

TRAILL TALES

*Catharine Parr Trill College
Trent University*



A message from our College Principal, Dr. Michael Eamon

Dear Traillites,

It is feeling more and more like summer at the College on the Hill. As the temperature rises, it can mean only one thing... the return of **Pizza Fridays**. Now in its 9th year, this a *bona fide* Trill tradition. For just \$5 you can get all-you-can-eat pizza, drink, and dessert. It all beings on Friday, May 19th. Like last year, we will have a special live link posted where you can place your pizza order in advance. Vegetarian, Gluten Free, Vegan? We will have options for you and encourage you to order in advance. Our online pizza form opens every Wednesday and can be found at <https://trillcollege.corsizio.com>.

A special Trill shout-out to **Dana Capell** and Professor **Finis Dunaway** this week. Dana and Finis have been great supporters of Trill and sometime fellows of the College over the years. On Wednesday, the annual **Heart of the Trent** award ceremony was held at Trent Durham. At the event, Dana won the prestigious **Nancy E. Simmons Smith Staff Award of Excellence**. Finis was the recipient of the equally coveted **Trent University Research Impact Award**. I cannot think of two more deserving, intellectual, humble, and student-focused individuals. On behalf of the entire College, I want to offer our heartfelt congratulations.

It will be a busy weekend at Trill. Come visit us for two free events. On Saturday from 3 pm to 4 pm we will be having an **Alumni Open House**. What a great opportunity to visit the College and check out some of the renovations that have been happening. On Sunday, we have a special Mother's Day treat. Trill fellows Kate Suhr and Megan Murphy will be putting on a performance of their **The Verandah Society** from the Kerr House porch. Come hear the history of Kerr House told in music and story. It is an official **Artsweek** performance and, indeed, will be the last one for this year's annual festival. It all starts at 1 PM, the audience is asked to pay what they can.

It is just under three weeks until the Grand Opening of the Jalynn Bennett Amphitheatre.... it promises to be a fun morning of music, theatre, food, and fun. More in next week's *Trill Tales*!

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



<https://www.trentu.ca/colleges/traill/belong/college-cabinet>

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:

Peanut Butter Energy Balls

Wellplated.com

INGREDIENTS

- Peanut Butter (or other nut butter)
- Rolled Oats
- Honey or maple syrup
- Chocolate chips
- Raisins
- Coconut
- Dried Cranberries
- Almonds



INSTRUCTIONS

1. Start with the oats.
2. Add the peanut butter and honey or maple syrup.
3. Add chocolate chips, raisins, coconut, dried cranberries or other treats for flavour
4. Roll into bite-sized balls and store in an airtight container for up to a week.

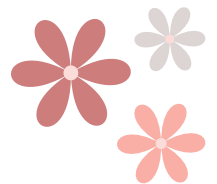


- Nut-Free? Use sunflower seed butter.
- Gluten-Free? Look for certified gluten-free oats.
- Vegan? Use maple syrup or agave instead of honey

Spotted at Trail!

Wildflower Periwinkle

Wildflowers abound even in urban spaces! Catharine Parr Traill was an early settler to the Peterborough region and naturalist and college namesake! Check out Trent Library and Archives [here](#) to see the digital collection!



Trail Mix

Spring is here! I got so excited I wet my plants!



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



NEIGHBOURS ON THE HILL CLEAN-UP, PLANT EXCHANGE, AND BBQ

Saturday, May 13, 10:30 - 12:30
Back Lane at 602 Rubidge

Join your neighbors Saturday May 13th from 10:30-11:30 at 602 Rubidge to pick up supplies for a Street Spring Cleaning and Plant Exchange.



Kate Suhr and Megan Murphy with Saskia Tomkins (fiddle).
Sunday, May 14, 1:00 pm – 2:00 pm.
Traill College, Kerr House veranda, 299 Dublin Street.

ALUMNI REUNION WEEKEND

May 13 - 14, 2023

OC 50th Celebrations
'67-'70 Class Reunions
(All Colleges)

ALUMNI
TRENT
UNIVERSITY

50
ANNIVERSARY
1972-2022



On Saturday from 3 pm to 4 pm Traill will be having an Alumni Open House. What a great opportunity to visit the College and check out some of the renovations that have been happening.
<https://mycommunity.trentu.ca/alumniweekend>



Traill College's
Pizza Fridays are Back!
Every Friday,
starting May 19th
All-you-can-eat for
only \$5



The Traill Tradition of Piza Fridays is back at the College on the Hill starting May 19th! Pre-Register using the link here and enjoy all you can eat pizza and conversation.
<https://traillcollege.corsizio.com>.

What's going on at Trent University?



Motivation Mondays
Graduate Writers Group

Starting May 15!

Every Monday
(excluding holidays)
10:30am - 11:30am

Join us through Zoom for:

- Goal setting
- Momentum & motivation building
- Tips for perfectionists
- and more!

ACADEMIC SKILLS IN THE COLLEGE

For more information, please visit trentu.ca/academicskills

Graduate students join us on Monday mornings to get inspired with your writing. Register for the Zoom link at [The Student Experience Portal](#)



Ontario 3-Minute Thesis Finals

May 17
10 - 11:30 AM
Isabel Bader Centre for the
Performing Arts
Kingston, Ontario



Good luck, Jordan!

Cheer on Jordan Till (Trent's 3MT 2023
1st Place and People's Choice Winner)
at the 3MT Provincial Finals!

Good luck to Jordan Till at the Ontario 3MT Finals. Cheer on Jordan on Wednesday, May 17 from 10 - 11:30 am at: [Live Stream Ontario 3MT](#)

TCAS Aging & Society Seminar Series

Dr. Stephanie Tobin
Presents:

Aging From a Cellular Perspective

May 23rd, 1-2pm
Bata Library,
Room 411

To register, please email aging@trentu.ca



This seminar will feature Dr. Tobin from the department of Biology and will introduce some molecular aspects of aging which are conserved from the water flea, *Daphnia*, to humans and offer an opportunity to reflect on whether prospective "anti-aging" therapies are based in reality or are a thing of science fiction.



WE ARE HIRING EAST VS WEST CO-CHAIRS

Requirements:

- MUST BE 18 YEARS OF AGE OR OLDER
- MUST CURRENTLY BE ENROLLED AT TRENT UNIVERSITY
- HAVE THE ABILITY TO WORK IN A TEAM SETTING
- PREFERABLY ORGANIZED EVENTS FOR THE UNIVERSITY BEFORE
- A COVER LETTER AND RESUME REQUIRED IN APPLICATION

Please send application through the Student Experience Portal. Job ID: 31728

The Trent College Cabinets are hiring volunteer East Vs West Co-Chairs and the deadline to apply is May 31st! If you are interested in running the East Vs West hockey game visit the Student Experience Portal and apply.



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.

First Peoples House of Learning (FPHL)

Peterborough Traditional Space

The Mnidoowag A'Kiing (The Spirit Lands) Traditional Area is an outdoor green space south of Enwayaang Building (Gzowski College) and is surrounded by a large grove of beautiful cedars. Central to the area is our Tipi, which holds approximately 20 people inside and contains 6 wooden benches as the main seating.

[First People House of Learning website](#)

Please note that you must book an FPHL or approved community firekeeper to light a fire.

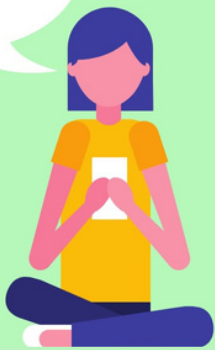
Half-day: \$50

Full-day: \$100

Costs will be used for the payment of firekeepers and to replenish any wood used.



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

Here to listen and support. Let's connect.

Looking for another student's perspective? Book a peer support appointment Monday to Thursday 12pm-4pm through the **Student Experience Portal!**



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

Students have a lot happening in their daily lives and it can be really difficult to switch off "autopilot". It is important to look after your mind and body! It can be hard to find time between studying, classes, work and jobs, care giving, extracurriculars etc. to make time for yourself.



Mindfulness and Meditation

The good news is that help is always with you!



Box Breathing

Practice taking deep breaths slowly in through your nose while counting to four, hold to the count of four and blow out through your mouth while counting to four, and pause for four.

JUST
breathe



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"Spring is the time of plans and projects". Leo Tolstoy