

TRAILL TALES

*Catharine Parr Trill College
Trent University*



A message from our College Principal, Dr. Michael Eamon

Dear Traillites,

For the last two years, **Samantha Perritt** and I have hosted a special **Virtual May Ball** that celebrated the best that Trill had to offer in events, speakers, and scholarship. If you missed them in the past, I would invite you to check out the [Trill College YouTube channel](#). This year, however, we will not be having a Virtual May Ball as all our energies have been poured into the **Grand Opening of the Jalynn Bennett Amphitheatre** that will take place next week. I was worried that some of our readers -- especially those who live out-of-town -- might be disappointed by this fact. Enter **Rochelle Lorencini**, Trill College Intern, and **Ty Kraemer**, Trill Summer Orientation Coordinator, who are two all-around incredible Traillites. They have put together a wonderful year-in-review video that I think everyone will want to see. If you have a few minutes, and are curious about what happened at the College on the Hill this year, I would encourage you to view their work at: [Catharine Parr Trill College - Colleges - Trent University](#)

On Friday, the construction fences came down and I was able to relax on one of the Amphitheatre's lush, green tiers (see below). What a joy it was to finally be in the dynamic space full of such potential for students and community members alike. Next week will be a big one for Trill College! After four years of planning and almost a full year of construction, the Amphitheatre will finally have its grand opening. Festivities start at 11 AM on Wednesday, 31 May. Join me as I welcome the Mayor, President Leo Groarke, and host of other special guests. We will have a great line-up of local musicians and entertainers as we celebrate the new space with some formality and a lot of fun. Please RSVP here if you can make it: trentu.ca/amphitheatreopening.

Until Wednesday (fingers crossed for sun)!



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:

Veggie Kabobs

<https://healthyrecipesblogs.com/vegetable-kabobs/>

INGREDIENTS

- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon kosher salt (not fine salt)
- 1/2 teaspoon black pepper
- 1 teaspoon garlic powder
- 1/2 teaspoon dried oregano

Vegetables:

- 8 oz button mushrooms
- 1 large red bell pepper
- 1/2 red onion
- 2 medium zucchinis



INSTRUCTIONS

- If you're using wooden skewers, soak them in water until ready to use.
- In a large bowl, gently mix together the marinade ingredients.
- Wipe the mushrooms clean with a damp paper towel. If they have prominent stems, remove them.
- Cut the bell pepper and the red onion into squares.
- Slice the unpeeled zucchinis into 1/4-inch thick slices.
- Add the prepared vegetables to the marinade and gently mix until well-coated.
- Heat your grill on medium-high. You can use an outdoor grill, or a grill pan.
- Thread the vegetables on six skewers.
- Oil your grill and place the vegetable skewers on the grill. Grill until tender, 4-5 minutes per side.



Carnivores can add beef cubes, squares of pork or chicken!



What a year it's been!

Check out our new [Year In review Video](#) for a peek at what Trillites have been up to.

Thank you to everyone who makes Trill a great place to be. We look forward to seeing you back at all our events in 2023-2024!

Trail Mix



What do you do if you get rejected by the sunscreen company?



REAPPLY!



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



Principal Michael Eamon cordially invites you

GRAND OPENING JALYNN BENNETT AMPHITHEATRE

Traill College
315 Dublin Street, Peterborough
May 31, 2023
11:00 a.m. to 12:15 p.m.

Join us for a ribbon cutting and remarks from distinguished guests and community partners. Enjoy light refreshments and a celebratory showcase of the arts with local performers.

Experience for the first time this dynamic space which promises to be a new destination for the arts, culture, and heritage in our community.

RSVP: trentu.ca/amphitheatreopening



In partnership with



RSVP: trentu.ca/amphitheatreopening



Traill College's Pizza Fridays are Back!

Every Friday,
starting May 19th

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



The Traill Tradition of Pizza Fridays is back at the College on the Hill! Pre-Register using the link here and enjoy all you can eat pizza and conversation.

<https://traillcollege.corsizio.com>



Shut Up and Write!

Fridays
Starting
May 19



Graduate Writing at Traill:
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

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](#)



CONGRATULATIONS!

JORDAN TILL
Winner of the Ontario 3MT Participants Choice Award

TRENT UNIVERSITY

ACADEMIC SKILLS IN THE COLLEGE

Photos courtesy of Allen Tian, Queen's University

Trill College extends a hearty Congratulations to all the 3mT Ontario Participants! Well Done!



2023 TRENT GRADUATE STUDENT SYMPOSIUM
SEPTEMBER 23-24, 2023 ✦ SYMONS CAMPUS, PETERBOROUGH

- FREE to attend for all Trent Students and Faculty
- Join us In-Person or Online!
- Present or attend to hear discussions on Graduate Research at TrentU!

APPLY TO PRESENT!
www.linktr.ee/tgsstrentu

GSS

tgss@trentu.ca [@tgssTrentU](https://twitter.com/tgssTrentU) [@trentgradsymposium](https://www.instagram.com/trentgradsymposium)

Our Call for Abstracts will close July 15, 2023. [Click here to apply.](#)

Open exclusively to Master's and Ph.D. Students at Trent University



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.

Student Accessibility Services (SAS)

SAS101 - Save the date!

SAS101 is a full-day event offered by SAS, open to new students with disabilities and their parents. This is an information day focusing on the things that require your attention as an incoming first-year student. There are three SAS101 sessions scheduled this summer: Friday, July 7, Friday, July 14, and Thursday, July 20.

<https://www.trentu.ca/wellness/sas>

Spring & Summer Office Hours

Office hours are from 10:30 am to 12:00 pm, and from 1:00 to 4:00 pm. Mondays through Fridays. Accessibility Advisors are available to connect via email, phone and video conference throughout the spring and summer term.

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



HELLO SUMMER!

SUN SAFETY TIPS

COVER UP

Wear a hat, sunglasses and long sleeves to keep skin protected.

LIMIT YOUR TIME IN THE SUN.

Avoid direct sun between 11 am-3pm.

USE SUNSCREEN

Use water resistant and broad spectrum with an SPF of 30

DRINK PLENTY OF LIQUIDS.

Water is best!

REMEMBER YOUR PETS!

Test the pavement before tender paws get burnt.



Did you know?

In extreme heat, some medications may increase your health risk and/or make your skin more sensitive to UV rays. Talk to your health care provider.



Copyright © 2023 Catharine Parr Traill College, Trent University

"Rejoice as summer should...chase away sorrows by living." – Melissa Marr, Darkest Mercy.