

# TRAILL TALES

*Catharine Parr Trill College  
Trent University*



## A message from our College Coordinator, Samantha Perritt

Dear Traillites,

As you may recall earlier this year, we held our first, fully live version of **3MT (Three Minute Thesis)** in over three years at Market Hall in downtown Peterborough. 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, using only one Power Point slide. This successful competition had twenty graduate student contestants competing for monetary prizes and the opportunity to represent Trent University at the provincial finals in Kingston, Ontario. **Sandra Klemet-N'Guessan** took home the **Trent Graduate Student Association 2nd Place Prize**. The winner of both the **Trill College People's Choice Prize** and the **School of Graduate Studies First Place Prize** was **Jordan Till**. Jordan then went on to win the **Participant's Choice Award** at the Provincial 3MT Competition. If you were unable to attend the 3MT event this year but would like to watch this wonderful competition, Trill has recently uploaded a copy of the full competition to the [Trill College YouTube Channel](#).

For those of you interested in following **Tucker's** adventures in Ireland, make sure to check out page 5 and 6 of the newsletter. It looks like Tucker has been very active in *Galway* as well as visiting places such as *Aran Island of Inis Mor*.

In other news, **Trill College is hiring!** The College Office is looking for *Interns for the 2023/2024 academic year (Job ID 32661)*. Do you have college spirit? Are you looking for a way to be more involved with your college and build your resume? Working for the College Office is a great way to learn transferrable skills, support fellow students, and become more engaged in the life at Trill. The application deadline is quickly approaching. For more information, please see the advertisement on page 4.

Until next time,

*Samantha Perritt*



For the most up-to-date information on Trent University's response to COVID-19 visit:  
<https://www.trentu.ca/coronavirus/>

## 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](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:

## Easy Chicken Pot Pie

allrecipes.com/recipe/8618/easy-chicken-pot-pie

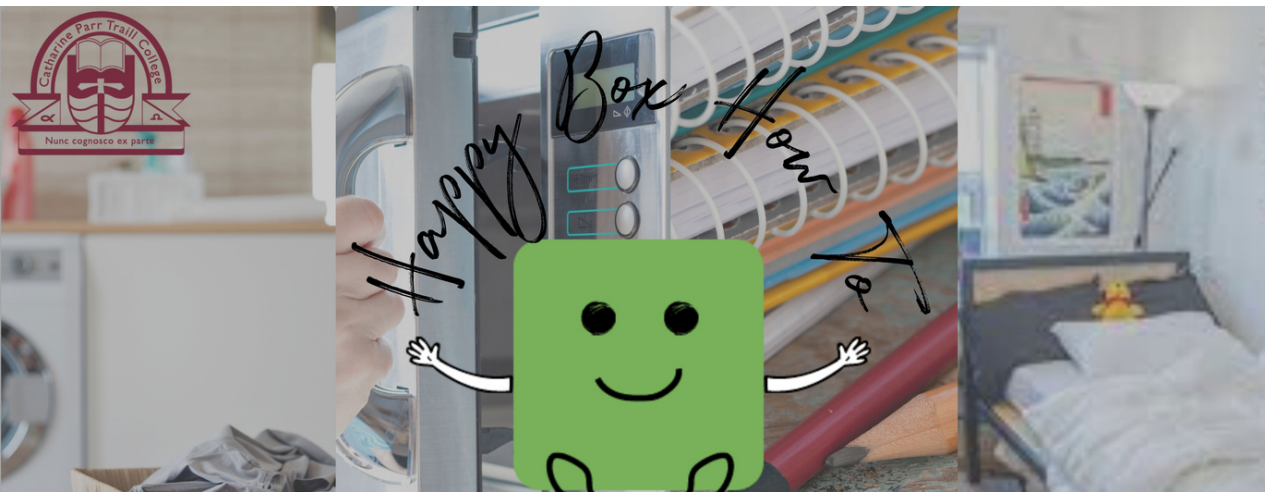
### INGREDIENTS

- 2 cups cooked, diced chicken breast
- 1 (15 ounce) can mixed vegetables, drained
- 1 (10.5 ounce) can condensed cream of chicken soup
- 1/2 cup milk
- 2 (9 inch) deep-dish frozen pie crusts, thawed



### INSTRUCTIONS

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Combine chicken, mixed vegetables, condensed soup, and milk in a bowl.
3. Pour the mixture into the bottom pie crust.
4. Cover with the second crust.
5. Seal the edges and poke holes in the top crust.
6. Bake in the preheated oven until crust is golden brown, about 30 minutes.



Click on Trail's [YouTube channel](#) to view



## Trail Mix

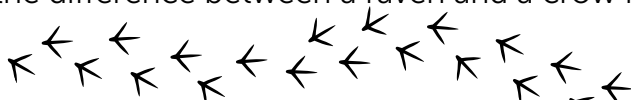
A raven has 17 primary wing feathers — the big ones at the end of the wing, also called pinion feathers.



A crow only has 16.



So the difference between a raven and a crow is only a matter of a pinion.



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

## Trail College is Hiring!

Hey Traillites!

Do you have college spirit? Do you want to be a part of a supportive team? Apply today! Trail College has positions available:

- Trail College 2023/24 Intern (JOB ID: 32661)

August 28th 2023 - April 30th 2024

Apply through the Job Board on your Student Experience Portal through your MyTrent account!

Deadline: Monday, July 31st, 2023 at 12:00pm



Are you looking for a student-friendly job this academic year? We want you to join our team in the Trail College Office! Learn transferrable skills, support fellow students, and be part of what makes Trail a great place to be.

## SHHH... Shut Up and Write!

Fridays Starting May 19

Graduate Writing at Trail: Fridays 10 am to 3 pm



Writing with others helps beat procrastination and overcome graduate student isolation. Write together for mutual support and motivation. Bring your own lunch or register for \$5 all you can eat Pizza Fridays.

## 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!



For more information, please visit [trentu.ca/academicskills](https://trentu.ca/academicskills)

Join via Zoom Mondays from 10:30 am - 11:30 am for tips on goal setting, staying motivated, building momentum, and more! [trentu.ca/academicskills](https://trentu.ca/academicskills)

## Trail College's Pizza Fridays are Back!

Every Friday, starting May 19th

All-you-can-eat for only \$5

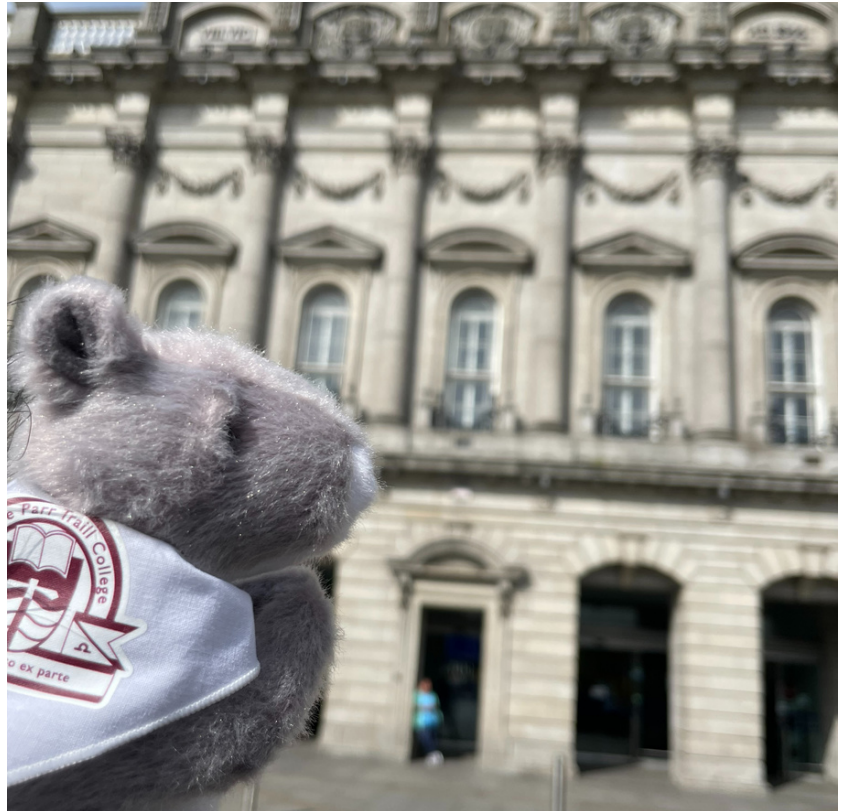


The Trail Tradition of Pizza Fridays is back at the College on the Hill! Pre-register here between 9 am on Wednesday and 9:45 am on Friday to enjoy all you can eat pizza and conversation.

# Where in the world is Tucker the Squirrel?



Wake up and head to Galway!



Heuston Station to Galway



Waiting for the train



Mutton Island, Galway



Spanish Arch,  
Galway

# Where in the world is Tucker the Squirrel?



The Latin Corner, Galway



Aran Island of Inis Mor



Quadrangle at the University of Galway



Buying a round at the Crane Bar





**Rosemary Ganley '22**

## Alumni Corner

Alumni of Traill College are doing amazing things across the globe!  
Here we spotlight some notable former Traill students.

**Dean Pappas '85 (Champlain)**



# What's going on at Trent University?

## Self-Care Night with Otonabee College

### Paint Night Edition

August 3rd 5-7pm OC Commons



Come hang out with us, relax and create a beautiful painting. [otonabee@trentu.ca](mailto:otonabee@trentu.ca)

 SCHOOL OF THE ENVIRONMENT

## TSE SEMINAR SERIES

An informal way to meet colleagues, professors, and guest speakers  
Learn about ongoing research and issues related to the environment

### Impacts of climate change on Hg mobilization and bioavailability



Luiz Drude Lacerda, Federal  
University of Ceará, Institute of  
Marine Sciences, Brazil

Thursday, August 3rd, 2:00 pm  
Environmental Science Building C205

Free and open to all members of the  
Trent community and the public

[trentu.ca/environment/welcome/tse-seminar-series](https://trentu.ca/environment/welcome/tse-seminar-series)



Free and open to all members of the Trent community  
and the public

Thursday, August 3, 2023 2:00 PM - 3:00 PM



WEDNESDAY, AUGUST 09 2023  
FROM 1PM - 3PM

## SEXUAL VIOLENCE ON CAMPUS:

### PREVENTION, INTERVENTION AND SURVIVOR SUPPORT

LOCATION: ZOOM

The Student Support Certificate is a series of workshops geared toward academic and non-academic staff who have direct contact with students. These courses aim to enhance the capacity of Trent Faculty and staff members to effectively assist students in a variety of situations, and to help create a supportive environment that builds students' life skills and ability to cope with a range of issues.

[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.

Trent Central  
Student Association  
(TCSA)

In addition to advocacy and lobby efforts, the TCSA also provides a variety of services and events for its members including a Used Book Consignment program, student discount map, free student agenda, a student benefits plan, social events, campaigns, workshops, and more.

<https://trentcentral.ca/>

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.

@peersupportrent 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

## TCSA Wrapped and Ready

This service aims to assist students in accessing contraceptives and other sexual health supplies discreetly. Available items include pregnancy tests, condoms, lubricants, and dental dams.

Place an order for the supplies using the form below and the TCSA will email you when your order is ready for pick up from the TCSA Office.

The supplies will be wrapped in an unmarked, discrete package. You will be required to provide your student card during pick-up.

[Click here to be directed to the order form.](#)



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"Reading is the sole means by which we slip, involuntarily, often helplessly, into another's skin, another's voice, another's soul." - Joyce Carol Oats