

TRAIL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal Michael Eamon

Dear Traillites,

I hope that everyone had a restful and enjoyable long weekend. I took advantage of the unseasonably warm weather to dig out my barbeque, clean it up, and light it. Tucked away in the garage, I found some leftover charcoal from last year. I took a large scoop of them, crossed my fingers, and hoped that they would be dry enough for the task at hand. The charcoal briquets burned perfectly and the food – particularly the vegetables – had that lovely, smokiness that you can only get from the BBQ. However, as soon as it cooled down, I covered it all up in preparation of the snow. April 1st is the earliest that I have ever barbequed, but no fooling, winter hasn't given up on us yet.

Activity-wise things are cooling off a bit, as well, as we head into the final day of classes. On Wednesday, the university celebrated Trent Day. It is an occasion organized by Alumni Affairs to mark the act that officially incorporated the university on 3 April 1963. The Trent flag was raised at City Hall and, on the Symons Campus, there were lots of events including a free BBQ sponsored by the Colleges. Unfortunately, I wasn't allowed to flip burgers for this one. But, we managed to feed a lot of hungry students, many of whom were proudly wearing Trent green.

I think it comes as no surprise that Monday there will be a solar eclipse from approximately 3:20 to 4:30 PM. While Peterborough is not on the direct path of the eclipse, it still will be quite noticeable. Several local schools have taken the day off, but please remember that Trent University will remain open.

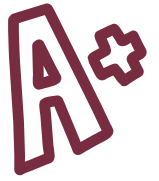
Back in 1979, my elementary school decided to remain open, and the teachers had meticulously covered all the windows with craft paper. At the appointed time, televisions were rolled into the classrooms, and we watched intently as day became night. I was amazed at the spectacle, terrified by the thought of what strange rays were flooding the earth, and relieved by the thin layer of brown paper that was keeping me safe. As I got older, I realized that the brown paper had no protective value (nor, were there any special eclipse rays). Really, it was there to keep the curious onlookers from staring at the sun, which is still good advice. They say that [creating a pin hole camera](#) to watch the image of the eclipse is still the safest way to view it outside. There are also certified glasses that will block out all the sun's rays (but, do not use your phone, camera, or sunglasses). Instead, I think that I am going to stay inside and watch it on television, but this time without the brown paper.

Until next week,



Needing an Appointment?

Looking to book an academic appointment?



Academic Advising helps you navigate your degree and understand university regulations



Academic Skills helps you refine your skills for success at university

[Academic Advising](#) and [Academic Skills](#) appointments are available Monday to Friday on the [Student Experience Portal](#).

Trill College offers same-day appointments on Fridays from 9:00am - 4:00pm for both Advising and Skills. Book Advising at 705-748-1011 ex. 7333 or come to the college office to book in-person. Book Skills on the [Student Experience Portal](#). Appointments are on a first-come, first-served basis.

If you are a Graduate Student and require Academic Advising support, please reach out to graduate@trentu.ca or your home department.

Cabinet Corner



Thank you to everyone who planned and attended the Annual West Bank Love event. We can't wait to see you next year!

Swag Shop



*Click [here](#) to view our swag shop and order online!
Pick up orders and pay with cash at the College Office.*

To keep up to date with the college, follow us on social media!

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



[@trillcollege](#)



[Trill College](#)



[trillcollege](#)



[#trill](#)



Backwoods Baking Presents:

15-Minute Lemon Pasta

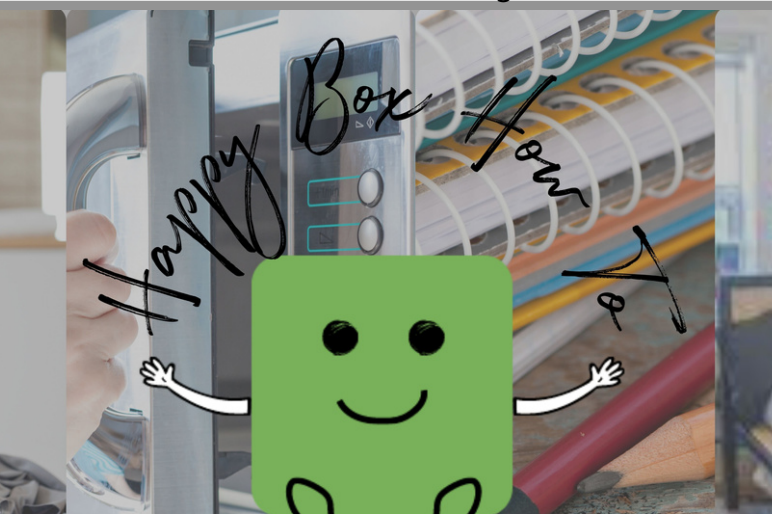
[Link](#)

INGREDIENTS

- 12 ounces spaghetti
- Kosher salt
- ¼ cup extra virgin olive oil, more if needed
- 6 large garlic cloves, minced
- ½ teaspoon crushed red pepper flakes,
- Zest of 2 lemons
- Juice of 1 lemon
- ½ cup fresh parsley, chopped
- salt and pepper to taste
- ¼ cup Parmesan cheese to finish, more to your liking

INSTRUCTIONS

- Bring a pot of water to a boil and salt the water well. Cook the spaghetti to al dente (about 8 minutes). Reserve 1 cup of the pasta cooking water before draining.
- When the pasta is nearly done (about 5 minutes into cooking it), heat the olive oil in a large skillet over medium heat. Add the minced garlic and crushed red pepper flakes, and cook, stirring until fragrant, about 30 seconds. Add the lemon juice and about ¼ cup of the pasta cooking water.
- Drain the pasta and add it to the skillet and toss over medium heat.
- Remove the skillet from the heat and add the parsley, lemon zest and grated parmesan. Season with salt and pepper to taste. Toss again to combine, if needed, add a more pasta water and a drizzle of extra virgin olive oil.



Check out our video on how to book an academic advising appointment! Click on [Traill's YouTube channel](#) to view

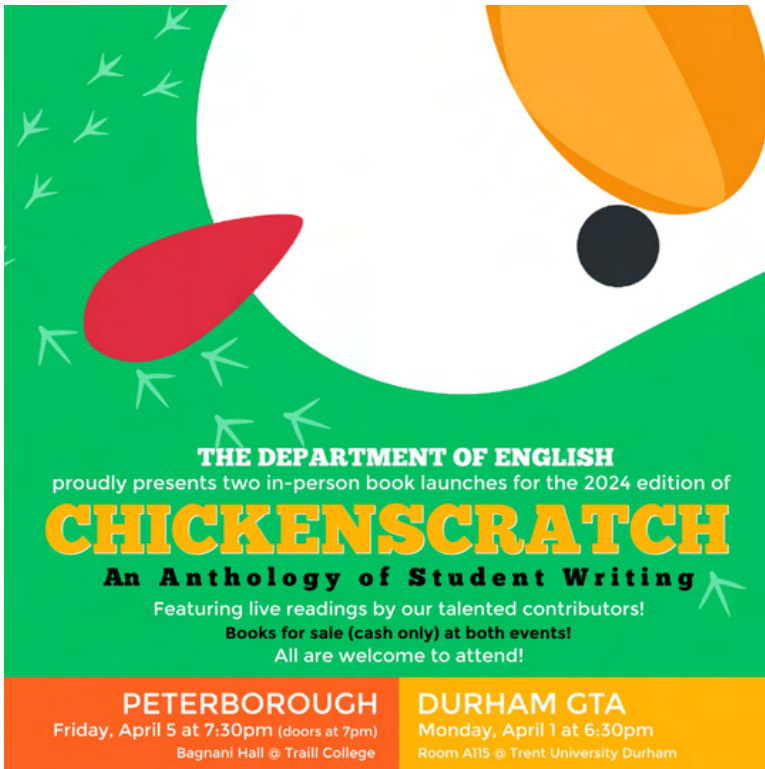
Trail Mix

What do you call a Tyrannosaurus rex when it wears a cowboy hat and boots?

Tyrannosaurus Tex



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



THE DEPARTMENT OF ENGLISH
proudly presents two in-person book launches for the 2024 edition of
CHICKENSCRATCH
An Anthology of Student Writing
Featuring live readings by our talented contributors!
Books for sale (cash only) at both events!
All are welcome to attend!

PETERBOROUGH Friday, April 5 at 7:30pm (doors at 7pm) Bagnani Hall @ Traill College	DURHAM GTA Monday, April 1 at 6:30pm Room A115 @ Trent University Durham
--	---

The Department of English is thrilled to invite you to two book launches for the 2024 edition of Chickenscratch: the amazing, peer-reviewed anthology of creative writing by Trent students. Both events will include live readings and copies of Chickenscratch will be available for purchase (cash only, please)



Trent University's
2024 3MT[®]
Competition

Save the date and join the audience!

Thursday, April 18th
@ 7 pm
Market Hall, Peterborough

ACADEMIC SKILLS TRENT U



Join us for the 2024 Three Minute Thesis Competition, where graduate students meet the ultimate challenge: to explain their complex research in just three minutes, using only one Power Point slide! [Click here](#) for more information.



CALL FOR RECIPES!

2024 marks Trill's 60th anniversary! To celebrate this milestone we are creating a cookbook and would like current and former students to be a part of it! Share your cherished recipes and memories and be entered into a draw to win some Trill swag!

Email submissions to trill@trentu.ca

Submit a recipe for your chance to win a hoodie, notebook, and mug



In celebration of Trill's 60th anniversary we are creating a cookbook and would like to include recipes from students and alumni! Send your recipes and photos to trill@trentu.ca and be entered to win some Trill merch!



Scott House will be open on Saturday April 13th and April 20th from 10 AM to 4 PM. Don't forget that the Library, our common rooms, and study spaces are also regularly open Monday to Friday from 9 AM to 10 PM

What's going on at Trent University?



Bata Extended Exam Hours*

MARCH 31 TO APRIL 20

Monday	8am - 1am
Tuesday	8am - 1am
Wednesday	8am - 1am
Thursday	8am - 1am
Friday	8am - 1am
Saturday	10am - 1am
Sunday	10am - 1am

*The Library Service Desk closes earlier than the building



Looking for a good study space to grind out the rest of the semester? Then take a look at these extended hours at the Bata Library! Bata is a great place to focus, its quiet atmosphere and helpful resources make it the ideal spot for finishing up papers or cramming for exams.



THE LAST LECTURE

APRIL 5
4:30 P.M. TO 5:30 P.M.
WENJACK THEATRE

On April 5th, 2024 (4:30-5:30 in Wenjack), Trent University celebrates its 8th Last Lecture event, created in 2015 by Jamie Lester. Hear from our esteemed speakers nominated by YOU the students! Register [here](#) for this great event!



PC: Samantha Stephens

APPLY HERE



May 17-21st, 2024



Algonquin Wildlife Research Station



Applications close March 31st.

To apply and find out more!



<https://freedalgonquin.wordpress.com/>



Sherrynn - sherrynnprowell@trentu.ca

Aranya & Mariel - directorsfreed@gmail.com



FREED @ TRENT 2024

ABOUT THE EVENT

- Get outdoor research skills, learn about the land & its history, and experience fieldwork
- Make connections with other nature lovers
- **Free** to attend: Cost of travel and accommodations covered + needs-based bursary provided
- Info session: March 19th, 1-2pm - [ZOOM](#)

REQUIREMENTS

- Self-identifying Indigenous, Black and/or Racialized (ie., BIPOC) Trent student
- Enrolled full-time and interested in ecology, evolution, conservation, climate studies
- Currently have **limited** field work and research experience



What's going on at Trent University?



SHARE YOUR THOUGHTS ON EQUITY AND DIVERSITY AT TRENT

To support Trent's ongoing commitment to creating an inclusive, engaging, and supportive environment, the Equity and Human Rights Office is inviting all students, faculty, and staff at both campuses to participate in a university-wide survey – available now, until April 15. Take the brief 15-minute EDI Survey [here](#).



TRENT UNIVERSITY
CONTINUING EDUCATION


IN-PERSON 4-HOUR WORKSHOP

GIVE THE *Gift* OF LEARNING

SONGBIRDS OF SPRING: BIRDWATCHING BASICS

SATURDAY, APRIL 27TH, 2024
9:00 AM – 1:00 PM EDT
trentu.ca/continuingeducation

Ever wondered how to get into birdwatching? Tired of not being able to identify the birds in your backyard? Join this course to travel from Trail to two different conservation areas to spot some spectacular birds. Register online for this course [here](#).



TRENT UNIVERSITY
CONTINUING EDUCATION

IN-PERSON 8-WEEK COURSE

GIVE THE *Gift* OF LEARNING

ACRYLIC LANDSCAPES FOR BEGINNERS WITH VALERIE KENT

THURSDAYS | APRIL 11 - MAY 30
7 P.M. - 9 P.M.
trentu.ca/continuingeducation

Curious about learning to paint with Acrylics? Over the course of eight weeks learn how to use acrylic paint to create local landscapes on your canvas! Build the foundational skills of painting with this course! Register online [here](#)



TRENT UNIVERSITY
CONTINUING EDUCATION

4 IN-PERSON WORKSHOPS

GIVE THE *Gift* OF LEARNING

ANCIENT EGYPT WEEKEND
WITH EGYPTOLOGISTS LAURA RANIERI AND FRANCOIS ROY

SATURDAY, APRIL 13 & SUNDAY, APRIL 14
10 A.M. - 4 P.M.
trentu.ca/continuingeducation

Want to learn more about Ancient Egypt? April 13th and 14th there are four workshops available! Choose one or two that interest you for \$40 each, or all four for \$140! Register online [here](#)



Student Supports

We want you to know you are supported on-campus and in the community. Every week we will rotate through groups who can support your unique self!



This week we are highlighting **Student Accessibility Services**

Student Accessibility Services (SAS) is a team of interdisciplinary professionals who provide support to students with disabilities through one-on-one advising, referrals to campus supports, and adaptive technology

SAS supports include:

- Working with students to develop approaches and strategies that use students' strengths to help them engage with their coursework;
- Directing and connecting students to appropriate campus resources
- And many more

Visit trentu.ca/sas for more details and contact information

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 is here to help you get a jump start on your career! With practical hands-on experiences, workshops, online resources, and career counseling, our services are available to students all year round!

Visit our office on the 3rd floor of the Student Centre, send us an email, call, or book an appointment on trentu.ca/sep and start preparing for your future. And remember, don't wait 'til you graduate, we're here to help now!

Wellness Resources



Develop a game plan

Taking the time to sort your tasks into prioritized time blocks can help with the paralyzing feeling of having too much to do. Look at the time it will take to process and understand content, compared to the amount of time you have to complete the task.

Learn more about strategies [here](#)

Use timers to break up studying

Methods like the Pomodoro Technique can be used to break up the monotony of the long days studying. Pomodoro refers to a pattern of typically around 25 minute study sessions with five minute breaks. Alternating through a pattern like this can help keep focus, avoid burnout and improve productivity!

Make time to eat and move around.

Few things are quite as monotonous as the long hours at your desk during exam season. It is important for both mental and physical health that you take time to have a nourishing meal! Setting aside time to exercise or go for a walk, especially in the fresh air, can provide a much needed boost to your mood.



Copyright © 2024 Catharine Parr Traill College, Trent University

"No one can make you feel inferior without your consent."
- Eleanor Roosevelt