

TRAILL TALES

*Catharine Parr Trill College
Trent University*



A message from our College Principal Michael Eamon

Dear Traillites,

Our regular readers will notice that, for the past three weeks, **Samantha Perritt** – the Traill College Coordinator -- has taken over the duties of writing the introductory message for *Trill Tales*. This is because I have been away in Ireland with my family. I want to thank Samantha for managing things in my absence and for crafting such informative messages about all the exciting things that have happened in the College this July.

Tucker, the College's unofficial mascot, squirrelled herself away in my luggage and you may have also noticed that she dragged me to some prestigious universities, lovely locations, and the occasional pub found on the Emerald Isle. I also want to thank Summer Intern **Pamela Forgrave** (in charge of newsletter layout) for putting together some nice montages of Tucker's travels.

Being in the republic of Ireland for three weeks, I could really immerse myself in the country and its rhythms of daily life. We were first in Dublin staying just across from University College Dublin, an expansive, beautiful, and modern institution. Every day we would take the bus safely through Donnybrook and head to the city centre where we walked from St. Stephen's Green to Phoenix Park, all along the Liffey, and everywhere in between.

Galway (where we spent two weeks) was festooned with maroon and white as the hurling championships were wrapping up. In the end, it was Limerick that won receiving their fourth title in a row. Galway, itself, was abuzz with tourists packed tightly on the narrow streets of the Latin Quarter. It is hard to imagine that just a few years ago COVID had drastically affected the city's tourist-driven economy. It appears that things have rebounded, and they are well on their way to regaining their title as the capital of craic. In both Galway and Dublin, great hordes of young people enrolled in English-language summer schools were everywhere. I couldn't help but think that Ireland must be reaping some benefit from being still in Europe, perhaps at the loss of language schools in the neighbouring U.K. Indeed, both Spanish and French were heard frequently on the streets of Ireland, not just from the students, but from fellow tourists.

Back at home, work on the renovations of Scott House 105 are now in full swing. I am very excited to see this long-awaited project come to fruition. The room (part of the original dining hall) is having its Ron Thom elements restored, including refinished wood trim and the uncovering of the skylights (that had been painted over). A stage, expanded lighting, T.V. and projection screens, are all part of the new elements that this space will have equally (if not exceeding) the amenities of Bagnani Hall. Stay tuned to the newsletter for more details as the construction progresses.

Until next week,

A stylized, handwritten signature in black ink, appearing to read 'Michael Eamon'.



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 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:

Fruit Filled French Toast Wraps

<https://www.tasteofhome.com/recipes/fruit-filled-french-toast-wraps/>

INGREDIENTS

- 3/4 cup vanilla yogurt
- 2/3 cup sliced ripe banana
- 1 large egg
- 1/4 cup 2% milk
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 2 whole wheat tortillas (8 inches)
- 2 teaspoons butter
- 2/3 cup sliced fresh strawberries
- 2/3 cup fresh blueberries
- 1/4 cup granola

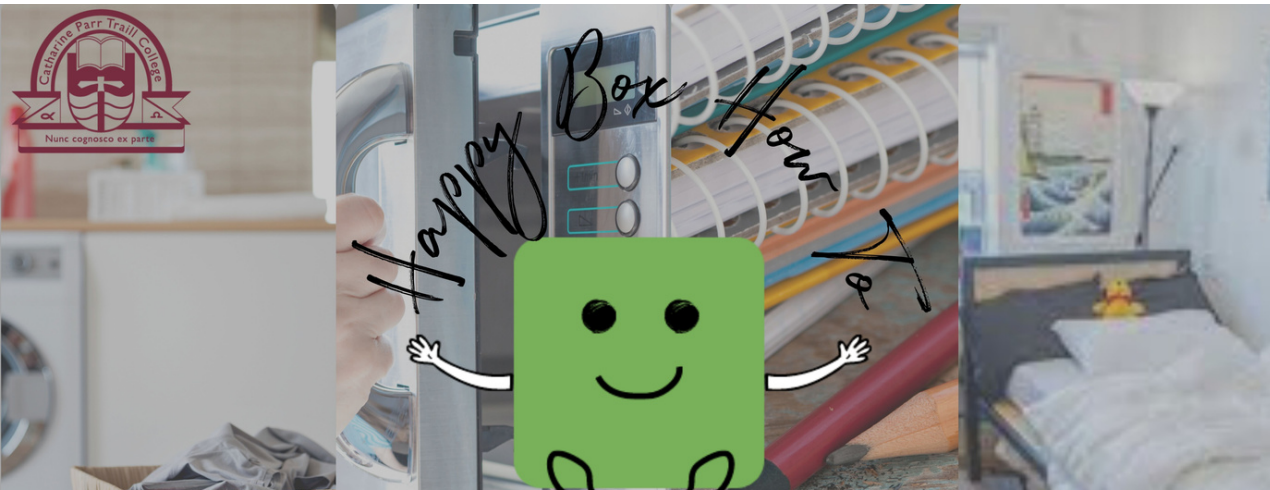


INSTRUCTIONS

1. In a small bowl, combine yogurt and banana. In a shallow bowl, whisk egg, milk, cinnamon and nutmeg. Dip both sides of each tortilla in egg mixture. In a skillet, heat butter over medium-high heat. Add tortilla; cook until golden brown, 1-2 minutes on each side.
2. Spoon yogurt mixture down center of tortillas; top with strawberries, blueberries and granola. Roll up each tortilla.



OPTIONAL TOPPINGS:
additional vanilla yogurt, strawberries, blueberries and granola



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



Trail Mix

What did one hat say to the other?
You stay here, I'll go on a - head!



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

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

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?



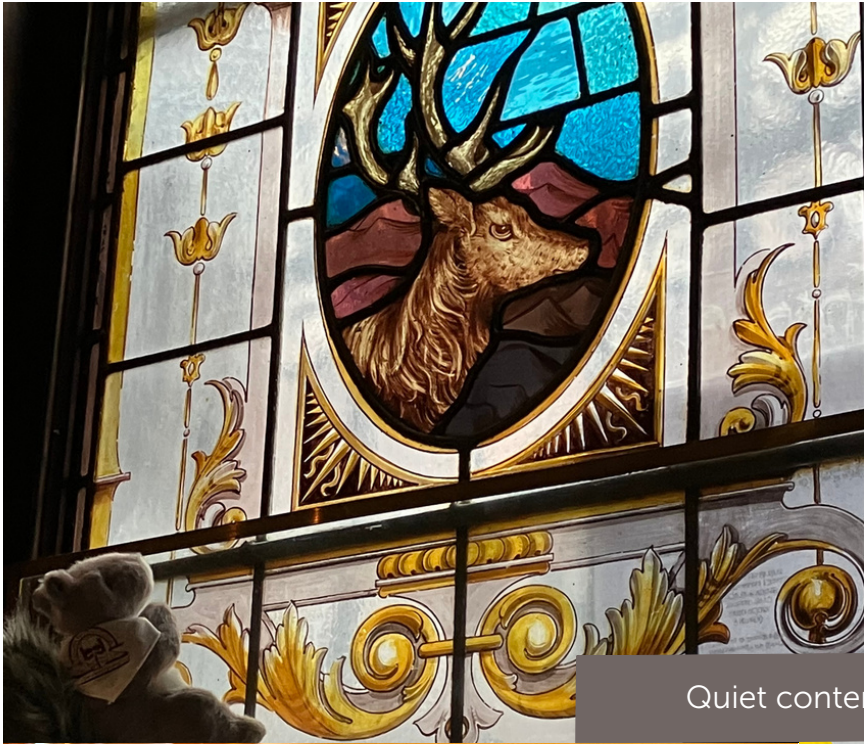
A trip to Guinness Distillery



Making friends, Sylvestre from France



Where in the world is Tucker the Squirrel?



Quiet contemplation



Energy boost with local fare and sounds!



Posing for a pic
Radisson Blu hotel

**HOME IS
WHERE
THE
HEART IS**





Tony Storey '71 (Champlain)

Alumni Corner

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

Rukshani Adikari '18



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

 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



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.

Co-Curricular Record

The Co-Curricular Record is a software tool that allows students to track and document their non-academic (co-curricular) involvement at Trent. Many academic departments provide opportunities for students to volunteer for the department, or mentor other students in the program. These opportunities can support students in developing skills of time-management, collaboration, communication, responsibility, and more.

trentu.ca/sep

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.

@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 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

What does Wellness Mean?

The Global Wellness Institute defines wellness as the active pursuit of activities, choices and lifestyles that lead to a state of holistic health.

It is influenced by our choices as well as the environment we live in, and it is more than physical health.

Evaluate all 8 dimensions of wellness by clicking [here](#).

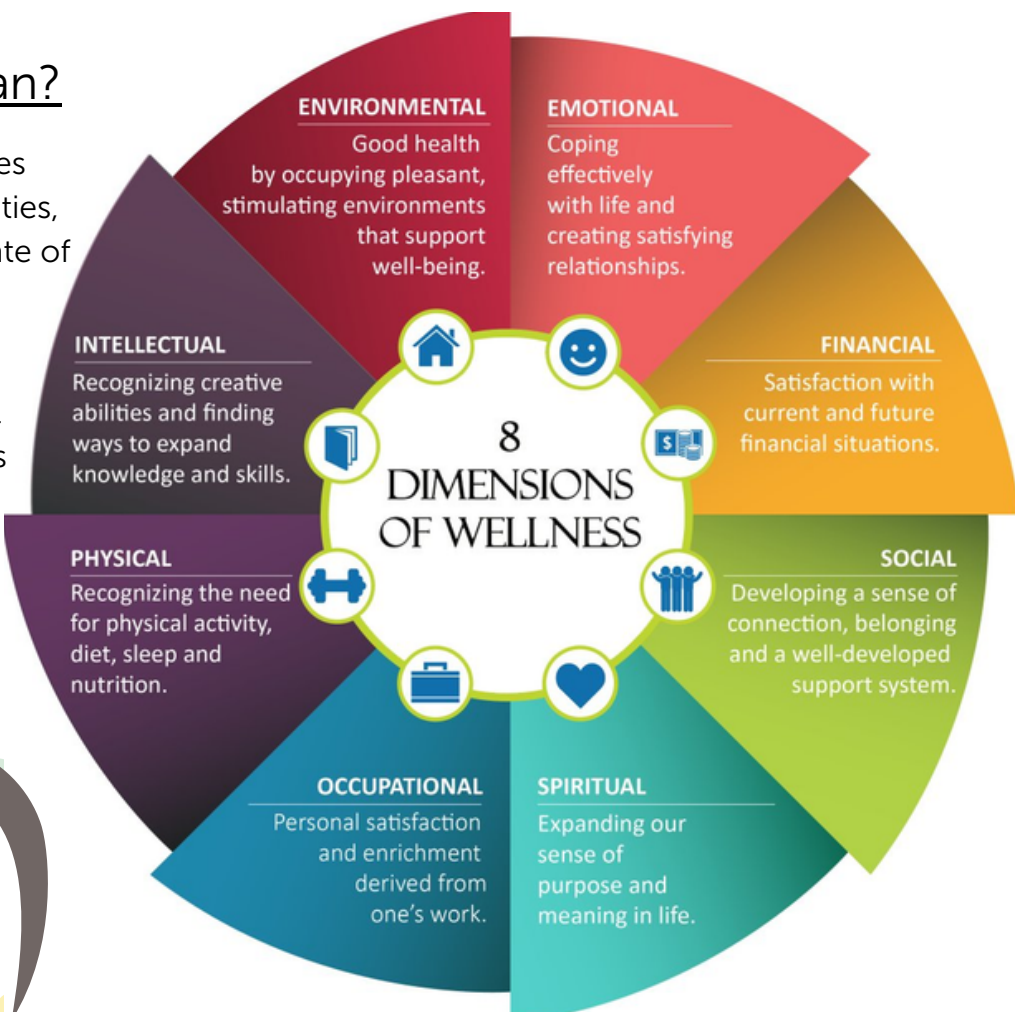


Image credit: <https://sanghatulsa.org/philosophy/>



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"Always do what you are afraid to do." — Ralph Waldo Emerson