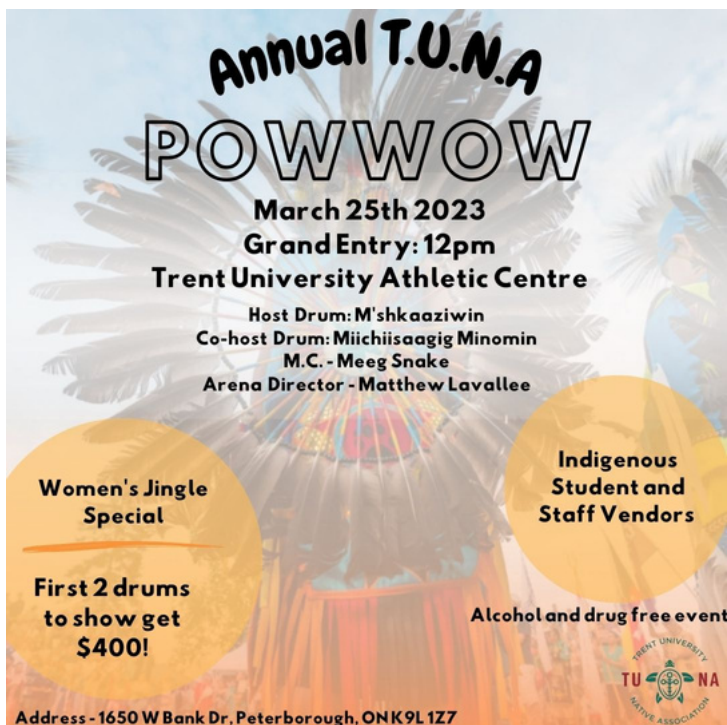
**The World as We Know it is Always Ending**  
Director Natalie Vaughan-Graham  
Discussion to follow

Friday March 24, 7pm  
Wenjack Theatre, Trent University  
Doors open 6:30 pm with live entertainment featuring Irish Millie

**50** 1972-2022  
**CANADIAN STUDIES**  
**ÉTUDES CANADIENNES**

The poster includes two photographs: one of hands reaching out and another of people on a boat on a lake at sunset.

**Friday March 24 at 7:00 pm in Wenjack** there will be a film screening of "The World as we Know it is Always Ending" directed by Natalie Vaughan-Graham. This is a free event followed by music by Peterborough's Irish Millie



**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

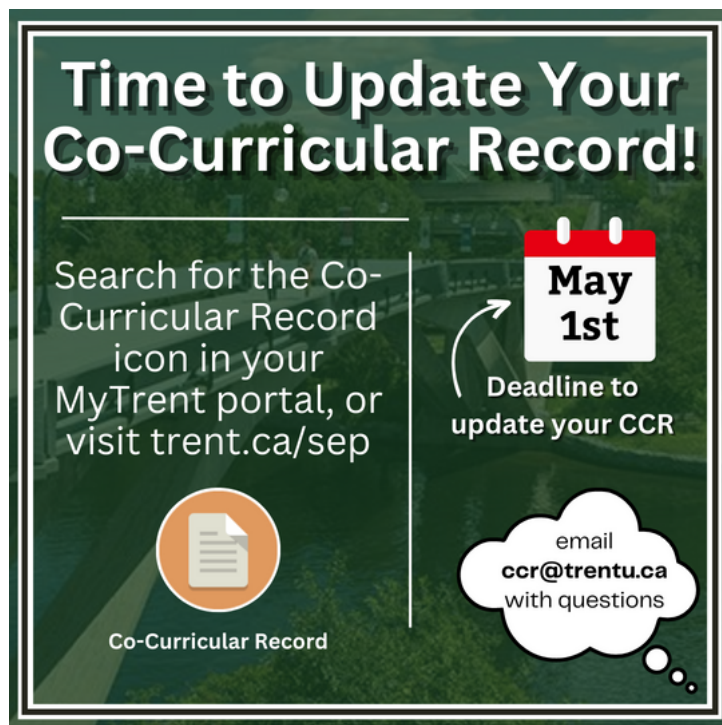
First 2 drums to show get \$400!

Alcohol and drug free event

Address - 1650 W Bank Dr. Peterborough, ONK9L 1Z7

The poster features a background image of a large feathered headdress. There are two yellow circular callouts on the left and right sides.

The Annual Trent University Native Association's Powwow will be on the 25th of March at 12:00 pm in the Trent Athletic Centre. Come meet indigenous student and staff vendors! Open to all.



**Time to Update Your Co-Curricular Record!**

Search for the Co-Curricular Record icon in your MyTrent portal, or visit [trent.ca/sep](http://trent.ca/sep)

**May 1st**  
Deadline to update your CCR

email [ccr@trentu.ca](mailto:ccr@trentu.ca) with questions

Co-Curricular Record

The poster has a dark green background with white text. It includes a calendar icon for May 1st and a thought bubble containing an email address.

Are you involved in extra curricular activities: clubs, student governments and/or volunteering? Take the time to add your expertise on your own co-curricular record by May 1st!



# 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 your **Trill College Cabinet!**



Each college has its own cabinet consisting of elected student leaders. Traill College Cabinet serves as your student voice on a variety of institutional committees. The Cabinet also organizes fun activities throughout the year such as Study Vibes, Cabinet dinners in the Trend, and the Traill Formal. Elections happen in the fall and spring!

*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!

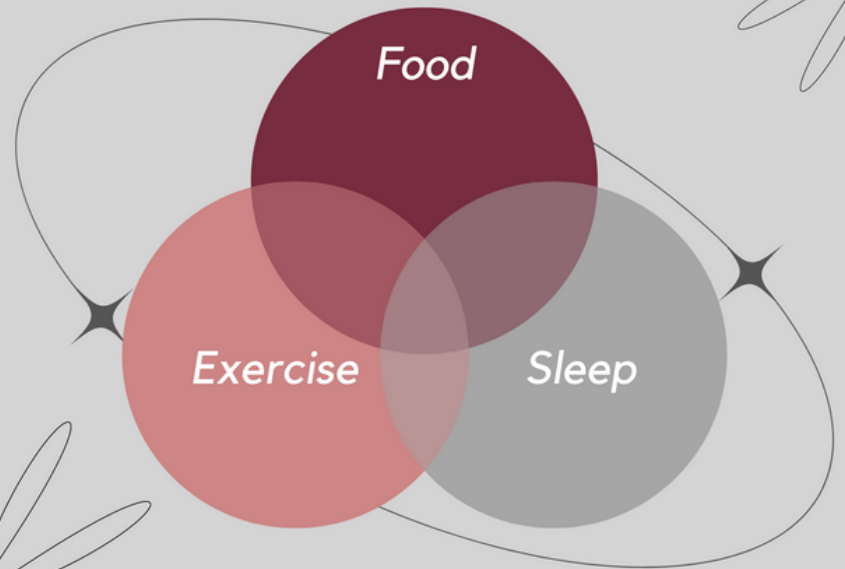
# Wellness Resources

Balance is so important. Make sure you are taking time to focus on eating healthy food, taking time to exercise and spend time outdoors, and getting a good night's sleep.

When you are lacking in one of these areas everything becomes unbalanced.



## The Importance of Balance



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"Life isn't how to survive the storm, it's about how to dance in the rain." - Taylor Swift