



TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal, Dr. Michael Eamon

Dear Traillites,

Things are busy here as the Fall-Winter academic year is wrapping up and we start the planning for Spring and Summer activities. Last night, I emceed our first, fully-live version of **3MT (Three Minute Thesis)** in over three years at Market Hall in downtown Peterborough. It was a powerful evening. Twenty graduate student contestants vied for \$1500 in prizes and the opportunity to represent Trent University at the provincial finals this May in Kingston, Ontario. I am always amazed by the poise, composure, and eloquence of our graduate students. Both the breadth and depth of the research taking place at Trent is astounding. We truly punch beyond our weight, as the saying goes. For me, being a public communicator of science, social science, and the humanities is so very important, now -- more than ever -- in a world driven by soundbites, unsubstantiated opinion, and misinformation. Our students are the front line in elevating the public discourse and they did so with confidence and aplomb last night.

In the end, two students were our overall prize winners. The beloved former president of the TGSA, **Sandra Klemet-N'Guessan** was the recipient (coincidentally) of the **TGSA Second Place Prize** with her humorous and provocative presentation entitled "Brown or Green in your Tea Affects your Pee: A wet Critters Tale." Thanks to Sandra you couldn't blame the audience for being left with this modified version of W.C. Fields famous quip: "Don't drink water, fish pee in it!"

The winner of both the **Traill College People's Choice Prize** and the **School of Graduate Studies First Place Prize** was **Jordan Till**. Using a compelling pointillist image from the contemporary painter Stanislav Dyshlov, crowd favourite Jordan eloquently illustrated his research into ways we can better understand the variations in obsessive compulsive disorder. He also affective demonstrated the importance and interconnectedness of art and science, bringing together what has been seen by some as two, irreconcilable solitudes. Our judges definitely had their work cut out for them and I would like to thank **Dr. Cathy Bruce**, VP Research and Innovation, **Nicole Stephenson**, CEO of the Peterborough and Kawarthas Innovation Cluster and **Megan Murphy**, actress, filmmaker, and media personality. A special thank you to **Dr. Sue Beckwith**, the Traill Academic Skills Instructor and indeed the whole Academic Skills team across the colleges for organizing such a successful event.

Finally, I would also like to say a word about our Traill College Cabinet and the incredible year that they have had. The Cabinet is the longest-standing student group at Traill and an intrinsic part of college life. They have put together a "Top-5 Events" presentation which can be found further down in the newsletter. I encourage you to take a read to get a flavour of what our undergraduate students are doing.

Until next week,



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

Congratulations to our
returning Cabinet
members:
Lyne, Aidan, and Taylor.

The next elections will be
held in the Fall so keep your
eye out for opportunities to
get involved.

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:

Easy Falafel Burgers
by BBC Good Food



INGREDIENTS

- 250g chickpeas from a can
- 1 medium onion, finely chopped
- 2 garlic cloves, crushed
- 2 tsp ground coriander
- 2 tsp ground cumin
- small pack flat-leaf parsley, chopped
- 2 rounded tbsp plain flour
- 2 tbsp vegetable oil
- 100g hummus
- 4 burger buns, cut in half
- watercress, to serve

INSTRUCTIONS

1. Drain, rinse and dry the chickpeas thoroughly, then tip into the bowl of a food processor. Pulse until lightly broken up into coarse crumbs.
2. Add the onion, garlic, spices, parsley, flour and some seasoning, and continue to pulse until combined. Using your hands, gently form the mixture into 4 patties about 10cm in diameter and 2cm thick.
3. In a large pan, heat the oil and fry the falafels on each side for 2-3 mins or until golden (you may need to do this in batches). Lightly griddle the burger buns on the cut side in a griddle pan, or toast under the grill.
4. Spread one side of each bun with hummus, top with a falafel burger, add a handful of watercress, then pop the remaining bun half on top.

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!

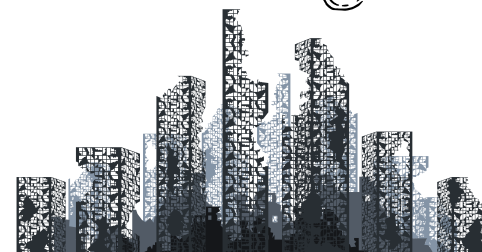
Learn some healthy (and not so healthy) recipes, skills for academic work, laundry, moving tricks, College podcasts and more.

Trail Mix

So what if I don't know what "Armageddon" means...



It's not the end of the world.



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



The graphic features a central text area with a light gray background. At the top left is the logo for the Catharine Parr Trail College Cabinet, which includes a triangle with a cross and the text 'CATHARINE PARR TRAIL COLLEGE' and 'CABINET'. The main title 'EXAM CARE PACKAGES' is written in a large, dark red, cursive font. To the right of the title are illustrations of a blue cookie jar, a yellow cookie jar, a green tube of cream, and a pile of nuts. Below the title, the text 'GET SET UP FOR SUCCESS FROM TRAILL COLLEGE AND TRAILL COLLEGE CABINET!' is written in a bold, black, sans-serif font. Underneath that, the details 'While supplies last, pick up an Exam Care Package at the College Office in SH106 starting April 11th.' are written in a smaller, dark red, sans-serif font. At the bottom center is the Catharine Parr Trail College logo, which features a shield with a cross and the motto 'Nunc cognosco ex parte'. To the left and right of the central text are illustrations of shopping bags: a dark green bag, a yellow bag, and a large brown bag with the text 'you got this!' written on it in a cursive font. A colorful starburst graphic is also present near the brown bag.

EXAM CARE PACKAGES

GET SET UP FOR SUCCESS FROM TRAILL COLLEGE AND TRAILL COLLEGE CABINET!

While supplies last, pick up an Exam Care Package at the College Office in SH106 starting April 11th.

you got this!

Stressed out about exams and missing out on self care? Don't worry! The Traill College and the College Cabinet got you. Come pick up your exam care packages at the College Office starting from April 11th!

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



Congratulations to the 3MT prize winners **Jordan Till (School of Graduate Studies' First Place Prize & Traill College People's Choice Award) and **Sandra Klemet-N'Guessan** (TGSA Second Place Prize)!**

Traill College wants to thank all twenty participants for sharing their impressive research, the event was overflowing with inspiring work! The night would also not be possible without the judges and staff who helped make 3MT 2023 a success.



2022/23 Trail College Cabinet's Highlights!!

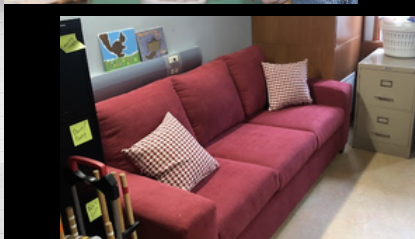


Trail Formal

Cabinet Dinners



Got a New Couch!



Guest Speaker
Sandra Klemet-
N'Guessan

Hoop There it is



And So Much More!!!

What's going on at Trent University?



The Trent Queer Collective invites you to a night of nature, community, and all things queer! Join us at Sadleir House on April 14th to enjoy dancing, drag performances, and tasty treats. Tickets on sale starting March 31st at 4pm, [here](#).



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!



Travel to the wonders of Ancient Egypt in this weekend-long experience. You can sign up for one mini-workshop of your choosing for \$40 each. or attend the full weekend (4 workshops) for only \$100. Register [here](#).



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](#)



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 Trent Off-Campus Housing Resources.

Whether you have finished your first year on residence and you want to live off-campus next year, or you want to move from your current situation, Trent's Off-Campus resources make it easier to find the right websites.

Here is a list of places you can look for off-campus housing:

<https://www.trentu.ca/housing/off-campus-housing/beginning-your-off-campus-housing-search>

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 Resource

Students spend a lot of time studying indoors.

Now that Spring is upon us, carve some time out of your day to venture into the "more than human world".

Find a quiet place to sit and let your body and mind rest.

“Even a wounded world is feeding us.
Even a wounded world holds us,
giving us moments of wonder and
joy. I choose joy over despair. Not
because I have my head in the sand,
but because joy is what the earth
gives me daily and I must return the
gift.”

— Robin Wall Kimmerer,
Braiding Sweetgrass



Copyright © 2023 Catharine Parr Traill College, Trent University

"Everything that irritates us about others can lead us to an understanding of ourselves." — Carl Jung